INSULIN RESISTANCE AND DIABETES

Diabetes is the __fastest__ __growing_____ __disease___ in human history.

_One-third _ of children born after 2002 will die of diabetes.

Type 1 diabetes occurs because of the body's inability to _produce___ _insulin__.

Type 2 diabetes is also known as _insulin_____ _resistant__ _diabetes____.

What percent of diabetics are considered insulin resistant? _____95% _____

Symptoms of diabetes begin to occur with a hemoglobin A1c >_____5.5 _____.

In type 2 diabetes the body responds to elevated blood glucose by _secreting__ more _insulin_____.

Complications of diabetes include:

_Heart disease ___Stroke___Hypertension___Blindness/Eye Problems
_Kidney Disease ___Nervous System ___Amputations

_Mobility Problems ___Depression_Complications of Pregnancy

_Biochemical Imbalances ___Dental Disease

Pre diabetes, gestational diabetes and type 2 diabetes are all varying degrees of the same disease process known as the _Diabesity_____Continuum_____.

Insulin is the _key__ that unlocks the door so _glucose__can get into the cell.

When the cell does not need any more sugar it puts _gum____ in the locks.

When cells are supplied with an over-abundance of sugar over a period of time they become _insulin_____ _resistant_____.

The body responds to insulin resistance by producing more _insulin_____.

EXERCISE

Burst Training helps you _burn_____fat _ more efficiently and quickly.

Burst Training is characterized by periods of intense exercise followed by periods of _rest _____.

When doing Burst Training you exercise vigorously for _20_-_60_ seconds, followed by _1__-_2___ minutes of rest. Repeat this _5__-_10___ times.

Burst training causes __fat _ to be burned after exercise for _36__ hours.

With Burst Training there is increased _sensitivity_____ to _insulin_____.

Increased fat burning and decreased inflammation are benefits of _burst_____ _training_____.

HOW DIABETES PROGRESSES AND SMART GOALS

Diabetes starts with the _Standard___American_____Diet _(SAD).

The S.A.D. is high in refined _carbohydrates ____ as well as saturated and trans _fats_____.

The S.A.D is low in _fiber_____, _vitamins and minerals __, and _antioxidants_____, and _phytonutrients_____.

High blood glucose leads to __lethargy_____ and high _insulin ____ _resistance__.

Lethargy causes _decreased activity __ and _weight gain____.

High insulin levels cause _hunger_____ which results in _overeating____.

My personal health goals should contain the following characteristics:

_Specific_____

_Measureable_____

_Attainable_____

_Realistic_____

_Time-bound _____