INSULIN RESISTANCE AND DIABETES

Diabetes is the ___________ ___________ ____________ in human history.
___________ of children born after 2002 will die of diabetes.

Type 1 diabetes occurs because of the body’s inability to ___________ ________.

Type 2 diabetes is also known as ______________ ____________ ____________.

What percent of diabetics are considered insulin resistant? ______________

Symptoms of diabetes begin to occur with a hemoglobin A1c >___________.

In type 2 diabetes the body responds to elevated blood glucose by __________
more ____________.

Complications of diabetes include:

________________________________
________________________________
________________________________
________________________________
________________________________

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

Insulin is the _____ that unlocks the door so ___________can get into the cell.

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

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

The body responds to insulin resistance by producing more ________________.
EXERCISE

Burst Training helps you __________ _____ more efficiently and quickly.

Burst Training is characterized by periods of intense exercise followed by periods of ________________.

When doing Burst Training you exercise vigorously for ____-____ seconds, followed by ____-____ minutes of rest. Repeat this ____-____ times.

Burst training causes _____ to be burned after exercise for _____ hours.

With Burst Training there is increased _________________ to ________________.

Increased fat burning and decreased inflammation are benefits of ____________ ____________.
HOW DIABETES PROGRESSES AND SMART GOALS

Diabetes starts with the ______ _____ _______ ______ (SAD).

The S.A.D. is high in refined _________________ as well as saturated and trans ________.

The S.A.D is low in _________________, _________________, and _________________, and _________________.

High blood glucose leads to _________________ and high _________________ _________.

Lethargy causes _________________ and _________________.

High insulin levels cause _________________ which results in _________________.

My personal health goals should contain the following characteristics:

____________________________
____________________________
____________________________
____________________________
____________________________
____________________________