

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:
