



## **Reduce Your Risk of Type 2 Diabetes - Do Weight Training**

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**FROM: The New Zealand Register of Exercise Professionals (REPs)**

Researchers have discovered another benefit of adding strength training to your exercise routine, and it's not just about looking and feeling great. Recent research suggests that regular strength/weight training (using weighted bars, dumbbells, weight stacks etc) will decrease your risk of type 2 diabetes, which is caused by lifestyle factors including obesity.

Diabetes is a well known health concern for many New Zealanders, with the latest statistics indicating that over 200,000 Kiwis suffer from the disease. We all know the benefits of exercise for reducing our risk of a variety of lifestyle diseases, as well as the mental health benefits. A new study has discovered that there is something more specific we can do to reduce our type 2 diabetes risk - weight training.

Diabetes is a condition that affects our body's blood sugar levels. Someone with diabetes has higher than normal blood sugar (blood glucose). There are two types of diabetes. Type 1 diabetes is also known as insulin dependant diabetes. Type 2 diabetes is the most common type of diabetes and is caused by lifestyle factors, and has links with obesity.

Healthy living guidelines such as those produced by our Ministry of Health have recommended regular exercise as part of reducing the risk of diabetes and other preventable diseases, and as a contributing factor of weight management. The new research supports this, but has also discovered that the addition of strength and muscle conditioning exercises increases the health benefits.

The research completed by Harvard University researchers resulted in findings showing that among the women in the study who participated in muscle-strengthening and conditioning activities, they lowered their risk of type 2 diabetes more than those who did purely aerobic exercise. It is important to note that the study also showed that doing just aerobic activity also contributed to a reduction in risk, but the addition of strength training increased the benefits of physical activity.

If you or someone you care about are looking at exercise as a way of improving health levels and decreasing the risk of lifestyle related diseases, the message is to include a variety of activities including those that get your heart rate up and those that give you strength gains. The good news is that the sort of activity you need to do does not mean completing Olympic athlete style training.

It can be confusing to work out where to start when introducing strength training into your life if you haven't done it before, or have had a break from training for a while. To get specific guidelines on how you can use strength training to improve your health you will need the assistance of someone who knows their stuff and can set you up with an exercise plan that is realistic, safe and will get you the results you are after.

In New Zealand the safest and most effective way to get exercise advice is from a REPs Registered Exercise Professional. They will have the appropriate knowledge and skill to help you get started.

<http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1001587>

<http://www.diabetes.org.nz>

### **Contact Details:**

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### **Who is the NZ Register of Exercise Professionals (REPs)?**

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the "Warrant of Fitness Check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org).

