



Active and Mindful Lifestyles: Essential Components in Diabetes Prevention and Management.

Living an active and balanced life is a vital component to overall health. The mind and body are intricately connected, and one must take care of both in order to lead a long, productive and fulfilling life.

Healthy Body

Regular physical activity is essential for maintaining a healthy weight and ensuring proper fitness of the muscles, bones, nerves and tissues of the body. Different forms of deliberate physical exercises, such as running, bicycling, swimming, weight-lifting, and team sports, as well as consistent physical movement throughout the day, in the form of walking or physical exertion during work for example, are important factors in the prevention of many chronic diseases, especially type 2 diabetes and heart disease. On the other hand, sedentary lifestyles in an increasingly urbanized and globalized world, are one of the biggest reasons for the rising global epidemics of obesity and type 2 diabetes.

Healthy Mind, Diet and Brain Health are linked.

Maintaining mental health is also critical to overall quality of life, and in both the prevention and management of diabetes. Stress, anxiety and depression has been connected to increased risk of type 2 diabetes. Both type 1 and type 2 diabetics are also far more likely to suffer from these mental health conditions after being diagnosed. Practicing mindfulness exercises and daily physical activity has been shown repeatedly to help manage stress and depression, and promote mental balance and happiness.



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