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June 2010

Pilates Lowers your Sugar Levels and helps you Prevent and Manage Obesity

Diabetes is a chronic disease that occurs when there is too much glucose in the blood because the body is not producing insulin or not using insulin properly. Insulin is a hormone needed for glucose to enter the cells and be converted to energy. More than 3 million Australians have or are at risk of diabetes. Worldwide – 246 million people have diabetes.

Type II diabetes represents 85 to 90% of all cases of diabetes. Risk factors include a family history, being overweight and ethnic background. Lifestyle factors such as unhealthy eating and lack of physical activity can contribute to the development of type 2 diabetes

In Type II Diabetes (the cells are able to produce insulin, but the insulin is ineffective at helping blood sugar (glucose) to enter the body tissues that need it for producing energy. This condition is called insulin resistance.

Resistance Training



Light to moderate resistance training (when done correctly) has been shown to provide a safe and effective way to control blood glucose, increase strength, and improves the quality of life in individuals with diabetes. Diabetes Australia advises that exercise training and specifically, resistance or strength training, can help improve insulin sensitivity and diabetes control. Exercise has an insulin-like effect on blood glucose levels, and exercise should be considered as an adjunct to the medical management of diabetes. Regular resistance training changes the way in which muscles work to store and use glucose. Resistance training can also increase the body's total muscle mass. These changes improve the body's ability to store glucose, improve glucose uptake and improve insulin sensitivity.

The major benefits of resistance training in individuals with diabetes are:

- improved blood cholesterol profiles,
- increased heart function,
- decreased blood pressure,
- improved insulin sensitivity and blood glucose control,
- improved muscular strength, power, and endurance,
- increased bone strength

If you are unsure of what to do or how to go about beginning a resistance training program safely, seek professional advice from an Exercise Physiologists, Personal Trainers, Physiotherapist or call Diabetes Australia-NSW.

Obesity

Obesity is a driving force behind type II diabetes, which has cardiovascular and other complications, such as renal failure and blindness. When a person is overweight, the cells in the body become less sensitive to insulin (an important hormone that delivers glucose to our cells). There is some evidence that fat cells are more resistant to insulin than muscle cells. If a person has more fat cells than muscle cells, then the insulin becomes less effective overall, and glucose remains circulating in the blood instead of being taken in to the cells to be used as energy. This in turn, leads to much glucose in the blood, and increased chance of developing type 2 Diabetes.



Thus, resistance training will increase muscle cell metabolism, which in turn will increase insulin absorption and reduce the occurrence of Type II diabetes.

The Pilates Method as Resistance Training

Pilates is good for strength training, and increasing general muscle tone. It helps to develop several muscles in both the upper and lower body, specifically it helps to develop the abdominal muscles. Furthermore, Pilates teaches body awareness, helps develop good posture, increases flexibility, and aids with release of endorphins (“happy hormone”), enhancing mood.



The Clinical Pilates program at PHYSIO4ALL is run under close supervision by trained physiotherapists with professional and clinical experience. It is renowned for its unique approach to strengthening and flexibility using new age equipment to achieve optimal clinical outcomes in chronic pain sufferers and individuals with poor conditioning. Our physiotherapists will specifically design you a program aimed at effectively managing your problem areas and allow your body to function much more efficiently.

Literature supports the following benefits for Pilates training:

- Improved flexibility
- A mind Body workout that strengthens the whole body
- Improved cardiovascular systems
- Greater awareness of posture.
- Enhanced muscular control.
- Improved stabilisation of the spine.
- Aids in prevention of musculoskeletal injuries.

Private and group Pilates sessions are held in the PHYSIO4ALL studio 5 days a week.

Came and experience first hand, this unique evidence based approach to enhance your wellbeing and your quality of life, come and discuss our Pilates program with our friendly staff.

Please click here for further information on our [Clinical Pilates and Pilates Rewards Program](#)® for great savings!!

SPECIAL OFFER!

PHYSIO4ALL invites you to come and experience PHYSIO4ALL Clinical Pilates by offering a **FREE** Clinical Pilates Assessment and Report worth **\$85.00!!!** Just present the voucher below to the staff at PHYSIO4ALL to start your journey to a healthier body.



<h3>Family & Friends</h3> <hr/> <h3>Gift Certificate</h3> <p>This voucher entitles the bearer to a FREE Initial Clinical Pilates Assessment and Report from the team at PHYSIO4ALL.</p> <p>Can be used for injury assessment, core stability check-up or back pain evaluation.</p> <p>Expiry date: 31st July, 2010</p>	 <p>PHYSIO4ALL revitalise - bounce - be healthy</p> <p>Offer only valid at the PHYSIO4ALL clinic in North Sydney.</p> <p>Appointments: 02 9922 2212 <small>No obligation for future care Please mention this voucher when booking your appointment.</small></p>
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Yours in health,

The PHYSIO4ALL team



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