

## **Physical Activity and T2DM: A look at recent guidelines & clinical trails**

### **Guidelines**

- Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Canadian Journal of Diabetes.
- American College of Sports Medicine/ American Diabetes Association 2010: Exercise and Type 2 Diabetes.

### **Trails**

- **Meta-analyses: aerobic exercise in T2DM:**  
Boulé NG, Kenny GP, Haddad E, Wells GA, Sigal RJ. Meta-analysis of the effect of structured exercise training on cardiorespiratory fitness in Type 2 diabetes mellitus. Diabetologia. 2003 Aug; 46(8):1071-10
- **The Diabetes Aerobic and Resistance Exercise (DARE) Trial:**  
Sigal RJ, Kenny GP, Boulé NG, Wells GA, Prud'homme D, Fortier M, Reid RD, Tulloch H, Coyle D, Phillips P, Jennings A, Jaffey J. Effects of Aerobic Training, Resistance Training, or Bouth on Glycemic Control in Type 2 Diabetes. A randomized Trail. Ann Intern Med. 2007;147:357-369.
- **Health Benefits of Aerobic & Resistance Training in Individuals with Diabetes: HART-D:** Church TS, Blair SN, Cocreham S, Johannsen N, Johnson W, Kramer K, Mikus CR, Muers V, Nauta M, Rodarte PQ, Sparks L, Thompson A, Earnest CP. Effects of Aerobic and Resistance Training on Hemoglobin A1c Levels in Patients With Type 2 Dabetes. A Randomized Controlled Trail. JAMA. 2010;304(20):2253-2262.
- **Italian Diabetes and Exercise Study (IDES):**  
Balducci S, Zanuso S, Nicolucci A, Feo PD, Cavallo S, Cardelli P, Fallucca S, Alessi E, Fallucca F, Pugliese G. Effects of an Intensive Exercise Intervention Strategy in Modifiable Cardiovascular Risk Factors in Subjects With Type 2 Diabetes Mellitus. Arch Intern Med. 2010;170 (20) :1794-1803.
- Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, Nathan DM; Diabetes Prevention Program Research Group. Reducion in the incidence of type 2 diabetes with lifestyle intervention of metformin. N.Engl.J.Med.2002.Feb7;346(6):393-403
- Ramachandran A, Snehalatha C, Mary S, Mukesh B, Bhaskar AD, Vijay V. The Indian Diabetes Prevention Programme shows that lifestyle modification and metformin prevent type 2 diabetes in Asian indian subjects with impaired glocose tolerance (IDPP-1). Diabetologia (2006) 49:289-297.