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Expert Tips for Controlling Diabetes with Diet and Exercise

According to government statistics, the incidence of diabetes has increased in tandem with excess weight and obesity in essentially all age groups and ethnicities across the U.S. – and not by coincidence. Experts at **the National Institutes of Health**, the **Mayo Clinic** and the **American Diabetes Association** assert that there are effective ways to control diabetes that all start with diet and exercise.

Making healthy food choices is very important for keeping your blood glucose level under control. The foods that are best for someone with diabetes are also said to be excellent choices for everyone. These include foods that are:

- Low in Fat
- Low in Salt
- Low in Sugar
- High in Fiber – such as beans, fruits, vegetables and whole grains.

Physical exercise is another key aspect of lifestyle modification that can help you prevent or control type 2 diabetes. Exercise is especially good for people with diabetes because it:

- Helps manage weight
- Enables insulin to work better to lower blood glucose
- Benefits your heart and lungs
- Gives you more energy

Recommended exercise and strength training activities for controlling diabetes include:

- Brisk walking (outside or inside on a treadmill)
- Bicycling/stationary cycling indoors
- Dancing and low-impact aerobics
- Swimming or water aerobics
- Playing tennis
- Jogging/running and stair climbing
- Hiking
- Weight machines or free weights at the gym
- Using resistance bands
- Lifting light weights or objects like canned goods or water bottles at home

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Nestled on 137 wooded acres along the serene banks of College Creek in Williamsburg, Va., **Williamsburg Landing** is the premier, not-for-profit Continuing Care Retirement Community (CCRC), serving Williamsburg and the surrounding areas [since 1985](#). With one visit, you'll understand what makes **Williamsburg Landing** so special.

With a past rich in tradition and a future filled with promise, **Williamsburg Landing** is the perfect place to call home – for today and tomorrow.

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