

Business & health

Physical activity in prevention of diabetes

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THE MOZART
PRAGUE

dobrá cesta

Networking for
professional
women:

BUSINESS & HEALTH

03.10.2024

17:00 - 20:00

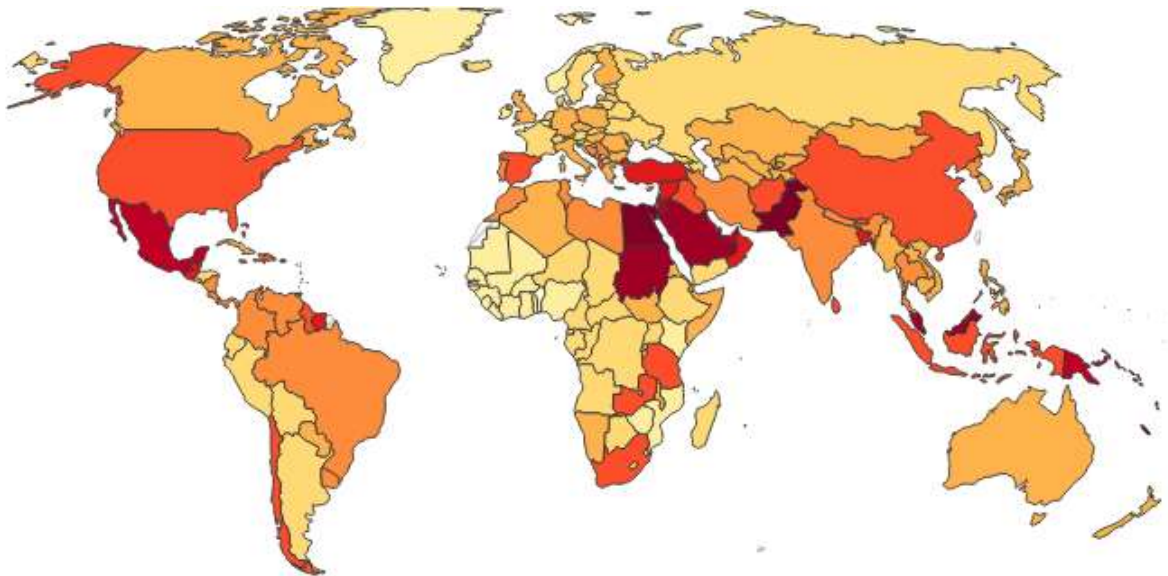
Registration from 16:45

Hotel Mozart
Karoliny Světlé 34
110 00 Staré Město

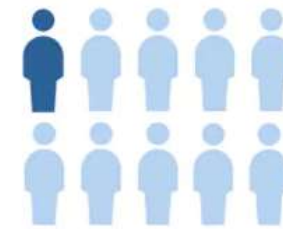


Physical Activity in Preventing Diabetes

- **diabetes** - growing global health issue affecting ~ 537 million adults
- **type 2 diabetes** is largely preventable through lifestyle changes
- **physical activity** - reduces the risk of developing diabetes
 - plays a key role in its treatment



DIABETES



That's about **1 in every 10** people



1 in 5 people **don't** know they have it

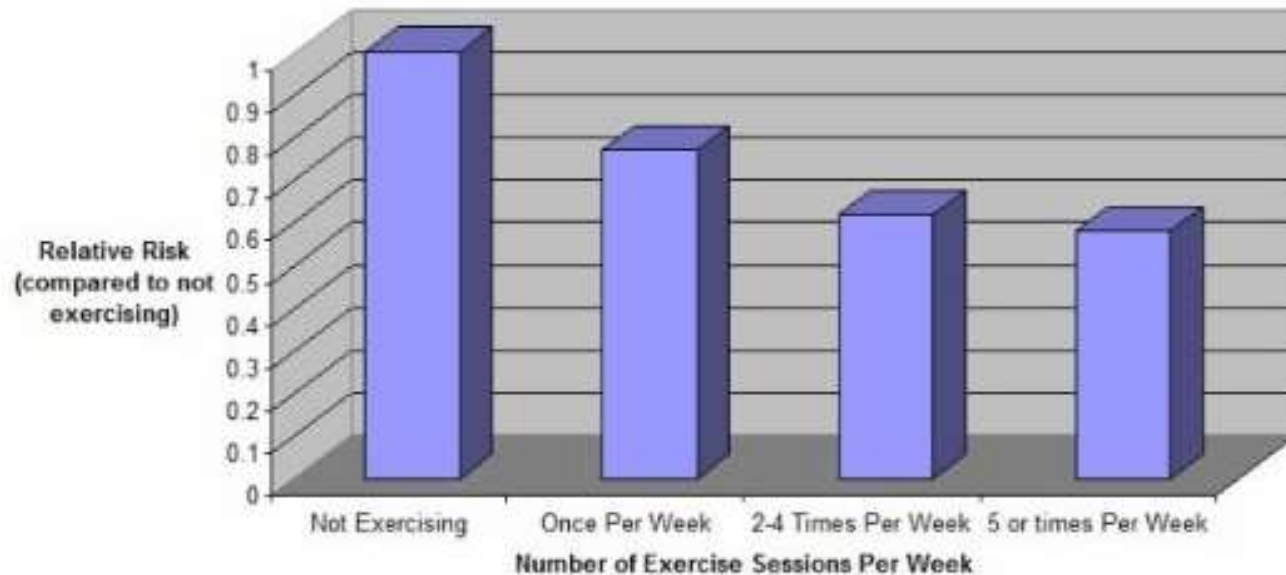
- **31% of adults and 80% of adolescents don't meet the recommended levels of physical activity**
- women are less active than men by an average of 5%

How Does Exercise Help Prevent Diabetes?

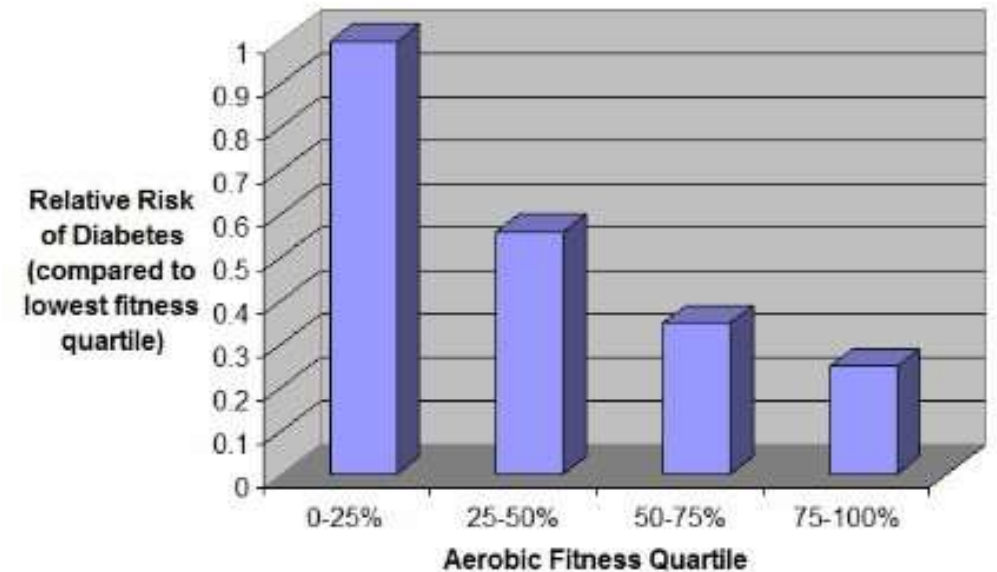
- Improves insulin sensitivity
- Weight management
- Boosts metabolism - helps regulate blood sugar levels

... and many other benefits!

Diabetes Risk - Exercise Frequency



Diabetes Risk - Aerobic Fitness Level



EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



- at least **150–300 minutes** of moderate-intensity aerobic activity per week
- include muscle-strengthening on 2 or more days

WHO guidelines on physical activity and sedentary behaviour (2020).

For more information, visit: www.who.int/health-topics/physical-activity

LET'S
Be active
Everyone
Everywhere
Everyday



Simple Tips to Get Moving

- incorporate **walking** into daily routines
- take the **stairs** instead of the elevator
- engage in **recreational activities**: swimming, cycling, hiking
- take short **activity breaks** during the day especially if you have a sedentary job
- use **fitness apps** to track your progress and stay motivated

