

# Insulin sensitivity and exercise

When the body isn't exercising, the muscles and organs are storing glucose (and converting it into fat stores)...

...and then when the body is exercising it takes that stored glucose and fat and uses it to fuel our exercise...

...so when we exercise our body breaks down that stored glucose, but sometimes it's not enough, so it needs to use the glucose in the blood for energy...

...to get that glucose from the blood into the muscles to use for fuel, it needs insulin to let it in...

...the body isn't just going to let the muscles die, so it allows insulin to let the glucose in for added energy (insulin sensitivity) during an exercise...

...this happens regardless of if you are insulin resistant (Type 2 diabetes), glucose intolerant (Prediabetes), or not...

## So what should we do to improve insulin sensitivity?

We should try to exercise 3 times a week doing things like walking, running, hiking, etc for 30 minutes per workout

We should also try resistance training 1-2 times a week doing things like lifting weights, or cans, or milk containers, or anything heavier than the air for 30 minutes a workout.