Conclusions

Evaluating the effectiveness of a 12-week resistance training program on Type 2 Diabetes (T2D) patients can provide valuable insights into the potential benefits of such interventions. The study aimed to assess the impact of a resistance training program on various parameters related to diabetes management.

Methods

The study design involved random assignment to either the intervention group (12 weeks of resistance training) or the control group (usual care). The intervention included progressive resistance training focusing on major muscle groups, with four sessions per week.

Purpose

The purpose of this study is to evaluate the efficacy of resistance training in improving various outcomes in adults with Type 2 Diabetes.

Results

Significant improvements were observed in both groups, with the intervention group showing greater improvements in key parameters compared to the control group. This suggests that resistance training may be a beneficial adjunct to diabetes management.

Background

The prevalence of diabetes continues to rise globally, affecting millions of individuals. Effective management strategies are crucial to improve quality of life and reduce complications associated with the disease. Resistance training has emerged as a promising approach to improve overall health and fitness in individuals with diabetes.

Division of Kinesiology and Health, University of Wyoming


In Type 2 Diabetes and Type 2 Diabetes

Effects of Low-Volume High-Intensity Strength Training on Health/Fitness Factors and Glucose Control