

Daily Exercise: You Can't Ignore the Benefits for Diabetes & Gallstones

Gallstone formation has been associated with blood-sugar intolerance and excess insulin levels. A study in the March 15, 1998 issue of *Annals of Internal Medicine* looked at the association of physical activity; incidence of gallstone disease; medication use; dietary, alcohol and smoking habits in 45,813 men (aged 40 to 75).

The study found that vigorous physical activity, especially rapid walking, jogging or hiking may decrease risk for gallstone disease by improving blood-sugar utilization. This indicates that the overall activity level, rather than the particular form of exercise, may be the main determinant of risk.

It is important that you elevate your heart rate everyday. This study showed the benefit beginning at 2.8 hours per week with the maximum reached at 32.5 hours per week of vigorous exercise. Thus, the type of exercise you do is not as important as the quantity.

Another benefit associated with exercise and risk of diabetes was reported in the March 4, 1998 issue of the *Journal of the American Medical Association*. The study showed that both vigorous and non-vigorous exercise (i.e., 30 minutes per day of moderate-intensity physical activity) may decrease the risk of Type 2 diabetes and reduce the risk of vascular complications for both Type 1 and 2 diabetics.

These studies are just two more examples of how exercise benefits more than just your heart. Exercise keeps your whole body in shape and decreases your risk of chronic disease. So . . . Just Do It.