



FAQs

1. How diabetes takes place in our body?

Ans: Diabetes is a disease that occurs when the blood glucose, also called blood sugar, is too high.

2. What is type 1 diabetes?

Ans: In the type 1 diabetes, the body does not make insulin.

3. Why does the classical cardiovascular training protocol also contain resistance exercises?

Ans: Because, the cardiovascular patients, including the diabetic ones, also perform resistance effort, with a significant isometric component.

4. What are the factors that have associated with the obesity in younger people?

Ans: In younger people, obesity is well known to be associated with adverse cardiovascular outcomes, osteoarthritis, type 2 diabetes mellitus and reduced exercise capacity.

5. What are the diseases that are difficult to perform with the resistance exercises?

Ans: In patients with complicated diabetes mellitus or associated cardiovascular diseases, diabetic neuropathy makes this type of exercises difficult to perform.