



## 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.