Treatment Tools

Exercise options for those with type 2 diabetes

March 2, 2020 By Alicia Green

Lifting weights can help people with type 2 diabetes manage their blood sugar levels, advise experts. In the beginning, try doing two sets of eight repetitions of the following basic strength-training exercises:

Wall push-ups. Stand facing a wall with your arms straight in front of you and palms flat against the wall. Bend your elbows to lower your chest to the wall while keeping your body straight in a strong plank or push-up position. Slowly push away from the wall to straighten your arms and return to the starting position.

Bicep curls. Hold a weight in each hand with your arms at your sides and palms facing your thighs. Bend one arm to bring the weight to your shoulder, palm side up. Return your arm to its original position. Repeat the movement using the other arm.

Chair raises. Sit at the edge of a chair positioned securely on the floor. Cross your arms over your chest and lean back. Move your upper body forward to sit up straight, straighten your arms in front of you and stand. Sit back down and repeat.

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