

NASM weight loss specialist Correct 100%

comorbidities - ANSWER obesity is linked to several diseases which are often referred to as comorbidities, usually found in combination

common comorbidities in obese - ANSWER type 2 diabetes mellitus
heart disease
hypertension
stroke
respiratory complications
certain cancers
dyslipidemia
metabolic syndrome
musculoskeletal issues
depression

type 2 diabetes mellitus - ANSWER body does not produce or properly use insulin, one of two things:

1. not enough insulin is being produced by the pancreas
2. the glucose can't be taken up by the tissues and used for energy

In general, type 2 diabetics cannot use the insulin that the pancreas is sufficiently producing.

insulin - ANSWER hormone produced by the pancreas that facilitates the uptake of glucose from the blood to various cells

type 2 diabetes risk factors - ANSWER obesity, physical inactivity, poor diet, older age, ethnicity, pregnancy, and family history (4). Excess body fat is a general concern, but individuals who have an android (apple) shape are at a greater risk for type 2 diabetes

US pop effected by diabetes - ANSWER 8.3% or 18.8 million diagnosed and approx. 7 mill undiagnosed

treatment of type 2 diabetes - ANSWER exercise and medication

type 2 diabetes cardiorespiratory recommendations - ANSWER Cardiorespiratory Recommendation Frequency: 3-7 days/week, no more than 2 days between bouts
Intensity: Moderate to vigorous (50 to 80% HRR)
Duration: 20-60 minutes, depending on intensity

Nasm Weight Loss Manual

J Spring



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