

Body Mass Index, Waist Circumference, and Physical Fitness Levels Strong Predictors of Insulin Resistance and Diabetes Risk

Chen, C. et al. (2008) Clinical Measures of Physical Fitness Predict Insulin Resistance in People at Risk for Diabetes. *Physical Therapy* 88 (11) 1355-1364

QUOTE BOARD:

"Body mass index, muscle strength, and cardiorespiratory fitness predicted HOMA-IR [Homeostatic Model of Insulin Resistance] in men." "In women, age, waist circumference, and cardiorespiratory fitness were the predictors of HOMA-IR [Homeostatic Model of Insulin Resistance]."

"Clinical measures of physical fitness can predict insulin resistance in people at risk for diabetes. The findings support the validity of clinical measures of physical fitness for predicting insulin resistance in people at risk for diabetes."

What You Need to Know:

Insulin resistance is one of the pillars of chronic illness. Insulin resistance and the resulting high blood sugar and/or diabetes are the end result of chronically elevated high insulin levels from eating high carbohydrate meals and/or chronic physical inactivity. Both these causal lifestyle factors are pandemic in Industrial society and this is precisely why the effects of insulin resistance and diabetes are pandemic in industrial society.

High insulin levels, insulin resistance, and high blood sugar don't just lead to diabetes, they also contribute to decreased immune function, bone loss, high blood lipids, cardiovascular disease, premature aging, cancer, emotional stress, neurodegenerative diseases, and almost every other chronic illness you can think of.

What You Need to Do:

You need to realize that high insulin levels, insulin resistance, high blood sugar, diabetes, and all the other related chronic health problems are EFFECTS of how you eat and move. These are NOT genetic issues; they are lifestyle habit issues that are PREVENTABLE with healthy lifestyle habits. The changes in body mass index, waist circumference, and physical fitness levels are the result of the same unhealthy lifestyle habits that lead to insulin resistance and diabetes, that's why these changes are such strong predictors of insulin resistance and diabetes.

It all starts with lifestyle habits – this is the CAUSE – everything else is EFFECT. If you have healthy lifestyle habits, if you 'Live Right for Your Species Type', you get healthy effects. If you have unhealthy lifestyle habits, if you 'Live Wrong for Your Species Type', you get unhealthy effects. It's bioLOGICAL law! If you want to get and stay well, and look and feel good, you simply must Eat Well-Move Well-Think Well®