

Exercise Prescription

Designed For: _____

By: _____

Date: _____

Mode (what?)	
Duration (how long?)	
Intensity (how hard?)	
Frequency (how often?)	
Timing (when?)	
Progression (what next?)	
Adjustments	
Motivation	

CASE 1

GLEN GLUCOSE

- 20 y.o. college student, lives on campus
- Type-1 for 12 years; no other health problems
- Hemoglobin A1c 9.6, uses an insulin pump
- History/English Double Major
- Tired a lot. Difficulty concentrating. Grades suffering
- Has access to university gym



CASE 2

BETTY BLOODSUGAR

- 55 Year old female, 280 lbs (150 kg).
- Lives in inner-city; works at mall as a cashier. Also tends to 4 grandkids.
- Type-II diabetes X 5 years; taking maximum dose of glyburide, metformin and sitagliptin. Doctor “threatened” insulin if she does not lose weight.
- BG usually 180-200 fasting. Treated for hypertension, background retinopathy.
- Has an old stationary bike, uses it to hang/dry clothes.
- Social butterfly.



CASE 3

IZZY HYPERGLYCEMIC

- 72 Year old male, 5’7”, 190 lbs (100 kg).
- Lives in a retirement community
- Newly-diagnosed Type-II. Stable angina, autonomic neuropathy (affects balance).
- On metformin now, but doctor said he might not need it if he exercises and eats less carbs.
- Favorite exercise: Watching sports on TV while eating potato chips.

