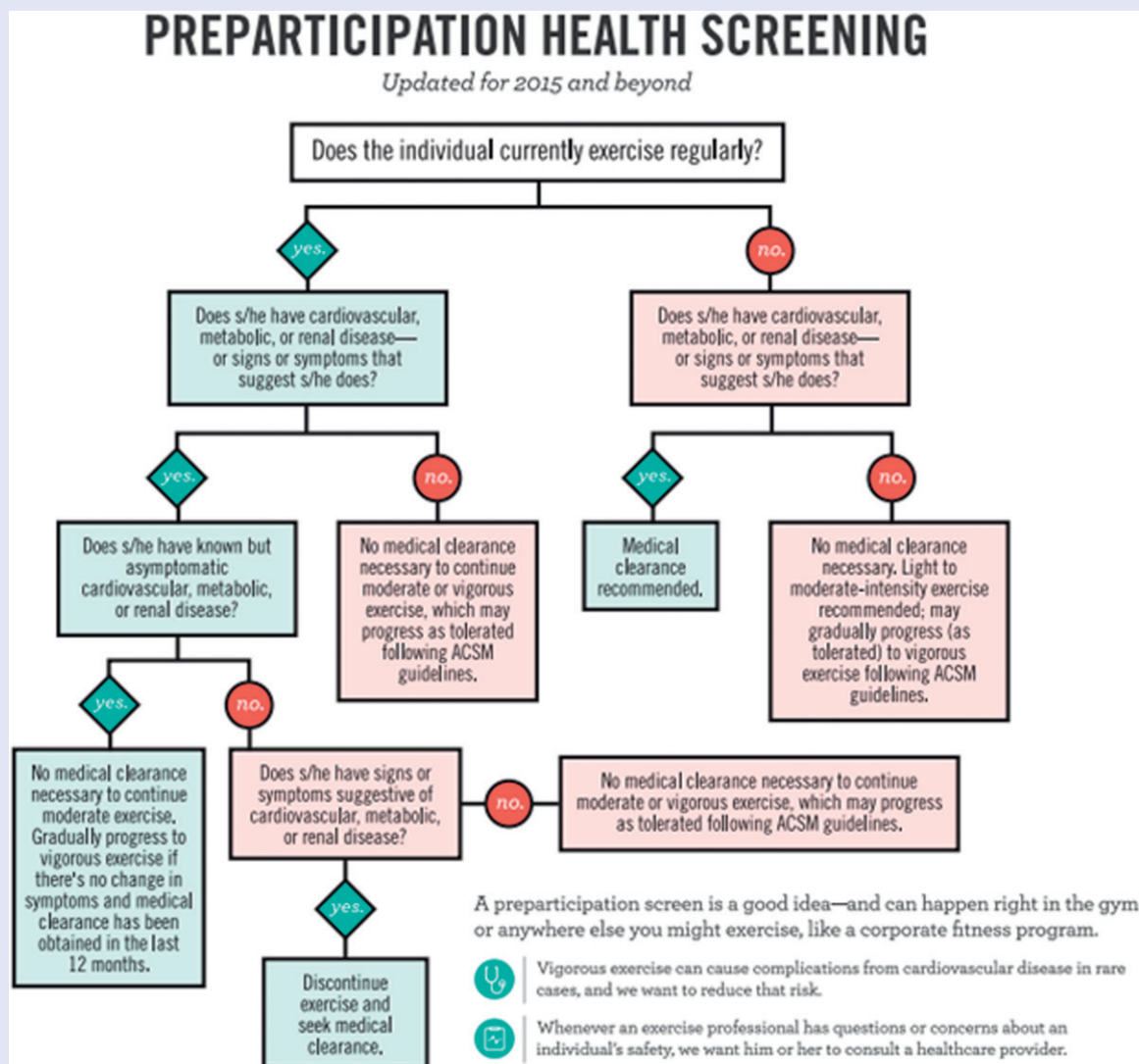


Figure 12.

American College of Sports Medicine preparticipation health screening flowchart. The flowchart is used for determining safe exercise intensity and progression when prescribing physical activity for adults with type 2 diabetes.²⁰³ ACSM-101-PrescreeningInfographicColorLegal-2015-12-15-V02).



refers to the modality of exercise being performed, such as walking, jogging, biking, rowing, swimming, etc. Using the FITT principle (frequency, intensity, time, and type), the HCP can partner with the individual to customize the physical activity prescription. The *Exercise Is Medicine™* Prescription Form (EIM) (Figure 15) can be used by HCPs to provide the individual with written

information and guidance to start or increase their physical activity.

Muscle strength training is the third leg of the physical activity prescription. The Physical Activity Guidelines for Americans recommend that adults participate in 2 sessions per week, focused on strengthening large muscle groups.²⁰¹ Muscle strength training can be performed with exercise

bands, body weight (e.g., pushups, planks, squats), using weight machines or free weights. Resistance training is demonstrated to improve muscle strength and insulin sensitivity and lower HbA1c in people with T2D.²⁰⁶ Interventions that combine both aerobic and muscle strength training activities are superior to either alone in achieving improvements in fitness, body