Exercise prescription for patients with type 2 diabetes and pre-diabetes:
A position statement from Exercise and Sport Science Australia
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Setting the scene:
To state exercise prescription for patients with type 2 diabetes and pre-diabetes.

What did they do?
Exercise training is a well-established prevention strategy, treatment and management therapy for patients with T2DM and pre-diabetes. It is recommended that individuals with these conditions accumulate a minimum of 210 min of moderate intensity or 125 min of vigorous intensity exercise each week using a combination of both aerobic and resistance training. Ideally the total amount of exercise should consist of some aerobic and some resistance training, however, if only one modality can be performed due to comorbidities, behavioral considerations or other constraints, then either modality alone has been shown to be effective. The risks associated with exercise are considered less than those of inactivity, even in older adults with multiple chronic diseases. Therefore, exercise training should be an essential component of any treatment plan for all patients at risk of or with T2DM. Due to the potential risks and likelihood of the presence of comorbidities, programs should be designed and delivered by qualified personnel who are trained and experienced to deal with the likely additional considerations.

Takeaway message:
• Exercise training should be an essential component of any treatment plan for all patients at risk of or with T2DM.
• Individuals with these conditions should accumulate a minimum of 210 min of moderate intensity or 125 min of vigorous intensity exercise each week using a combination of both aerobic and resistance training.
• Exercise programs patients at risk of or with T2DM should be designed and delivered by appropriately trained and qualified personnel.