# Contents

## Part I  Epidemiology and Prevention

1. **State of Fitness: Overview of the Clinical Consequences of Low Cardiorespiratory Fitness**  
   Gregory N. Ruegsegger and Frank W. Booth  
   3

2. **Prevention of Type 2 Diabetes**  
   Leigh Perreault  
   17

3. **The Metabolic Syndrome**  
   Julie-Anne Nazare, Beverley Balkau, and Anne-Laure Borel  
   31

4. **Diagnosis and Treatment of Nonalcoholic Fatty Liver Disease (NAFLD) in Type 2 Diabetes**  
   Kenneth Cusi  
   47

## Part II  Physiological Effects of Exercise in Type 2 Diabetes

5. **Exercise Performance in Youth with Diabetes**  
   Susan P. Gross, Amy D. Baumgartner, and Kristen Nadeau  
   73

6. **Exercise Performance Impairments and Benefits of Exercise Training in Diabetes**  
   Amy G. Huebschmann, Irene E. Schauer, Timothy A. Bauer, Judith G. Regensteiner, and Jane E.B. Reusch  
   83

7. **Sex Differences in Exercise Performance and Exercise Training Among Persons with Type 2 Diabetes**  
   Michael Quartuccio, Swaytha Yalamanchi, Sherita Hill Golden, Judith G. Regensteiner, and Rita Rastogi Kalyani  
   109

8. **Mitochondria in Muscle and Exercise**  
   Lisa S. Chow  
   125

9. **Vascular Dysfunction, Inflammation, and Exercise in Diabetes**  
   Jordan Loader, Matthieu Roustit, Dimitrios Baltzis, and Aristidis Veves  
   137

10. **Exercise, Adiposity, and Regional Fat Distribution**  
    Kerry J. Stewart and Devon A. Dobrosielski  
    151
11 Exercise, Blood Flow, and the Skeletal Muscle Microcirculation in Diabetes Mellitus .......................... 165
   P. Mason McClatchey, Timothy A. Bauer,
   Judith G. Regensteiner, and Jane E.B. Reusch

Part III Management and Treatment

12 Diabetes Prevention Program (DPP) and the Action for Health in Diabetes (Look AHEAD) Study: Lessons Learned ........ 175
   Bethany Barone Gibbs and John M. Jakicic

13 Exercise and Nutritional Concerns ........................................ 185
   Sheri R. Colberg

14 Behavior Change Strategies for Increasing Exercise and Decreasing Sedentary Behaviors in Diabetes .................. 201
   Daniel Bessesen and Audrey Bergouignan

15 Exercise and Quality of Life ............................................. 221
   Willy Marcos Valencia and Hermes Florez

16 Guidelines for Medical Evaluation and Exercise Testing in Persons with Diabetes Starting an Exercise Program ...... 231
   Barry A. Franklin, Kathy Faitel, Kirk Hendrickson,
   and Wendy M. Miller

Part IV Special Considerations for Exercise in People with Diabetes

17 Conditions That May Interfere with Exercise ..................... 247
   Jessica Mar, Susan Herzlinger Botein, and Osama Hamdy

18 Diabetes Mellitus and Exercise Physiology in the Presence of Diabetic Comorbidities .............................. 255
   Irene E. Schauer, Amy G. Huebschmann, and Judith G. Regensteiner

19 Type 1 Diabetes Mellitus and Exercise ................................. 289
   Alissa J. Roberts, Gregory P. Forlenza, David Maahs,
   and Craig E. Taplin

20 Exercise Programs to Improve Quality of Life and Reduce Fall Risk in Diabetic Patients with Lower Extremity Disease ......................... 307
   Bijan Najafi, Naren Patel, and David G. Armstrong

21 Cardiac Rehabilitation for Patients with Diabetes Mellitus .................................................. 319
   Ray W. Squires and Kerry J. Stewart

22 Peripheral Artery Disease and Exercise in Patients with Diabetes ........................................ 329
   Ryan J. Mays, Mary O. Whipple, and Diane Treat-Jacobson

Index ........................................................................... 349