



## Effects of Physical Activities on People with Diabetes

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### Message from the Guest Editors

Dear Colleagues,

It is well known that people of all ages and abilities can improve their quality of life through regular physical activity associated with well-designed dietary recommendations and nutrition therapy. Exercise is normally suggested in the management of type 1 and type 2 diabetes mellitus. In type 2 diabetes, the practice of physical exercise can result in improved glycemic control. In addition, exercise can help to prevent the onset of type 2 diabetes, reducing its world-wide burden. In type 1 diabetes, however, the expected improvements in glycemic control with exercise have not been clearly established.

The aim of the Special Issue is to provide an updated panorama of the influence of physical exercise on diabetes, focusing on new and emerging topics and on prevention, to be developed and implemented to promote physical exercise as a non-pharmacological treatment of the disease.

We encourage papers addressing exercise interventions, new methodologies focusing on diabetes complications, balance dysfunction and postural instability, as well as analysis of the public health consequences of the constant practice of physical exercise.





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## Message from the Editor-in-Chief

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