



Your Diabetes Care Team

– Clinical Exercise Physiologist

What is a Clinical Exercise Physiologist?

An exercise physiologist (EP) is a certified health professional who designs, prescribes and supervises exercise for people based on their individual health and medical needs and ability. An EP is trained to identify lifestyle-related issues that may lead to poor health and to design and implement a behavior-based treatment plan aimed at changing unhealthy lifestyle behaviors.

How can a Clinical Exercise Physiologist help you?

Exercise is a crucial part of your diabetes management. Exercise can help you control your blood glucose and promote weight loss. Planning and starting an exercise program can be challenging. An exercise physiologist can help you in:

- designing an individualized exercise programs based on your needs, lifestyle, culture, chronic condition (diabetes, heart disease, renal disease, pulmonary disease), conditions or physical ability
- preventing and managing chronic disease
- interpreting and evaluating the patient's response to rest, exercise and recovery in the setting of exercise testing to determine the functional capacity of that patient

When should you see a Clinical Exercise Physiologist?

It is helpful to see a Clinical Exercise Physiologist when you are:

- newly diagnosed with diabetes or pre-diabetes
- trying to prevent diabetes
- trying to lose weight or gain weight
- seeking help in getting your blood glucose under control with exercise
- trying to improve your aerobic capacity or increase muscle mass
- diagnosed with other health conditions besides diabetes that will benefit from an exercise plan (e.g. high blood pressure, high cholesterol and high body fat)
- finding an exercise regimen that best fits your goals, health conditions, culture and lifestyle

How to find a Registered Clinical Exercise Physiologist near you?

You can find a Registered Clinical Exercise Physiologist at Joslin Diabetes Center. You can also find one at the American College of Sports Medicine ProFinder website:

<http://certification.acsm.org/pro-finder>

Exercise is Medicine!