

*PHYSICAL ACTIVITY AS AN EDUCATIONAL AND CONTRIBUTION TOOL HEALTH IN THE CONTROL
OF DIABETES LEVEL*

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Abstract

Diabetes is a group of metabolic disorders associated with the inability to maintain normal blood glucose parameters. The relationship between diabetes and physical activity depends on a number of factors such as; level of disease development, diet, regular physical activity, physiology of people with diabetes, etc. The purpose of this paper is to clarify the impact of physical activity as an educational tool and health contributor in controlling and maintaining the level of normal blood sugar parameters to people with various diabetes.

Keywords

Keywords: physical activity, diabetes, health, blood sugar level

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