



## The effect of aerobic, anaerobic, and combined exercises on the elderly with type 2 diabetes

### Poster Presentation

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### Abstract

**Introduction:** Aging is associated with the development of type 2 diabetes. While this process is multifaceted, this article tries to review the studies that compared and evaluated the effect of aerobic and anaerobic exercise and a combination of them on the elderly with type 2 diabetes.

**Methods:** This study is a review of 10 articles that have examined the effect of aerobic and anaerobic exercise and a combination of the elderly with type 2 diabetes, and articles used in reputable sites and journals with a favorable impact factor have been published.

**Results:** According to statistics and research, anaerobic exercise with positive regulation of full statins and negative regulation of myostatin is effective in improving the metabolism of degraded glucose due to insulin resistance, which also affects muscle strength. Aerobic exercise program increases insulin sensitivity, and insulin sensitivity Adiponectin becomes serum. Aerobic exercise decreased hs-CRP levels. Combined exercise leads to lower leptin levels, and insulin resistance through combined exercise may improve the risk of cardiovascular disease in middle-aged men, affect some metabolic factors, quality of life and mental health, control blood sugar., Can be a way to prevent the rise of inflammatory biomarkers such as CRP and improve glucose profile, nonspecific increase in angiostatin inhibitory factor.

**Conclusion:** Studies have shown that aerobic and anaerobic exercise improves in these people, but the effect of combined exercise is greater and leads to lower blood sugar and CRP, and insulin resistance and improves these people's quality of life and mental health.

### Keywords

Aerobic and anaerobic exercise; combination exercise; diabetic seniors

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