

Metabolic and Physical Activity References

Position Statements

Colberg SR, Sigal RJ, Yardley JE, et al. Physical activity/exercise and diabetes: A position statement of the American Diabetes Association. *Diabetes Care*. 2016;39:2065–79. Available at: <https://care.diabetesjournals.org/content/39/11/2065>

Donnelly JE, Blair SN, Jakicic JM, et al. Appropriate physical activity intervention strategies for weight loss and prevention of weight regain for adults. *Med Sci Sports Exerc*. 2009;41(2):459-71. Available at: https://journals.lww.com/acsm-msse/Fulltext/2009/02000/Appropriate_Physical_Activity_Intervention.26.aspx

Clinical Practice Guidelines

Canadian Adult Obesity Clinical Practice Guidelines:
<https://obesitycanada.ca/guidelines/chapters/>

Diabetes Canada Clinical Practice Guidelines Expert Committee. Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Can J Diabetes*. 2018;42(Suppl 1):S1-325. Available at: <http://guidelines.diabetes.ca/cpg>

Other Helpful Resources

Diabetes in Canada: Backgrounder. Ottawa: Diabetes Canada; 2020. Available at: https://diabetes.ca/DiabetesCanadaWebsite/media/Advocacy-and-Policy/Backgrounder/2020_Backgrounder_Canada_English_FINAL.pdf

The health benefits of physical activity: Diabetes. BMJ Learning. Updated Feb. 2021. <https://new-learning.bmj.com/course/10051904>