

Nicole Johnson Baker: Hello, I'm Nicole Johnson Baker.

<card: Nicole Johnson Baker>

J. Anthony Brown: Hi, I'm J. Anthony Brown.

<card: J. Anthony Brown>

Jim Turner: Hi, I'm Jim Turner.

<card: Jim Turner>

Mother Love: Hello, babies. I'm the even more fabulous Mother Love.

<card: Mother Love>

Nicole Johnson Baker: Type 1

<card: Type 1>

J. Anthony Brown: Type 2

<card: Type 2>

Mother Love: Type 2

<card: Type 2>

Jim Turner: Type 1

<card: Type 1>

Mother Love: Diagnosed in April of 1990.

<card: Diagnosed April 1990>

Jim Turner: February 9, 1970.

<card: Diagnosed February 1970>

Nicole Johnson Baker: November 27, 1993.

<card: Diagnosed November 1993>

J. Anthony Brown: February 1990. And I'm here to talk about my

<card: Diagnosed February 1990>

Jim Turner: My

Mother Love: My

Nicole Johnson Baker: My dLife.

<card: dLife -- for your diabetes life>

<talk show audience>

Today on dLife the fastest swimmer in the world.

<clip from pool scene with Mother Love and Gary Hall Jr.>

Olympic gold medallist and dLife fitness contributor, Gary Hall Jr.

<clip of Gary Hall Jr. at Olympics>

Also Dr. Bob Arnot gets pumped at the gym.

<clip of Dr. Bob Arnot>

<back to talk show>

Now please welcome your hosts, Mother Love, J. Anthony Brown, Jim Turner, and me, Nicole Johnson Baker.

<applause>

<card: Nicole Johnson Baker -- Author & Miss America 1999>

Nicole Johnson Baker: Alright. Welcome to dLife everybody. How do you like our outfits? We're very tres, chic, fashionable, <applause> exercise conscious. Obviously today's show is all about exercise. And we want to kick this off right. So let's welcome our guests. Certified diabetes educator and author of, get this, Think Like a Pancreas. <laughter> Please welcome Gary Scheiner. Gary.

<card: Gary Scheiner – Certified Diabetes Educator>

Thank you. OK. Well, here is Mother Love with the story of the day from Matt Josepher. Matt's thirty-six-years-old, he has type 1 diabetes, and from Guttenberg, New Jersey.

<card: Mother Love – Co-Host, Author & TV Personality>

Mother Love: And Matt writes, "Diabetes runs in my family, but it never crossed my mind that I'd get it. I was superman.

<still of Matt Josepher holding child>

I could play sports longer and harder and stay up all night without even feeling it.

<still of Matt Josepher and woman>

When I was thirty I got really sick.

<still of Matt Josepher>

I had an insatiable thirst so I drank lots of orange and apple juice unaware of the fire I was fueling.

<back to talk show>

I also experienced frequent urination, blurred vision, and complete lethargy. After ten days I went to the emergency room where the staff panicked. The doctor told me after they tested my blood sugar three times it was thirteen hundred.

<close-up of Matt Josepher's letter>

They said I should be in a diabetic coma. It was a miracle I was coherent. This was my first taste of my body's fallibility.

<back to talk show>

I survived and I changed. My drinking and drugging days are over.

<still of Matt Josepher>

I quit my lucrative desk job

<still of Matt Josepher with weights>

and became a fitness trainer to help myself and others.

<back to talk show>

My disease has never been more under control. But I'm well aware I am not invincible anymore."

<applause>

Nicole Johnson Baker: What an amazing story. Matt is here in the audience with us.

<card: Matt Josepher, Type 1 diabetic>

<applause>

Mother Love: Great job.

Nicole Johnson Baker: From desk job to fitness trainer. Well, you're looking good.
<laughter>

Mother Love: Yeah.

J. Anthony Brown: Can I see that arm again?

Mother Love: Look at big guns. Whoo, you can train me anytime. <laughter>

J. Anthony Brown: Wait till he pulls his arm out on you.

Nicole Johnson Baker: Yeah, you don't want to see that.

Jim Turner: Congratulations. Way to go.

J. Anthony Brown: Great, great.

Nicole Johnson Baker: That's fantastic. Well, evidently today we are talking about exercise. Exercise is tough for so many people.

<card: Exercise is an important tool for managing your diabetes>

I mean there is a lot of fear associated with it, all kinds of stories, uhm... but a lot victory.

<card: Even small amounts of exercise can dramatically improve control>

And actually we want to kick things off by talking to Jim here, because Jim is an exercise nut. He is a big sports enthusiast. So what is a typical day of exercise for Jim Turner?

Jim Turner: Uhm... well I do lots of different things. I play ping pong, I play golf, I walk. But mostly I play basketball.

<card: Jim Turner – Co-Host & Actor>

It's fantastic for controlling your blood sugar. It really is. And--

Nicole Johnson Baker: OK. Stop right there. Now how do you control your blood sugar for two hours on a basketball court?

<Clip of Jim with testing blood sugar>

Jim Turner: Alright, what I do is on my way there I test my blood sugar.

<Jim Turner talking to camera>

Well I'm happy with 149. In fact I wish it was a little higher actually.

<clip of Jim Turner testing blood sugar>

Then before I start I test it again so that I have a sense of I'm going up, which way the way the blood sugar's going, up or down.

<Jim Turner talking to camera>

98. See that perfect, that's really perfect, but uhm.. I'm going to- I'm going to drink some uh.. something, cause I want to get it up. I don't want it that low.

<clip of Jim Turner playing basketball>

If I'm below 100 I'll just drink. Uhm... I've sometimes been stopped in the middle of the game when I do something odd or I'm staring at something.

<back to talk show>

Nicole Johnson Baker: You shoot to the wrong basket. <laughter>

Jim Turner: Right.

<card: Make sure your blood glucose levels are in a safe zone before you start vigorous exercise>

My friends will say, "Jim, hey, cookie time or something?" <laughter> Uhm..

Nicole Johnson Baker: With exercise one of my struggles is that I hate the psychological struggle of, you know, you're working out, you go low, you have to eat or drink something, but then the whole time you're thinking, "Why can't I just be like someone who doesn't have to worry about these things? Why can't I just push it?"

Mother Love: You have diabetes and we have to live differently. Face it.

Nicole Johnson Baker: I know.

Mother Love: Now what about you J.? How- what's your exercise plan?

J. Anthony Brown: Well, I start out- I start out with a plan.

<card: J. Anthony Brown -- Comedian & Radio Personality> The plan is very simple. I'm going to get up in the morning, exercise, and then I'm going to go to work. Is that great?

Mother Love: OK. That's good. That's a good plan.

Nicole Johnson Baker: That's a plan.

J. Anthony Brown: And then what happens is I just go to work. <laughter>

Mother Love: Do you know having diabetes, it's imperative that we incorporate some kind of exercise into our life style?

<Card: Even small amounts of exercise can dramatically improve control>

J. Anthony Brown: If I could just get in that room where everything is--

Nicole Johnson Baker: But instead that's where the laundry, and--

J. Anthony Brown: That's where the laundry hangs, and the pants go across--

Mother Love: It's almost like you seem like you're allergic to exercise.

J. Anthony Brown: I have a plan, if I could just-- I don't know, maybe I need help or something like that. I need some help.

Mother Love: I know it's difficult, baby. Mother Love is here to help, baby. I'm going to help you. Come on, J. Come on, baby. <laughter> <inaudible>

<applause>

Nicole Johnson Baker: Alright. Let's go, J.

<clip of Mother Love with J. Anthony Brown and exercise machine>

Mother Love: Come on sweetness. Look at what I've got for you.

Nicole Johnson Baker: Look at that.

Mother Love: Sit right here.

J. Anthony Brown: Alright.

Mother Love: Look, we got everything. We got the gloves.

Nicole Johnson Baker: Oh my goodness.

Mother Love: I even got a sign for your back since you don't want to move. Now here's your helmet. <laughter>

J. Anthony Brown: Alright.

Mother Love: I don't know why you're putting on a helmet, you're head kind of big there, boo. <laughter> But- and here's another glove. See this is perfect for you, J. You can exercise while sitting down, but I'm going to get some help. Gary Scheiner, can you come up here so we can make sure that J. does not go backwards?

J. Anthony Brown: Got my vest.

<Gary Scheiner comes up to J. Anthony Brown on exercise machine>

<applause>

Gary Scheiner: J., you've got all the safety gear taken care of,

<card: Gary Scheiner -- Certified Diabetes Educator>

now we've got to make sure this is going to be safe for you to do.

J. Anthony Brown: Right.

Gary Scheiner: You've talked to your doctor about it, right?

J. Anthony Brown: Yeah, he said it's OK.

Gary Scheiner: Alright. You know, heart disease is a problem for people with diabetes. We've got to make sure it's alright with your doctor. Next thing we got to do is we got to check your blood sugar.

J. Anthony Brown: Oh, OK.

Gary Scheiner: Cause, you know, if your blood sugar is too low we might have to postpone this, so let's do a quick check on your meter here.

<card: Normal blood sugar levels are 80-170 mg/dl>

J. Anthony Brown: Drum roll, please.

<Mother Love making humming sound>

<laughter>

<gasp>

Mother Love: Oh, you are such a baby. <laughter>

Nicole Johnson Baker: The moment of truth.

Gary Scheiner: It says 117. I think you're good to go.

Nicole Johnson Baker: 117? Wow. That's awesome. <applause>

Gary Scheiner: Alright. We want to keep this at a comfortable pace. OK?

J. Anthony Brown: Uh-hum.

Gary Scheiner: You should be able to talk comfortably while you're exercising.

J. Anthony Brown: OK.

Gary Scheiner: Are you able to talk?

J. Anthony Brown: I'm able to talk.

Gary Scheiner: Keep talking.

J. Anthony Brown: Alright, how's everything going? Are you feeling OK?

Gary Scheiner: I'm feeling good. Are you feeling good?

J. Anthony Brown: OK. Am I going at a right pace?

Gary Scheiner: You're doing a good pace.

J. Anthony Brown: Really nice.

Gary Scheiner: As long as you can talk comfortably y- you're doing alright.

J. Anthony Brown: Gotcha.

Gary Scheiner: OK. And, you know, keep it at that pace.

<card: Exercise can lower insulin resistance>

You don't want to overdo it right now.

J. Anthony Brown: Uh-huhm. How long should I be doing this?

Gary Scheiner: Just try to do it about twenty to thirty minutes. And uh.. try to do it every day if you can.

J. Anthony Brown: Every day?

Gary Scheiner: It's medicine for your diabetes just like the pills you take and the other medicines. This is medicine as well, so try to get it on a daily basis.

J. Anthony Brown: OK. Gotcha.

Gary Scheiner: And keep the pace at a- a medium level like you're doing right now. That should work great.

J. Anthony Brown: OK.

<back to talk show panel>

Nicole Johnson Baker: Alright. You're doing great over there, J.

J. Anthony Brown: Uh-huh.

Nicole Johnson Baker: We're proud of you. We're going to check in with J. a little bit later on just to see how he's doing. But if you are looking for more information on exercise, or if you want to have a story of a photo you'd like up on the dLife wall,

<card: Visit dLife.com for more information on managing your diabetes life>

<clip of person posting something on wall>

come visit us at dLife.com and become part of our community.

<back to talk show>

Coming up in just a minute or two, Mother Love is going to get wet with Gary Hall Jr. You don't want to miss that. <applause> <music>

<card: dLife -- Speak Out!>

<clip of Canaan Stewart>

Canaan Stewart: Sometimes I get angry that I have diabetes

<Canaan Stewart -- Type 1 Diabetes>

because I can't do everything that I want to do like run around and too much exercise,
because that brings down my blood sugar.

<clip of Aaron Fischer>

<card: Aaron Fischer -- Type 1 Diabetes>

Aaron Fischer: Diabetes has certainly changed my life and I think in most ways
probably for the better. Uhm.. I'm more aware of my body.

<clip of Josephina Ellis>

<card: Josephina Ellis -- Type 2 Diabetes>

Josephina Ellis: Somehow, somewhere I'm going to fight it, and I'm going to beat this
thing and have a wonderful and a marvelous life.

<applause>

<music>

<clip of J. Anthony Brown on exercise machine with Mother Love and Gary Scheiner>

<black screen>

<music>

<applause>

<back to J. Anthony Brown on exercise machine>

<clips of audience>

<J. Anthony Brown on exercise machine>

<back to talk show>

Mother Love: Keep going, baby. Keep going. You can do it.

<card: Mother Love -- Type 2 Diabetes>

Now we saw it how Jim keeps slim above the rim, well maybe below the rim.

Jim Turner: Yeah, thank you.

Mother Love: But Mother Love stays cool in the pool. Here's a look at my swim with Gary Hall Jr.

<music>

<shot of Bally Sports Clubs logo>

Mother Love: So here we are at Bally Total Fitness

<clip of Gary Hall Jr. and Mother Love on side of pool>

getting ready to do my Mother Love workout.

Man's voice: Mother Love in lane one. Alright, take your mark. Go.

<Gary Hall Jr. and Mother in pool>

Mother Love: That's it. Do your thing. OK. Wait a minute. OK, what took you so long? What took-- <laughter> I love to swim here.

<back to side of pool>

It's important that we incorporate exercise into our lifestyle some kind of way.

Gary Hall Jr.: To swim a couple laps. That's exercise.

<Gary Hall Jr. swimming>

Walking up and down the block. That's exercise.

<Mother Love on side of pool>

Mother Love: And you can even exercise on the side of the pool.

<Gary Hall Jr. and Mother Love on side of pool>

So how long do you test? Before, during, and after?

Gary Hall Jr.: That's right. You know, I'll even get out in the middle and practice and go over to the side of the pool. It only takes a few seconds a test and uh.. get back in.

Mother Love: Ooh.. we got a pretty stride. <inaudible> We're going to do a little synchronized blood testing so we can have fun. Ready? <singing>

Gary Hall Jr.: 83.

Mother Love: Mine's 105.

Gary Hall Jr.: 83 might be a little bit low for me

<clip of Gary Hall Jr. swimming>

when I'm doing long or aerobic type of exercise.

<back to side of pool>

But right before exercise I will take a glucose tablet, which I'll do right now.

<close-up of BD Glucose Tablets box>

Mother Love: These are always good to have. I think all diabetics should have these in their repertoire.

<card: Glucose tablets or gels can help raise blood sugar levels rapidly>

Gary Hall Jr.: Especially if your on insulin.

Mother Love: Yeah.

<card: Never exercise without having a glucose source nearby>

<Mother Love and Gary Hall Jr. in pool>

Gary Hall Jr.: Nice and easy. Look at that.

Mother Love: I win. I win. Yeah, you thought you was going to beat me. I won. I won. My work is done here. <laughter>

<close up of Mother Love in swim hat>

How can you be unhappy in a hat like this? Just tell me.

<Mother Love and Gary Hall Jr. on side of pool>

So whether you have the body of Gary Hall an Olympic champion, or the body like Mother Love built for comfort, it's important that you incorporate exercise into your daily regimen and test, test, and test.

<Mother Love and Gary Hall Jr. in pool>

<card: Hot baths may not be right for those with hypertension or neuropathy. Check with your doctor.>

Gary Hall Jr.: This is Gary Hall.

Mother Love: And the even more fabulous Mother Love for dLife TV.

<back to talk show>

<applause>

Mother Love: Baby, he's got more gold than Mr. T.

<clip of Gary Hall Jr. at Olympics>

That's five Olympic gold medals. Ten overall, counting the ones he won in Athens.

<back to talk show>

Let's bring this fine Olympian swimmer out right now, dLife fitness contributor, and Olympic champion, my friend Gary Hall Jr.

<applause>

<Gary Hall Jr. comes out and joins panel>

Nicole Johnson Baker: Good to see you.

Mother Love: Good to see you in clothes.

Gary Hall Jr.: Thank you. <laughter>

Mother Love: So now, tell us what do you remember about when you first got diagnosed?

Gary Hall Jr.: I recall the diagnosis being the scariest day of my life.

<card: Gary Hall Jr. -- Ten Time Olympic Medalist>

And uh.. and it takes a lot of courage to stand up on the blocks at the Olympic games and race the best in the world. But none of that courage was there that day when I was diagnosed. And I think the scariest things are the unknown. And I didn't know what diabetes was. I didn't know how it was going to affect my swimming. I didn't know how it was going to affect my life. So uh.. I was scared.

Mother Love: Now I got really depressed when they diagnosed me, because it runs rampant in my family. Did you go through a depress- a depressive state?

Gary Hall Jr.: I definitely went through the depression. And uh.. I think what I realize now is that that's a natural part in accepting uh.. that you have diabetes.

<card: People with diabetes are twice as likely to experience depression as those without diabetes.>

And uhm.. I think it's very natural for you to be depressed first and then angry and say, you know, "Why does this have to happen now? Why me?" You know, and- and it just doesn't make any sense, but it's just proof. I mean if it could happen to me, you know, here I was taking care of my body, exercising every day, eating right, it could happen to anybody. And so uh.. I definitely went through that depression.

Mother Love: Now you're the fastest swimmer in the world when you race. H- how do you manage your diabetes during a race?

Gary Hall Jr.: Well, I manage my diabetes during a competition the same way that I manage it any other time. And that's by frequently testing.

<card: Even small amounts of exercise can affect blood sugar levels. Test before, during and after.>

And it's the same way that anybody else should manage their diabetes. And that's uh.. part of it. And uhm.. what I had to-- part of that accepting process, learn was that I needed to test my blood sugar often, and uh.. make the appropriate adjustments.

Mother Love: Now as an athlete, you say often, you know, most of us test maybe six times a day. Are you more- t- testing more than that?

Gary Hall Jr.: Well, during the competition at the Olympics I tested about uh.. about twelve times.

Mother Love: A day?

Gary Hall Jr.: In the day. And that's about every hour.

Mother Love Jr.: Now what's your blood sugar like before you test, because it's- we are learning that it's important to test before exercise and after exercise. What's yours looking like?

Gary Hall Jr.: Well, before my target uh.. is about one hundred and fifty. And uhm.. that allows some room for it to drop, but what I've learned from in the past is that I can anticipate that my levels will actually go up quite a bit.

<card: Gary Hall Jr. -- Type 1 Diabetes>

Uhm.. after the race at the Olympics it was about three hundred and eighty-eight. And that was after a twenty-one second race. So just the adrenaline and--

Nicole Johnson Baker: What did you do?

Mother Love: Oh.

Gary Hall Jr.: And- and it's stressful. It's a very stressful environment and uh.., you know, that affects--

Nicole Johnson Baker: What do you do about that blood sugar though after you see that? Do you give yourself a little bit of insulin or do you wait for the adrenaline to come down?

Gary Hall Jr.: No, no, no. I need to give myself insulin immediately after the race, usually about five minutes after the race.

Nicole Johnson Baker: Wow. Wow.

Mother Love: Really? Now would you recommend this type of management to other people?

Gary Hall Jr.: Well the more aggressive you are with your management the better control you'll have of your diabetes.

<card: Talk to your physician about the treatment routine that is right for you.>

There's no question. The better control that you have over your diabetes, the better quality of life that you'll have. And really, you know, what I was able to accomplish in Athens proves that really the sky's the limit.

Mother Love: Now you're an inspiration to people all over the world, especially children. 'Cause I'm inspired by you, baby.

Gary Hall Jr.: Oh, thank you Mother Love.

Mother Love: What do you- what advice would you give to young people who've been diagnosed with diabetes?

Gary Hall Jr.: Well, just what we've been talking about. Accepting the fact that you have diabetes, accepting the fact that it's not your fault that you have diabetes. Of all the people that I know with diabetes, none of them asked to have diabetes. None of us want diabetes. There's nothing you can do at the moment that can change the fact that you have diabetes. It's just you do have a choice in how you manage it. And so, you know, it's important to accept the facts, deal with it, and move on in a positive direction.

Mother Love: Well, that's what we- we appreciate you coming to share your story. I loved my swim with you. We've got to take a break. Uh.. next Nicole and Gary pound the pavement with pedometers. We'll be back in a New York minute. OK, maybe two.

<music>

<applause>

<clip of J. Anthony Brown on exercise machine>

<back to talk show>

<card: Nicole Johnson Baker -- Type 1 Diabetes>

Nicole Johnson Baker: Alright, earlier this week I showed Gary Hall Jr. how to exercise on dry lands. Let's have a look.

<drum beats>

<clip of Gary Hall Jr. and Nicole Johnson Baker sitting on rocks>

Gary Hall Jr.: I'm sitting here with Nicole Johnson, formerly Miss America, lucky me.

Nicole Johnson Baker: Oh gosh.

Gary Hall Jr.: And we're going to go through her exercise routine. This should be fun.

<Gary Hall Jr. and Nicole Johnson Baker walking in park>

How does a former Miss America stay in shape?

<talking on rocks>

Nicole Johnson Baker: This is what I do. I work out.

<walking in park>

I walk in my neighborhood. And most mornings you'll find me after the kids are to the bus and off to school with my tennis shoes on,

<talking on rocks>

with my puppy, and we're walking up and down the street.

<walking in park>

I get in a mile in the morning, and then I'll go to the gym in the evening.

<talking on rocks>

Here's how it starts. You've got to test your blood sugar. That's the first way to start. So and, you know, I actually test before I exercise. I usually test after I've done about thirty minutes of cardiovascular exercise.

<walking in park>

And then, you know, just to see how I'm doing, because it's really easy for me to go low.

<close up of pedometer>

This is my pedometer.

<talking on rocks>

My husband and I wear these and compete. And it's a great motivator. And it just counts the number of steps that I take. The goal for anyone is ten thousand steps a day. If you want to be losing weight, it's about twelve thousand steps a day.

<walking in park>

And uh.. the way- the good rule thumb is about two thousand steps is a mile. So in our thirty minute walk here in the park and on the streets we should be able to do about four thousand steps I think.

Gary Hall Jr.: Well you walk and I swim, but I think what's most important is that you pick something that you really enjoy doing.

<applause>

<back to talk show>

Nicole Johnson Baker: OK, Gary now we want to give our audience a chance to ask a few questions about exercise and to get some of Gary's input and advice.

<Mother Love in audience with microphone>

Mother Love: Hello.

Georgianne Campbell: Hi.

Mother Love: What's your name?

Georgianne Campbell: Georgianne Campbell.

Mother Love: Hello, Georgianne. Now what's your question.

Georgianne Campbell: My quest-- first I want to make a comment. Gary, you rocked at the Olympics. Thank you. <laughter> <applause>

Nicole Johnson Baker: You rocked.

Gary Hall Jr.: That's a nice way to put it. Thank you.

Georgianne Campbell: My question is you always look very healthy and very well a- before you swim. I'd like to know what was your diet? What did you eat before you raced? And then what did eat after? Do you have to maintain a certain diet now?

Gary Hall Jr.: Well, my goal is always to keep a well balanced diet, and uh.. especially when I'm training there's a certain need for carbohydrates. And so there's an exception there, uhm.. where I'm training eight hours a day uh.. I'm burning so many carbohydrates off that uhm.. I really need to consume that fuel. Uhm.. when I back off the training I back off the carbs.

Mother Love: We have another question for you.

Saul Fellit: Gary, my name is Saul Fellit, type 1 diabetic as you are on, on a pump, and I want to tell you you're my own personal hero. I stood up and cheered to the TV when you won. <applause>

Gary Hall Jr.: Thank you, Saul.

Saul Fellit: Gary, would you please tell us what inspired you to keep going knowing how difficult it is to take care of diabetes and how exceptionally difficult it is with the effects of exercise knocking everything crazy in your body?

Gary Hall Jr.: Well, when I was diagnosed with diabetes uhm.. it was in March of 1999. I was twenty-four years old. I had already competed in the 1996 Olympics, and I was told by two doctors that it would be the end of my swimming career. And I was devastated.

<card: Visit dLife.com for a list of athletes with diabetes who excel at their sports.>

And uhm.. ironically uhm.. the diabetes in the community, people such as yourself, really inspired me to get back in the water, give it another go. I was able to go to the 2000 Olympics and win that gold medal in the fifty free-style that I wanted so desperately. And uhm.. really had the support of the diabetes community behind me, and uh.. really drew from that. <applause>

<music>

Mother Love: Well, thank you everybody. I'm sorry that's all the time we have this week with Gary. But remember he's a regular dLife contributor. So read his column and join the dLife community at dLife.com. Hey, how's he doing over there?

<clip of J. Anthony Brown on exercise machine>

Gary Scheiner: He's hanging in. Six hundred miles, and uh.. still going.

Mother Love: Yeah, right.

<applause>

Man's voice: More from dLife after these messages.

<black screen -- approximately twenty seconds>

<clip of audience -- no sound>

<black screen -- approximately five seconds>

<back to talk show>

<applause>

Nicole Johnson Baker: Well, Dr. Bob Arnot has been telling us how to control our blood sugar with exercise for years. But we wanted to see firsthand what he does. So we caught up with Dr. Bob at his favorite fitness center.

<clip of Dr. Bob Arnot at fitness center>

Dr. Bob Arnot: As both men and women age they lose muscle mass,

<card: Dr. Bob Arnot -- dLife TV Medical Contributor>

and with that goes their vitality, their energy, and their metabolism, meaning it's easier to gain weight. It can be harder to control your blood sugar levels. For that reason using very heavy weights in a gym like this is a great way to put that muscle mass back. But if you don't want to come to a gym or can't afford it, bar bells are terrific except that if you actually drop one it's more likely you're going to hurt yourself than if you use these. They're dumbbells. You can do the three basic complex exercises and that would be a curl, a bench press, and a should press. But if you drop it, you're a whole lot less likely to hurt yourself. I'm Dr. Bob Arnot, on dLife TV, at the Swimming Hole, in Stowe, Vermont.

<back to talk show>

<applause>

Man's voice: More from dLife after these messages.

<back to talk show>

<applause>

Man's voice: dLife is proud to partner with the Abbot Diabetes Care, makers of Freestyle Flash.

<card: Freestyle Flash logo>

Nicole Johnson Baker: Well, that's it for today. A special thanks to Gary Hall Jr., to our own Dr. Bob Arnot, and to Gary Scheiner.

<clip of Gary Scheiner with J. Anthony Brown>

<applause>

Remember, exercise is key to a well-rounded diabetes management plan. Check with your diabetes care team to see what's right for you, and visit dLife.com to share tips, information, and to connect with others. And as always, it's your dLife.

<card: dLife TV on CNBC: next Sunday, 7 pm ET>

You're responsible for your diabetes life.

<card: For tickets to dLife TV, call 866-dLife-NOW>

We'll see you next week.

<applause>

<card: dLife is produced by LifeMed Marketing LLC and does not represent the views or opinions of CNBC, Inc.>

<credits>

<card: Nicole Johnson Baker -- Co-Host, dLife TV>

Nicole Johnson Baker: Remember, we're not role models. We're people living with diabetes just like you. What we do and how we manage may work for us, but everyone is different. And you have to work with your diabetes care team to find out what works best for you. Remember, it's your diabetes life. And there's no substitute for getting control of it.

<card: LifeMed Marketing logo and copyright>

End of 106