

Exercise therapy in Type 2 Diabetes

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Stellingen

horende bij het proefschrift

Exercise therapy in Type 2 diabetes

1. Het geglyceerd hemoglobine (HbA_{1c}) weerspiegelt in onvoldoende mate de prevalentie van postprandiale hyperglykemie in diabetespatiënten. *(dit proefschrift)*
2. Kracht- en intervaltraining recreëren de juiste randvoorwaarden voor recreatieve beweegprogramma's in ongetrainde diabetespatiënten. *(dit proefschrift)*
3. De hoge kans op uitval bij 'Bewegen-op-Recept' programma's voor participanten met Type 2 diabetes impliceert dat alleen maximaal gemotiveerde patiënten baat zullen hebben bij zogenaamde 'Minimale Interventiestrategieën Bewegen'. *(dit proefschrift)*
4. "For many, exercise is viewed solely as a research or diagnostic tool and not as a true weapon against chronic disease. In reality, however, exercise attacks the roots of chronic disease, that is, physical inactivity. For us to follow a common battle plan, there is an apparent need to convince the medical community that chronic disease is rooted in physical inactivity."
F.W. Booth et al. Journal of Applied Physiology, 2002; 93, p3
5. "Finally, it could be deleterious and counterproductive to continuously refer to the idea of 'small' benefits (of therapeutic exercise in Type 2 diabetes), given the notorious difficulty in some medico-scientific circles to accept the idea that physical exercise may constitute therapeutic treatment for a disease such as Type 2 diabetes." *S. Balducci et al. Diabetes Care, 2007;30:e25;*
6. Ondanks de toenemende populariteit van de 'spinning'-les, zou de aanzienlijk lagere prevalentie van overgewicht in het begin van de 20^{ste} eeuw erop kunnen wijzen dat het dagelijks spinnen van wol een doeltreffender beweeginterventie was.
7. In vergelijking met een klinisch psychiater lijkt de alomvattende term 'klinisch fysioter' een juiste beschrijving van het brede werkkterrein van de sportarts in Nederland.
8. Analoog aan het succesvolle 'Discovery Vitality Wellness'-programma van Sir Richard Branson zou het koppelen van de hypotheekrenteaftrek aan leefstijlprogramma's bij uitstek ook de Nederlander meer in beweging kunnen brengen.
9. Veelgebruikte biomechanische en fysiologische modellen van de (bewegende) mens doen nog steeds geen recht aan het universele tensegriteitsprincipe omschreven door *Donald E. Ingber* in 'The Architecture of Life', *Scientific American, 1998; Jan, 48-57*
10. "Ninety percent of the things that we call 'management' consists of making it difficult for people to get things done." *Peter Drucker, Management consultant (1909-2005)*
11. "Most people never run far enough on their first wind to find out they've got a second."
William James, American philosopher (1842-1910)

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Stephan F.E. Praet