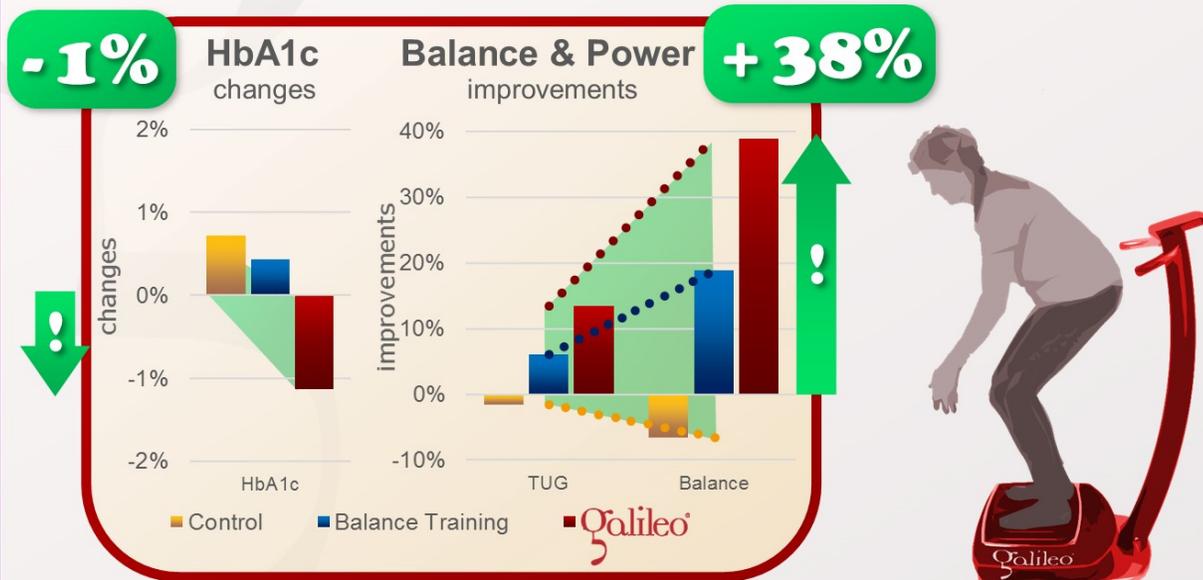


Can Galileo Training decrease HbA1c and improve balance and power as well ?

The answer is: YES

This study examined the effects of Galileo Training on HbA1c (long-term glucose level), balance and power in 70 to 82 year old (15-30Hz, pos. 3, 3x3 min., 3/week, 6 weeks). The Galileo and Balance Training group both received 2/week 60 min. balance, strength and mobility therapy, the Galileo group additional 3/week, 9min. Galileo Training. The Galileo group significantly decrease HbA1c and increased balance and power.



Lee K, Lee S, Song C: Whole-body vibration training improves balance, muscle strength and glycosylated hemoglobin in elderly patients with diabetic neuropathy.; Tohoku J Exp Med, 231(4):305-14, 2013; PMID: 24334483; GID: 3411

Deep squatting on Galileo resulted in significant gains for Diabetes patients:

Intensive Galileo Training (in this study in 70 to 82 year old patients, frequencies of up to 30Hz, deep squat of 70°, exercise 22, 23, 41 or 44, [#ProbascoGalileoTraining](#)) results not only in increased balance, muscle function and decrease of fall risk ([#GRFS49](#), [#GRFS42](#), [#GRFS41](#), [#GRF32](#)) but also in a decrease of the HbA1c value – the long-term blood sugar level. This value (glycosylated hemoglobin) shows the history of the blood sugar levels and is chronically elevated in Diabetes Type 2 patients – a decrease is therefore a very positive thing.

Diabetes Type 2 patients will get an immediate positive effect when they try; 3 sessions for 2 minutes of Galileo Training in deep squatting at 25-30Hz, foot position 1.5mm - 2.5mm, upper body bent forward, weight shifted to the heel. The test is to simply measure your blood-sugar level 1 before and after the exercise (the test should be done in a stable blood sugar level so about 1 hour after the last meal because otherwise the levels are still increasing due to digestion and will compromise the results).

Another wonderful example why Galileo Training can help so much improving the aging process.



[Tohoku J Exp Med](#). 2013;231(4):305-14.

Whole-body vibration training improves balance, muscle strength and glycosylated hemoglobin in elderly patients with diabetic neuropathy.

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Abstract

Elderly patients with diabetes and peripheral neuropathy are more likely to experience falls. However, the information available on how such falls can be prevented is scarce. We investigated the effects of whole-body vibration (WBV) combined with a balance exercise program on balance, muscle strength, and glycosylated hemoglobin (HbA1c) in elderly patients with diabetic peripheral neuropathy.

Fifty-five elderly patients with diabetic neuropathy were randomly assigned to WBV with balance exercise group, balance exercise (BE) group, and control group. The WBV and BE groups performed the balance exercise program for 60 min per day, 2 times per week, for 6 weeks. Further, the WBV group performed WBV training (up to 3 × 3 min, 3 times per week, for 6 weeks). The control group did not participate in any training.

The main outcome measures were assessed at baseline and after 6 weeks of training; namely, we assessed the postural sway and one leg stance (OLS) for static balance; Berg balance scale (BBS), timed up-and-go (TUG) test, and functional reach test (FRT) for dynamic balance; five-times-sit-to-stand (FTSTS) test for muscle strength; and HbA1c for predicting the progression of diabetes. Significant improvements were noted in the static balance, dynamic balance, muscle strength, and HbA1c in the WBV group, compared to the BE and control groups ($P < 0.05$).

Thus, in combination with the balance exercise program, the short-term WBV therapy is beneficial in improving balance, muscle strength and HbA1c, in elderly patients with diabetic neuropathy who are at high risk for suffering falls.

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