



Week 1: the first step... or rather steps!

How Walking Changes Your Blood Sugar.

Managing blood sugar is not only beneficial if you are diabetic.

As we age our bodies find it harder to manage glucose (blood sugar).

You may have heard the term 'pre-diabetic' which means that if lifestyle and diet changes aren't made, diabetes is likely to develop.

The good news? You have a secret weapon that works faster than almost any other intervention: Your muscles.



The Science: How it Works

When you eat, your blood sugar rises.

Insulin (a hormone produced by your pancreas) acts like a key, opening your cells to let the sugar in for energy.

In pre-diabetes, there are either not enough 'keys,' or the 'key' doesn't work as effectively.

Walking bypasses the problem. When you walk, your large leg muscles demand energy. They can actually pull sugar out of your bloodstream without needing extra insulin.



Why Walking is Medicine

Walking provides three major benefits for your body:

- 1. Improved Insulin Sensitivity:** Your body's natural 'keys' start working better again
- 2. Weight Management:** Walking helps reduce fat that gathers around organs, which is a primary driver of diabetes
- 3. Heart Protection:** Just 20 minutes of walking can reduce the risk of developing high blood pressure



The '10-Minute Rule'

Research shows that a short walk immediately after a meal is one of the most effective ways to blunt a 'glucose spike':

- **The Goal:** Aim for a 10-minute walk within 30 minutes of finishing lunch or dinner.
- **The Result:** This helps keep your blood sugar levels stable, preventing the "crashes" that make you feel tired or hungry later.



Your Action Plan for Week 1

Post-meal stroll.

- **Monday – Wednesday:** Try one 10-minute walk after your largest meal of the day.
- **Thursday – Sunday:** Try two 10-minute walks (after lunch and dinner).

