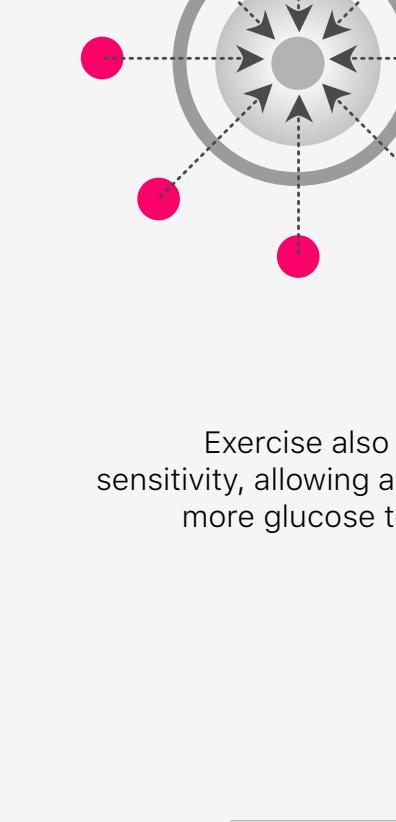


# 10,000 steps to lower blood glucose

Studies suggest that walking 10,000 steps a day can help you achieve numerous health benefits.



## Blood Glucose

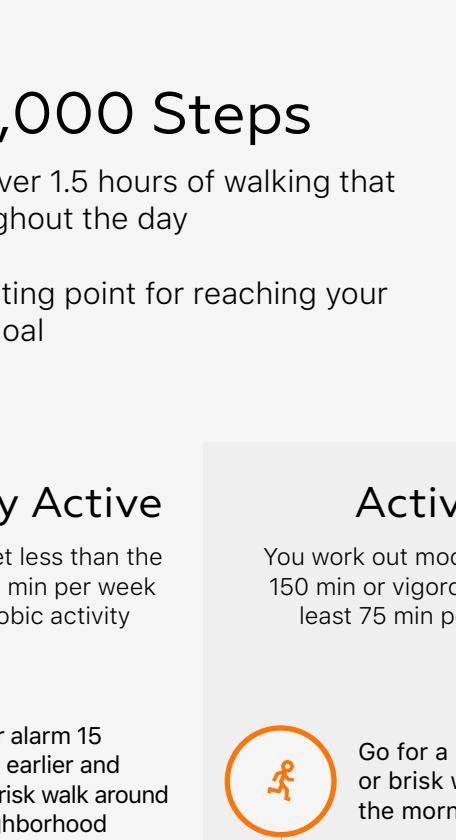
Keeping your blood glucose as close to normal as possible (70-140 mg/dL) reduces your risk of developing diabetes complications and empowers you to live a long, healthy, active, happy life.

## Walking lowers blood glucose in 2 ways:



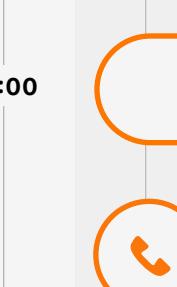
When muscles contract during exercise, they take up glucose and use it for energy even when insulin is not available.

Exercise also increases insulin sensitivity, allowing all cells to take up more glucose to use for energy.

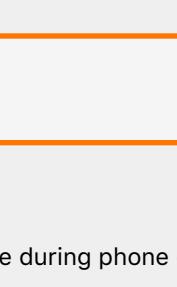


Taking a short 15 minute walk half an hour after a meal is an effective way to lower blood glucose after meals.

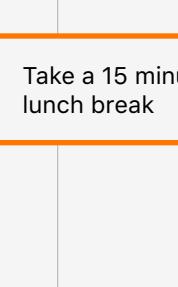
## Additional Benefits



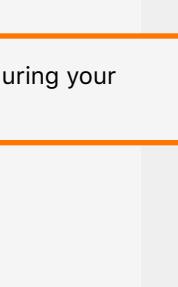
lower blood pressure



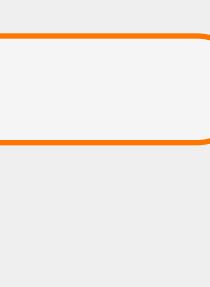
lower cholesterol levels



lower resting heart rate



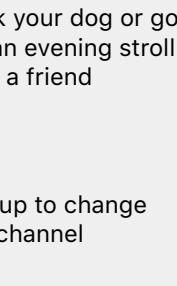
lower Alzheimer's risk



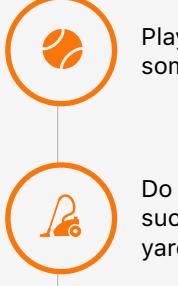
improved balance and coordination



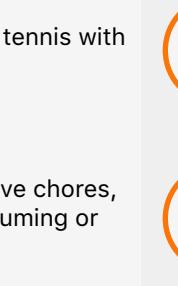
stronger bones



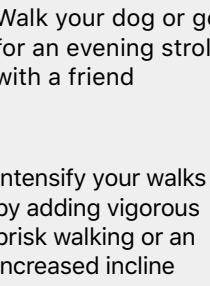
reduced stress



better sleep



increased muscle mass



weight loss

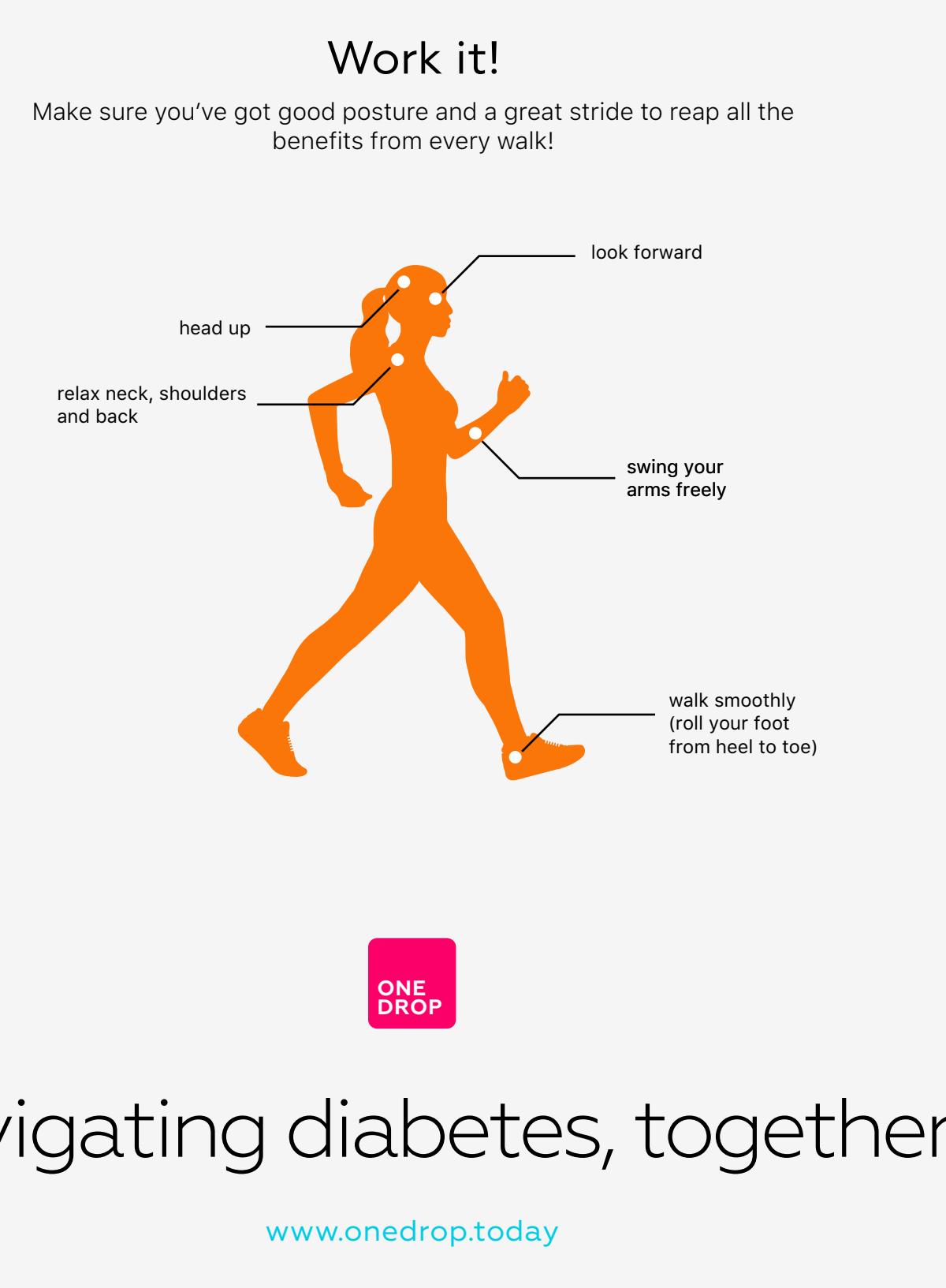
1 walking mile = 2,000 steps

Average walking pace = 3.1 mph

## How to Reach 10,000 Steps

10,000 steps, or about 5 miles, is just over 1.5 hours of walking that can be spread out throughout the day

Use your current activity level as a starting point for reaching your 10,000 steps goal

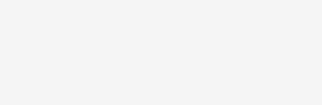


Use a pedometer or fitness tracker to count your steps.

Remember: One Drop tracks your steps — just be sure to carry your phone with you!

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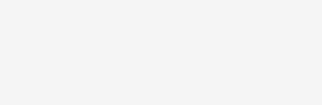
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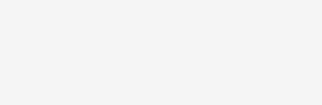
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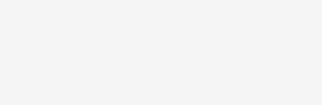
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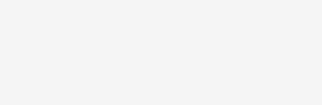
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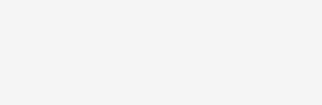
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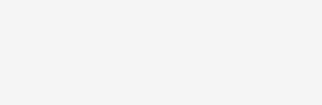
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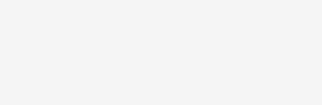
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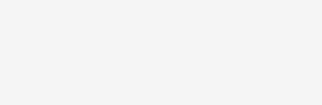
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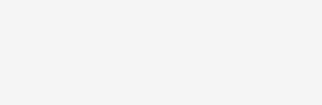
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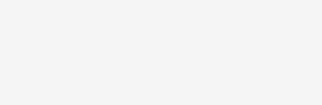
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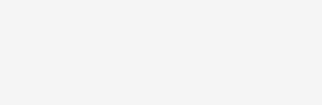
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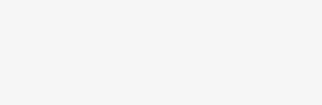
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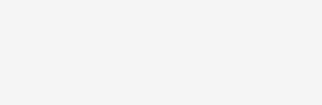
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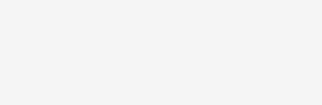
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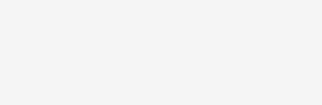
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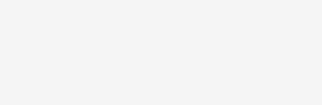
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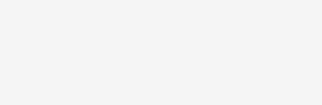
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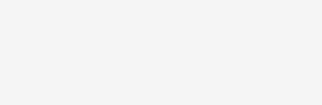
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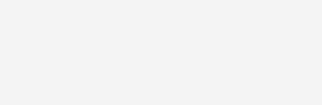
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