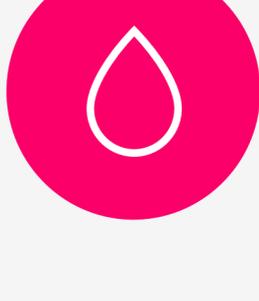


10,000 steps to lower blood glucose

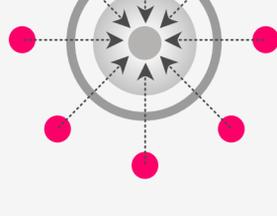
Studies suggest that walking 10,000 steps a day can help you achieve numerous health benefits.



Blood Glucose

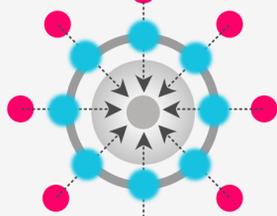
Keeping your blood glucose as close to normal as possible (70-140 mg/dL, 3.9-7.8 mmol/L) reduces your risk of developing diabetes complications and empowers you to live a long, healthy, active, happy life.

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

Sedentary

You spend most of your work hours sitting and don't exercise regularly (yet!)

Moderately Active

You exercise but get less than the recommended 150 min per week of moderate aerobic activity

Active

You work out moderately for 150 min or vigorously for at least 75 min per week

6:00

- Sedentary:** Pace while brushing your teeth; Walk your kids to the bus stop
- Moderately Active:** Set your alarm 15 minutes earlier and take a brisk walk around the neighborhood; Power walk your kids to the bus stop
- Active:** Go for a run, jog, or brisk walk in the morning

9:00

- Sedentary:** Park your car far from your destination, or get off the bus or train one stop earlier
- Moderately Active:** Walk to work, or get off the bus or train a few stops earlier
- Active:** Use the bathroom a few floors up or down from your office

12:00

- Sedentary:** Get up every hour during work to walk for a few minutes
- Moderately Active:** Take the stairs instead of the elevator whenever possible
- Active:** Take a 15 minute walk during your lunch break

6:00

- Sedentary:** Pace during phone calls; Walk your dog or go for an evening stroll with a friend; Get up to change the channel
- Moderately Active:** Play doubles tennis with some friends; Do some active chores, such as vacuuming or yard work
- Active:** Walk your dog or go for an evening stroll with a friend; Intensify your walks by adding vigorous brisk walking or an increased incline; Schedule weekend hikes or group walks with friends!

10,000 steps



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!

Work it!

Make sure you've got good posture and a great stride to reap all the benefits from every walk!



Navigating diabetes, together.

www.onedrop.today

