

## **Walk Off Your Diabetes Risk**

For older adults, a short 15-minute walk after every meal lowers blood sugar and the risk of Type 2 diabetes, a new study reveals. The post-meal walking was significantly better at lowering the post-dinner glucose level than 45-minute walks in the morning and evening times.

According to the research, brief walks can lower diabetes risk if they are taken soon after consuming a meal. Walking a half-hour after eating gives time for digestion first. Dr. Armand Krikorian, internal medicine program director at Advocate Christ Medical Center says, "Exercising after meal consumption causes the blood sugar to drop because more of the glucose goes to the muscles to help them with their metabolism. Additionally, the light walking helps the pancreas to do its duty, by clearing the glucose into the muscles."

Briefer, more frequent exercise can also be more doable to older adults who are not used to exercising. This is important because to get the benefits, you have to do it every day. To make it easy, combine it with running errands or walking the dog. If walking outside is not a comfortable option, even exercising for 15 minutes in the house can work.

Faith communities can build this knowledge into their programs by creating brief opportunities for people to move around after community meals. Healthy habits are always more fun and easier to commit to if you're doing it with other people!

*Prayer: Thank you for creating our bodies that know what they need and regulate themselves. Help us to help our bodies be as strong and healthy as possible by delighting in all that they can do.*

Wishing you joy and good health,  
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