optimal you

DIABETES AWARENESS

6 ways to help reduce your risk of diabetes:

BE ACTIVE

By being physically active, your body will be able to control blood sugar levels and also lower risk of heart disease. Some ways to get active are cycling, walking more, doing housework, and try swimming

DRINK WATER

Drinking water more frequently throughout the day can help flush toxins out of your body. Also, replacing other sugary drinks with water will help your body to control blood sugar levels

REDUCE PORTIONS

If consuming more than the recommended amounts of food per day, it often times also means you are consuming too many calories. Reducing portion sizes can help reduce calorie intake which could lead to weight loss.

DON'T SMOKE

Smoking is associated with insulin resistance which causes difficulties like diabetes since the body can't properly respond to insulin When you quit smoking, this added stress is removed and your blood sugar management improves.

EAT MORE FIBER

Eating more fiber can be beneficial for weight management and gut health. Both soluble and insoluble fibers can help keep blood sugar and insulin levels low which can lower the risk for diabetes.

UTILIZE VITAMIN D

Vitamin D has been shown to be helpful with blood sugar management and reducing insulin resistance. Maintaining good vitamin D levels can also be important for overall health.