

Making Strides For Your Health

(NAPSA)—Taking walks in the park or around the neighborhood is one of the easiest ways to enjoy any season. It's also an excellent form of exercise, especially for the 18 million Americans with diabetes.

"Walking at least 30 minutes each day can result in weight loss and higher energy levels, and may reduce risks associated with diabetes," says Lorena Drago, nutrition counselor and diabetes expert. "To begin, start slowly and build up your pace and distance over time. Once you feel that a level is becoming easier, increase your total walking time by adding about five minutes (about 500 steps)."

Remember, exercise can cause your blood sugar levels to fluctuate, so it is important for people with diabetes to test before and after walking. Keep a log of your blood sugar readings to help you detect patterns in your levels. The best time for a walk is one to two hours after a meal.

To get started, Drago recommends the following fun and easy step-by-step tips:

Get Equipped

Invest in a pedometer and keep a walking journal to monitor your progress.

A Little Goes A Long Way

When possible, take the stairs instead of the elevator or escalator—this counts as steps, too. Take advantage of cell phones to catch up with friends and family while you walk. When at work, take two or three short walking breaks. Small sessions of exercise through-

Did You Know?

- Walking at a brisk pace burns four times the calories your body uses at rest.
- An average walker takes about 1,000 steps in just 10 minutes.
- One mile—approximately 2,000 steps.



out the day can add up to big results.

Enlist A Buddy

Enlist a walking buddy to join you in your program; having a partner provides motivation and companionship. Also, some malls allow walkers in before the stores open—see if a nearby mall does and get in those steps as you window-shop together.

Step It Up

Find a school track or park path where you can walk longer distances. To keep your blood sugar levels as close to normal as possible during these more vigorous walks, be sure to bring bottled water and a light snack such as a Glucerna® Snack Bar, which contains a unique blend of carbohydrates to help manage blood sugar levels.

With these simple tips, you can stroll through the seasons with good health and improve the way you manage your diabetes. To receive a personalized fitness plan and learn additional tips about walking, visit Glucerna.com. Talk to your health care professional about how to use Glucerna nutrition products in your meal plan.