

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# 30

## Days to "Stop Diabetes"



**1** Taking care of your feet and preventing blisters is important for diabetics, as diabetes slows wound healing. **2**



The best time for walking is 1 to 2 hours after a meal, when your insulin and blood sugar levels have settled down. **4**



Drink lots of water to keep hydrated. **6**



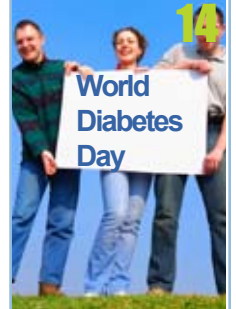
**STEP TIP: 8** Use the bathroom on the opposite floor that you are on in your home or in your work place.

**9** D-blog Day started by Gina Capone to help unite diabetes bloggers and create awareness about diabetes.

**10** Carry a snack for when you or your walking partner detects signs of low blood sugar.

**STEP TIP: 11** Walk 15 minutes at lunch.

**STEP TIP: 12** Pacing the office during conference calls can be a great way to get in extra steps and improve oxygen to the brain.



**STEP TIP: 15** Have kids? Walk around the field instead of sitting to watch your kids play sports.



**STEP TIP: 17** Sitting at your desk is a good time to do flexibility exercises like head rolls, shoulder shrugs and stretch your quads and hamstrings.



**STEP TIP: 19** Keep a pair of walking/running shoes in your car or office so you can take advantage of any period of time to walk.

**STEP TIP: 20** Park further away at work, the mall, or grocery store.

**STEP TIP: 21** Setting targets is an important part of reaching goals. Next week increase your steps by 20%.



**STEP TIP: 23** Taking the stairs instead of elevators is an excellent way to add steps, strength train and improve cardio.



**STEP TIP: 25** Walk down the office hall to talk to co-workers instead of sending emails will increase your step count.



**STEP TIP: 27** To boost weight loss success, work up to 12,000 - 15,000 steps/day (add 2,000/week) and consume 500 fewer kcal/day.



**STEP TIP:** Use a retractable leash when walking the dog. It will free your arms so you can pump more vigorously and burn more calories.

Walking 30 minutes a day or 3500 steps per day 5x a week reduces the risk of Diabetes by 58%. **30**



<http://www.walkingspree.com>

