From Plate to Pavement

HealthCheck360

Taking a short walk after a meal is a simple way to provide benefits for your blood sugar, digestion, energy levels, and overall well-being. Research suggests that even a 10-15 minute walk after eating can make a big difference. So lace up your shoes, head outside, and put these benefits into motion!

EXTRA BENEFIT FOR BLOOD SUGAR HEALTH

If you have diabetes, prediabetes, or are working to maintain healthy blood sugar levels, a short walk after meals may help reduce post-meal blood sugar spikes.

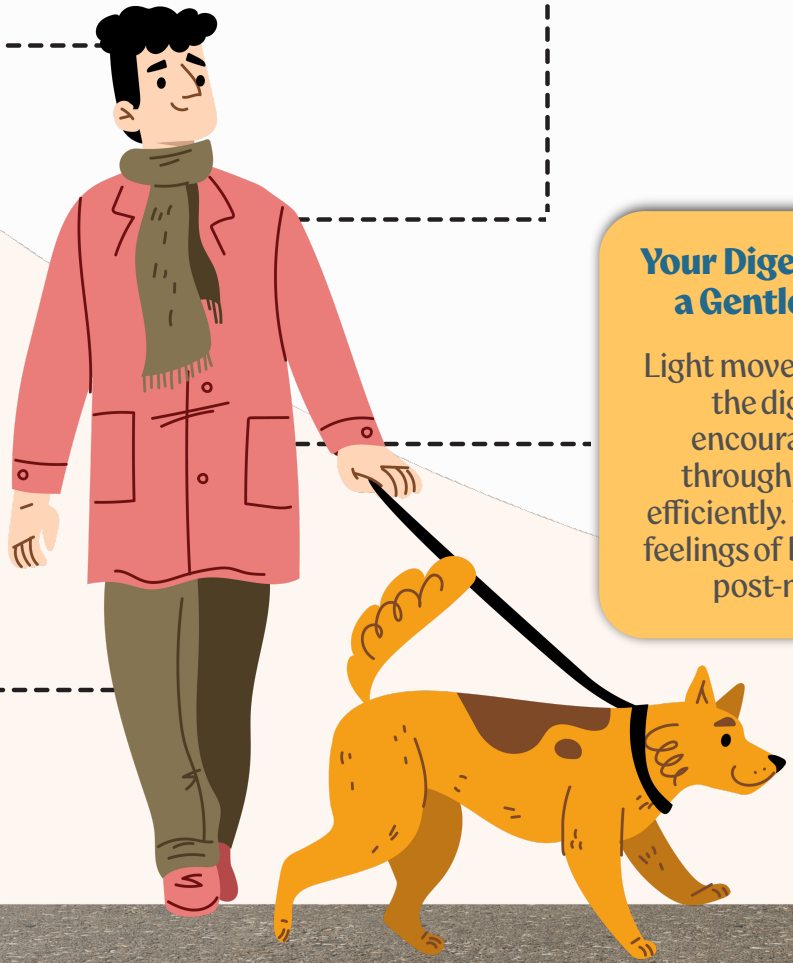
What Happens to Your Body While Walking After a Meal?

Your Brain Gets a Boost

Movement can help you feel more alert, focused, and mentally refreshed. Instead of settling into an energy slump, a brief walk can leave you feeling clearer and more ready to tackle whatever comes next in your day.

Your Circulation Increases

Walking gets your blood flowing and helps deliver oxygen throughout your body. This can help combat the sluggish feeling that sometimes follows a meal.



Your Muscles Use Extra Glucose For Fuel

As your body digest food, blood sugar naturally rises. When you start walking, your muscles need energy and can use some of the glucose, helping support healthier blood sugar levels after eating.

Your Digestive System Gets a Gentle Healthy Nudge

Light movement helps stimulate the digestive tract and encourages food to move through your system more efficiently. This may help reduce feelings of bloating, fullness, and post-meal discomfort.