

A decrease in blood sugar and not only: doctors talked about the benefits of walking after eating

Walking after eating has many proven health benefits. Here are some of them.

**Reducing blood sugar.** Thanks to a quick walk after eating, you will prevent a sharp jump in blood sugar. This was said by Chrissy Carroll, a certified nutritionist, a certified personal coach. Studies show that physical exercises after eating improve the glycemic response and reduce blood sugar after eating in people with and without diabetes. Another study, during which healthy adults went within 30 minutes after eating, gave similar results. Walking moderate intensity lasting only 20 minutes after eating will reduce the glycemic reaction and reduce the level of glucose in the blood.

**Assistance in the digestive system.** If you often feel bloating after eating, then a walk can be a solution to the problem. Studies have shown that a 10-15-minute walk after eating improves the digestive tract.

**Improving blood circulation.** Body movement enhances blood flow. Ultimately, this improves blood circulation in the body.



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**Reducing blood pressure.** Walking helps effectively reduce pressure. One study conducted among people with hypertension demonstrated a significant decrease in pressure after a year of regular walks. The effect was observed even in patients with resistant hypertension, which is poorly treated with traditional methods.

**Weight loss.** Even 30 minutes a week of aerobic activity can lead to a moderate decrease in body weight, waist circumference and fat layer in adults with overweight or obesity.

**Improving mood.** Exercises increase the level of serotonin and dopamine, lead to the production of endorphins. This helps to improve mood, the emergence of positive emotions.

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