

Food plays a key role in maintaining the normal level of glucose in the blood, but there is something else. Your daily habits are also important. Here's what health experts recommend adding to the daily routine.

Move more. Studies show that even a 15-minute walk after eating reduces blood sugar. To add more movement on your day, go up the stairs instead of traveling on the elevator, avoid a long sitting, change the situation and explore your area, city or village, work on the Internet, walk or ride a bicycle where it is possible.

Put a quality dream in priority. People who sleep less, eat irregularly, have a snack more often, eat more harmful food. Insomnia can also affect the level of cortisol in the blood, which increases blood sugar and the risk of weight gain.



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Manage stress. Chronic stress can poorly affect blood sugar. Try breathing exercises, practice of gratitude, meditation, communication with a friend or loved one to reduce stress.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.