

Engage in regular moderate exercise and consistent activity

Keeping active the entire day keeps the metabolic rate high. Moderate-intensity exercise, such as brisk walking, bicycle riding, dancing, climbing stairs, and running increase utilization of glucose and improves insulin sensitivity. Muscles use up to 70-80% glucose absorbed from the digestive tract. Lack of activity and sedentary lifestyle is a common cause of excessive build-up of glucose and fat stores. A minimum exercise/ activity plan for the day is- 30 minutes of stretching, 15-30 mins of brisk walking and stair climbing if possible, and a total of 7-10,000 steps for the entire day.