WHAT DO YOU KNOW about the links between Nutrition, Physical Activity and Diabetes?

- Excess sweet foods send quick “highs” of sugar to the blood. The blood then needs insulin to send the sugar in to the body cells.
- Diabetes is an imbalance in sugars in the blood and insulin supply.
- Because our blood carries the nutrition “fuel” around our body, it needs to be supported with healthy eating and also have a good supply of oxygen from exercise.
- Fat builds up around the blood vessel walls and can restrict the insulin from sending the sugar into the body cells.
- Exercise helps to keep our blood sugar levels normal and to keep a healthy weight which is important with Type 2 Diabetes.
- Healthy food (low in sugar/fat) and exercise can improve our mood and positive thoughts, plus maintain good energy levels.

from Canteam, March 2009 Vol 14, issue 1

“A lack of daily physical activity can lead to excess weight (body fat) which is a major risk for developing Type 2 Diabetes. This can then lead to heart and kidney problems, eye sight problems and trouble with you feet and skin.

from Diabeteslife.com

HEALTHY LIVING TIPS

Our current skill for life is Optimism