



Diabetes: Exercise & Insulin Sensitivity

Exercise is the fastest way to improve insulin sensitivity. Muscle tissue acts as a glucose sponge when activated. Even short sessions lower blood sugar immediately. Movement is first-line diabetes therapy.

Muscle contraction allows glucose entry independent of insulin, lowering blood sugar quickly. Resistance training builds muscle mass, increasing long-term glucose storage capacity.

Lab trends often show lower A1C and fasting glucose within months of consistent exercise.

Without physical activity, insulin resistance progresses despite dietary changes.

01 Is This Your Story?

A patient with prediabetes changes diet but sees minimal glucose improvement. When 15-minute post-meal walks are added daily, glucose stabilizes within weeks and HbA1c improves at the next lab check.

02 Try This Today

Measure: Notice your energy or glucose response after meals today.

Do: Walk for 10 minutes after your largest meal.

Reflect: Ask whether movement is part of your glucose control strategy.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

