



# Sugar & Insulin

## The Dance Partners

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### The Dance:

Imagine insulin as a graceful dance partner gliding across the floor of your bloodstream, gently taking glucose — your blood sugar — by the hand and leading it into your cells where it can shine. When the music is slow and steady, the dance is smooth. But when you flood the floor with too much sugar at once, the room gets crowded, insulin starts scrambling, and the whole routine becomes unraveled. Those big sugar surges keep insulin on its feet nonstop, and any extra fuel gets tucked away as fat. Try this today: pass on soda or juice and reach for sparkling water or unsweetened tea instead — you may feel the difference when the dance floor stays calm and the rhythm smooths out.

**01 Mini Teaching**  
When you eat carbs, glucose rises and insulin opens the “cell doors.” Constant spikes keep insulin high and tell your body to store fat instead of burning it.

**02 Example**  
Imagine insulin as a dance partner guiding sugar off the dance floor (your bloodstream). Too many partners crowd the floor, and the dance turns messy. Big sugar spikes mean insulin never sits down — and your body stores extra fuel as fat.

**03 Try This Today**  
Skip soda or juice. Choose sparkling water or unsweetened tea and see if your energy stays smoother.

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