

Good for the Neighborhood

Supported by the INDEPENDENT HEALTH FOUNDATION

Lower Your Blood Sugar

Keeping a healthy blood sugar level is important to keep your body running smoothly and your blood vessels healthy. Use the ideas below to help control your blood sugar and reduce the risk of developing serious health problems.

1.

TALK TO YOUR DOCTOR

Having a relationship with your doctor is important for your health. Talk with your doctor about your blood sugar and risk factors of having high blood sugar levels.

2.

DRINK WATER INSTEAD OF SUGARY DRINKS

Cut your blood sugar levels by drinking water. Soda, energy drinks, fruit punches and sports drinks are a major source of added sugar.



3.

EXERCISE OFTEN

Keeping your body moving is important to keep your blood sugar levels at a healthy amount, and for your general health.



4.



BALANCE YOUR WEIGHT

Keep a healthy weight by eating more fruits and vegetables instead of processed and snack foods, and exercising often.

Notes:
