



Resident Wellness Newsletter

What is Prediabetes?

Prediabetes is a condition in which blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes. Many Americans have prediabetes without even knowing it, and it can increase the risk of developing type 2 diabetes if left untreated. To find out if you are at risk of being prediabetic, you can take this simple on-line quiz: <https://www.cdc.gov/prediabetes/takethetest/>. Risk factors for prediabetes include being overweight or obese, physical inactivity, family history of type 2 diabetes, high blood pressure, and high cholesterol levels. Lifestyle changes such as increasing physical activity, losing weight, and making dietary changes can help prevent or reverse prediabetes.

The Benefits of Increased Physical Activity in Preventing Type 2 Diabetes

Physical activity is one of the most effective ways to prevent or delay the onset of type 2 diabetes. Regular exercise can help improve insulin sensitivity, lower blood glucose levels, and reduce the risk of developing type 2 diabetes.



Lifestyle Changes to Prevent Type 2 Diabetes

Lifestyle changes can make a big difference in preventing or delaying the onset of type 2 diabetes. In addition to increasing physical activity, making dietary changes, losing weight, and reducing stress can help improve insulin sensitivity and lower blood glucose levels.

In conclusion, prediabetes is a warning sign that your body is having trouble regulating blood sugar levels. Lifestyle changes such as increasing physical activity, making dietary changes, losing weight, and reducing stress can help prevent or delay the onset of type 2 diabetes. At **Live 2 B Healthy**[®], we are committed to helping older adults live their best lives through customized fitness programs that promote health, wellness, and independence. Contact us today to learn more about how we can help you achieve your health and wellness goals.

To locate **FREE** local senior fitness classes in your area, please visit:

<https://live2bhealthy.com/classes/>

Enter your zip code to find locations near you.

Live 2 B Healthy[®] is Proud to Partner:



©2023 Live 2 B Healthy[®]