

# Walking Can Lower Risk for Diabetes

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People who are at high risk of diabetes may be able to lower their risk just by taking a long stroll, according to a study completed by the University of Washington and reported by [Reuters](#).

Researchers have long known that diet and exercise can lower your risk of diabetes, a blood sugar disorder that is disproportionately found among Latinos. But this is the first study to pinpoint exactly how much exercise (and how many steps) are needed to make an impact.

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<http://beta.docker.tusaludmag.com/article/Walking-for-Diabetes-22641-4888>