TuSalud

Walking Can Lower Risk for Diabetes

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People who are at high risk of diabetes may be able to lowertheir risk just by taking a long stroll, according to a study completed by theUniversity of Washington and reported by Reuters.

Researchers have long known that diet and exercise can loweryour risk of diabetes, a blood sugar disorder that is disproportionately foundamong Latinos. But this is the first study to pinpoint exactly how muchexercise (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