

# ***Better Blood Work Campaign Week 4***

## **Work this week on “Moving for 10 Minutes After a Meal”**

Movement can have several benefits regarding blood work and your overall health. Movement will help regulate blood sugar, aid in digestion, lower blood pressure, and combat the post meal sleepy feeling. There are so many ways to move for 10 minutes

### **A Simple Way to Take Action**

Walk the dog

Go for a stroll or brisk walk.

Clean the kitchen before sitting down

Dance with your kids

Play with your kids

Pull weeds, water plants or piddle in a garden

Set a timer and pick a chore

Set a timer and prepare for the next day

***Hint:*** Keep in mind that some people may experience some stomach discomfort from movement post meal. If this is the case, simply waiting 15 minutes before movement may be enough to remedy this issue.

