

Maintain these 6 habits to stay healthy and prevent diabetes

Diabetes is a disease caused by unhealthy living habits and eating habits, so today we, especially young people, practice giving themselves healthy living habits and nutrition to push Back this disease!

Diabetes will not come if you know how to eat science and maintain healthy living habits. Especially with the habits in the lesson below, will be the most effective measures to prevent this disease!

1. Maintain weight

Maintaining weight is the most effective way to get you out of the danger circle of diabetes, overweight or obese people are at the highest risk of getting the disease.



To check your weight regularly you should buy yourself and your family members a family health balance to actively monitor your weight regularly.

2. Exercise every day

Exercise not only works effectively to prevent diabetes but also many other positive effects on the body and human health.

Because exercise will help the body convert glucose into energy, blood sugar is also more stable. In particular, regular exercise habits also increase insulin sensitivity in the body, so it is also better in preventing and supporting diabetes treatment.



Spend 30 minutes a day practicing simple exercises with yoga mats, hand weights or jogging. If you are someone who has time to visit the gym to practice regularly.

3. Check your blood sugar periodically

Along with regular health checks, routine blood glucose measurement is the best way to prevent it, it will help us check blood sugar levels to correct proper living habits and nutrition.



If you have a medical exam you need to go to medical facilities, and you can do it yourself at home with a blood sugar test or a blood glucose meter. Don't forget this note to prevent this diabetes!

4. Drink enough water

Drinking enough water every day has been shown to help reduce the risk of increasing blood sugar levels. Because when the body is dehydrated, a hormone called vasopressin increases. This hormone causes the liver to retain water and promote the liver to produce more blood sugar.



In particular, when the pressure on the liver can also lead to decreased insulin secretion, the risk of diabetes also increases significantly. Therefore, if you want to prevent this dangerous disease, you need to remember to drink water regularly and fully every day.

5. Eat plenty of green vegetables

If you often eat breakfast with greasy foods, change your taste with lots of vegetables, salads. Regularly eating lots of green vegetables is the easiest way to prevent diabetes. This is also an effective way to reduce weight, keeping blood sugar stable.



6. Make friends with coffee

You may not believe it but coffee really helps you avoid diabetes very well. Some studies show that coffee or rather caffeine can prevent diabetes safely. We should drink 1 cup of coffee every morning to prevent the risk of disease.



Hopefully, these small but really effective tips will help you push back diabetes!

If you need to use medical, health, sports equipment to practice health, visit META.vn - a prestigious shopping address that has been with consumers for 10 years in the market! Surely you will be satisfied with the service and products at META.

You finished reading the article "**Maintain these 6 habits to stay healthy and prevent diabetes**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.