



Lower sugar (HbA1c) levels.

Interventions:

1) Reducing intake of sugar in diet.

This means cutting out on sugary foods or sugar added to cereals, hot drinks. This also includes some alcohol as alcoholic drinks can contain a lot of sugar. Fruits also have natural sugars so try to substitute vegetables instead like carrots, bell peppers and cucumber.

Also cutting down on carbohydrates (pasta, bread, rice, potatoes) will help as they are broken down into glucose molecules in your body. This is an excellent resource to help you do this - <https://lowcarbfreshwell.co.uk/>

The Glucose Goddess has useful hacks to help reduce the impact of sugar and carbohydrates on the body and how to reduce your glucose intake. <https://www.glucosegoddess.com/>

2) Burning off sugar

Please increase your physical exercise to help burn off sugar and any excess weight. Fatty tissue reduces the effectiveness of insulin in the body to process sugar.

Recommendations are for muscle strengthening exercises twice a week. This could be doing some press ups and squats weekly and also working out with some small weights or resistance bands. Regular cardiovascular exercise will also help. 150 minutes of cardiovascular exercise a week is recommended to keep healthy. This could be 5 x 30 minute brisk walks a week. Please build up slowly to these. Any activity such as dancing, cycling, rowing or even just being a bit more active in the garden will help. It will also give you lots of other health benefits such as improved strength and cardiovascular fitness, lower blood pressure, reduced cholesterol, reduced stress and improved mental well-being.

Free services that can help with increasing physical activity.

<https://www.essexwellbeingsservice.co.uk/services/physical-activity>

3) Reducing your weight



Fatty tissue, particularly that around the abdominal area effects how well your insulin processes glucose. Therefore, any weight that you can lose will help. Reducing intake of fatty foods, controlling your portion sizes, increasing exercise will help.

Free services that can help with weight loss.

<https://www.essexwellbeingservice.co.uk/services/weight-management>