

## Blood Sugar Balance February 2023 Challenge

February is Heart Health Month. Join us in using a few simple strategies to help balance your blood sugar and show your heart some love.

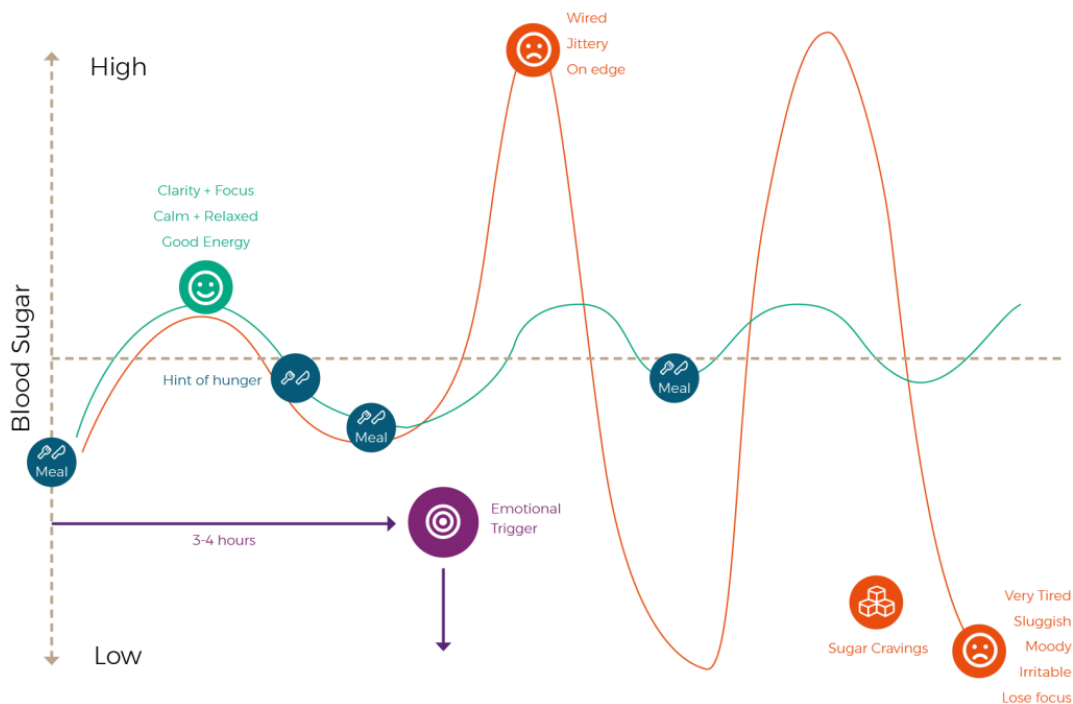
Dates: February 6- March 6; return completed logs to Jess by 3/13.

### Why do we care about balancing our blood sugar?

It is normal and healthy to have blood sugar levels that vary throughout the day, but wild swings in either direction can cause us to feel unwell, sometimes jittery and on edge, and at others– tired, grumpy, and brain fogged.

For those who have had high blood sugar readings or have been diagnosed with type 2 diabetes or prediabetes, this challenge is designed to support you in achieving more regulated glucose levels.

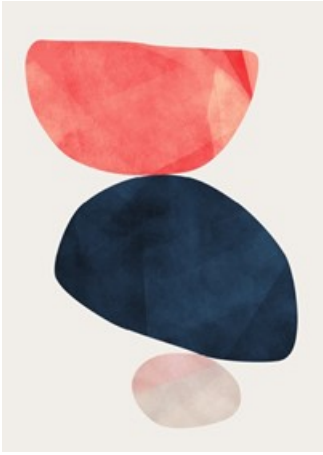
Over time, chronically imbalanced blood sugar from type 2 diabetes results in damage to our heart and blood vessels, nerves, kidneys, vision, limbs, and even brain health.



This month we are focusing on a few simple strategies to reduce the severity of blood sugar swings. Use our weekly logs to experiment with two blood sugar balancing strategies each day and see how you feel.



Complete the following logs and return them to Jess Brown by March 13 to qualify for points and prizes. Employees will get 15 Healthy Reward points for active participation throughout the month and qualify for randomly drawn prizes.



## Blood Sugar Balance February 2023 Challenge

### **Personal notes and observations to keep**

Jot down any learnings or notes you want to remember for after the challenge here. This sheet is for your eyes only.

I get hangry when I...

I get jittery when I ...

I feel the most brain fog when I.....

I feel sustained energy when I....

Other notes and observations::

# Blood Sugar Balance February Challenge

Return to Jess Brown by March 7 for points and prizes



Name: \_\_\_\_\_

Dpt: \_\_\_\_\_

## Week 1: try any two of these each day

- Enjoy a savory breakfast
- Try a veggie starter or salad before a meal
- Enjoy your carbohydrates with protein and fat
- Move your body— 10 squats or a 15 minute walk— after a meal

	Balance technique #1	Balance technique #2	How'd you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

## Week 2: try any two of these each day

- Enjoy a savory snack
- Try to use the 'my plate' method for a meal
- Pair a carbohydrate with protein and fat
- Move your body— 10 squats or a 15 minute walk— after a meal

	Balance technique #1	Balance technique #2	How'd you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# Blood Sugar Balance February Challenge

Return to Jess Brown by March 7 for points and prizes



Name: \_\_\_\_\_

Dpt: \_\_\_\_\_

<b>Week 3: try any two of these each day</b> <ul style="list-style-type: none"><li>• Add some fiber to a meal</li><li>• Have a savory snack</li><li>• Enjoy your carbohydrates with protein and fat</li><li>• Move your body—10 squats or a 15 minute walk—after a meal</li></ul>	Balance technique #1	Balance technique #2	How'd you feel?	
	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			

<b>Week 4: try any two of these each day</b> <ul style="list-style-type: none"><li>• Start your day with a savory breakfast</li><li>• Add non-starchy veggies to a meal</li><li>• Enjoy a salad before your meal</li><li>• Move your body—10 squats or a 15 minute walk—after a meal</li></ul>	Balance technique #1	Balance technique #2	How'd you feel?	
	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			