

Understanding Your Body: Blood Sugar, Blood Pressure, and *the* Power of Movement



Capacity vs Demand

- Capacity = what your body can comfortably do
- Demand = what life asks every day
- If demand exceeds capacity, the body borrows resources from other areas



How Your Body Actually Uses Sugar

- Overexposure can make cells become resistant to insulin — the 'doors' for sugar don't open as easily.
- Exercise lets sugar enter muscles even when those doors aren't working well.

Why Intentional Exercise Makes a Difference

- Specific exercise builds a "buffer" between capacity and demand
- Creates more available energy and reduces daily physical strain



How Your Body Responds to Stress

- Blood vessels adapt to constant pressure by becoming stiff
- Stress hormones tighten blood vessels and increase blood sugar.
- Movement reduces physical strain, lowers blood pressure, and improves recovery



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