Master Your Daily Routine

**Master Your Daily Routine**

Small habits can make a big difference in managing diabetes and protecting long-term health. Your daily routine is like medicine—it works best when you use it consistently.

**1. Keep a steady rhythm.**  
Wake up and sleep at regular times. A stable sleep–wake cycle balances hormones and keeps metabolism steady.

**2. Move every day.**  
Even 20–30 minutes of walking or light exercise lowers blood sugar, boosts circulation, and improves mood.

**3. Eat with awareness.**  
Try eating meals around the same times daily. Choose whole grains, vegetables, proteins, and healthy fats. Cut back on sugary, salty, or packaged foods.

**4. Manage stress.**  
Take 5 minutes daily to pause, breathe, or meditate. Stress hormones can raise sugar levels and harm your heart.

**5. Stay on track with medicines.**  
Never skip doses. Use reminders or apps to stay regular with medications and health check-ups.

**6. Support your sleep.**  
Eat light at night, reduce screen time, and prepare for restful sleep. Good rest helps your body heal and control sugar better.

You don’t need to change everything at once. Start with one or two habits, keep them going, and build from there.

**Your body thrives on rhythm. Give it one.**