# Try a post-meal walk safely

Start small, time it after the biggest meal and keep your care team informed.

- [ ] Stand up and start a light walk within 5 minutes of finishing a meal.
- [ ] Walk at an easy pace for 2 to 10 minutes.
- [ ] Begin with the largest meal of the day, often dinner.
- [ ] Convert meter readings with the blood sugar converter when units differ.
- [ ] Test before and after a walk if you take glucose-lowering medicine.
- [ ] Keep fast-acting carbohydrate nearby in case of a low reading.
- [ ] Follow your own targets from your care team.
- [ ] Never stop or change medicine because of a walk.

**Notes**

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/fitness/walking-after-eating/