

For all the busy souls with sedentary lifestyles, not having time to do exercises to control the sugar levels, Soleus Push-Ups is the new game changer, which can improve insulin sensitivity, helping in better sugar controls. Regular push ups can reverse pre diabetes.



SOLEUS PUSH UPS
 for better sugar control!

Soleus is one of the important muscle, in your calves. Usually the blood vessels in your calves have to pump blood against the gravity. Lack of exercises can impede the blood flow, resulting in poor circulation, pain and less glucose control.

Exercising this muscle improves circulation by 50% and the best way to exercise this muscle is to do Soleus push ups

How do soleus push-ups help regulate blood glucose levels?

- 01 Enhanced blood circulation:**
 Engaging the soleus muscle improves blood flow, enhancing oxygen delivery to tissues involved in glucose metabolism.
- 02 Increased insulin sensitivity:**
 Improved circulation and muscle activation can stimulate pathways that increase insulin sensitivity, allowing cells to absorb glucose more effectively.
- 03 Reduced inflammation:**
 Regular exercise can help reduce chronic inflammation, a factor associated with insulin resistance.
- 04 Increased adiponectin:**
 Exercise can boost adiponectin, a hormone that improves insulin sensitivity.

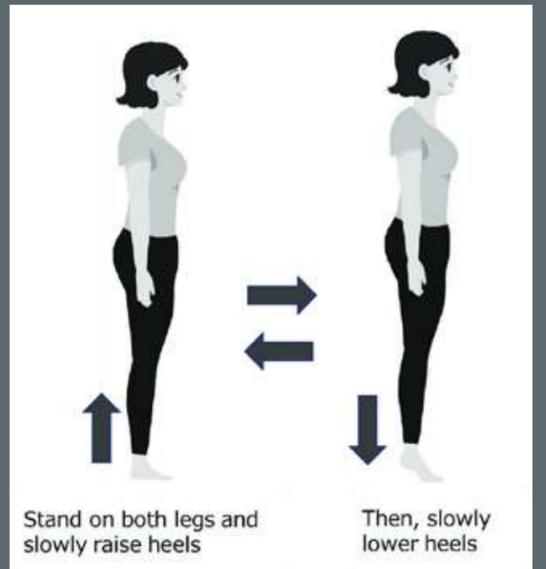


How to perform soleus push-ups?

Start in a standing position with feet shoulder-width apart. You can also do this, sitting on your chair.

Slowly raise your heels (your toes are on the ground), hold for few seconds and bring it down.

Repeat for a desired number of repetitions.



Key points to remember:



- **Consistency is key:**
 Incorporate soleus push-ups into your daily routine.
- **Listen to your body:**
 If you experience discomfort, consult a healthcare professional.
- **Consider a gradual increase:**
 Start with a manageable number of repetitions and gradually increase as your strength improves.

By incorporating soleus push-ups into their fitness regimen, professionals with long working hours can improve their overall health and well-being, including better blood glucose control.

For doubts and queries, please reach out:
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