

METABOLIC HEALTH · FREE PROTOCOL

The Post-Meal Walk Protocol

A two-to-fifteen minute walking prescription, timed to your largest meal, that flattens the glucose spike after eating — with the intensity table, a fourteen-day adherence log, and the four situations in which the protocol changes.

- 2-15 minute dose table
- Timing window that works
- 14-day adherence log
- 4 safety adaptations
- 3-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

After a meal, glucose rises for roughly an hour and peaks around 60–90 minutes. Muscle contraction during that window pulls glucose into working muscle through a pathway that does not require insulin — so a short walk acts like a pressure-release valve on the spike.

The effect is real and dose-responsive. Trials that interrupt sitting with short walks show significantly lower post-meal glucose and insulin than continuous sitting, and benefit appears with as little as two to five minutes of light walking. Longer, up to about fifteen minutes after a big meal, blunts the peak further.

Timing beats distance. The walk matters because it lands inside the absorption window, not because it burns calories. A slow ten-minute loop taken right after eating does more for the spike than a brisk hour taken at random.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
Interrupted-sitting meta-analyses	Light-intensity walking after meals lowers postprandial glucose and insulin versus continuous sitting; benefit from 2–5 minutes.
Muscle glucose-uptake physiology	Contraction-mediated GLUT4 translocation takes up glucose without insulin — the mechanism behind the effect.
Postprandial kinetics	Glucose peaks 60–90 minutes after eating, so the effective window for the walk starts within ~30 minutes of finishing.

QUICK START — THE NEXT TEN MINUTES

- 1

Pick your anchor meal
The meal with the most carbohydrate — usually lunch or dinner. The walk attaches to that meal every day.
- 2

Stand up within 30 minutes
Immediately after the last bite is ideal. Set a reminder for the first week; after that the meal itself is the cue.
- 3

Walk 10 minutes at conversation pace
Light to moderate, able to talk in full sentences. No sweat requirement, no hills needed.
- 4

Log it for 14 days
Use the sheet-2 log. Adherence, not intensity, is the variable that predicts the result.

ADAPT BEFORE STARTING IF ANY OF THESE APPLY

If you use insulin or a sulfonylurea, a post-meal walk can push glucose lower than expected — check your readings, carry fast-acting carbohydrate, and agree the plan with your clinician. With diabetic foot complications, neuropathy, unstable heart disease, or recent surgery, get clearance and adapt the movement first. The protocol is gentle, but "gentle" still needs the right footwear and the right starting dose for some bodies.

THE DOSE TABLE — MATCH THE WALK TO THE MEAL

MEAL	MINUTES	PACE	NOTES
Small meal or snack	2–5	Slow stroll	A lap of the block or the office floor is a complete dose.
Regular main meal	10	Conversation pace	The standard prescription; able to talk in full sentences.
Large or high-carb meal	15	Conversation pace	Extend, do not intensify; keep it light to moderate.
Cannot walk today	5–10	Standing breaks	Standing or sit-to-stand also interrupts sitting and helps.

WHY "LIGHT" IS THE WHOLE TRICK

The mechanism is muscle contraction inside the absorption window, not cardio. A walk slow enough to hold a conversation — able to talk, not able to sing — is exactly the intensity the trials used. If you are breathing hard, you have turned the protocol into a workout and moved it out of its window.

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THE HABIT PHASE

Fourteen days of after-meal walking

Log the anchor meal, the minutes and the pace. Adherence is the variable that predicts the result — a slow walk taken beats a perfect walk skipped.

DAY	MEAL WALKED AFTER	MINUTES	PACE	ENERGY AFTER 0-3	NOTES — SLEEP, STRESS, WHAT THE MEAL WAS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Walks completed out of 14 Anchor meal that stuck Afternoon energy change

WHEN THE PROTOCOL CHANGES

On insulin or a sulfonylurea

The walk adds glucose-lowering on top of medication. Check glucose as advised, carry fast-acting carbohydrate for the first weeks, and set the dose with your clinician.

Diabetes with foot or nerve complications

Keep the walk, change the footwear and surface: supportive shoes, even ground, daily foot checks. Clearance first if you have active ulcers.

Limited mobility or a bad knee

Substitute standing breaks, seated marches or sit-to-stand repetitions — the mechanism is muscle contraction, not steps.

Late or very large meals

Walk, but keep it gentle and finish at least an hour before lying down; skip vigorous exercise inside the first hour after eating.

Ready for the Complete Step-by-Step Blueprint?

This protocol gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Metabolic Health Habit Dashboard

Steadier glucose and better insulin sensitivity through three habit pillars and a four-week rolling log, with no calorie counting.

Clinical Practice Series · 28 pages · A4 print + fillable

Metabolic Health Habit Dashboard

Build steady glycemic control and insulin sensitivity through behavioral habits rather than obsessive calorie counting.

28 pages

PDF + Sheets Companion

Clinical Practice Series

\$19 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 **The 3 glycaemic pillars** — meal order and composition, movement timing and sleep — the three levers that steady glucose without calorie counting.
- 1 **Energy and satiety worksheets** — track afternoon energy and fullness so the habits earn their place in your day.
- 1 **A 4-week rolling habit log** — a dashboard format that shows your glucose-relevant habits as one weekly picture.
- 1 **The Sheets companion layout** — the same dashboard as a spreadsheet for people who prefer numbers on screen.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free protocol already gives you

- ☐ The post-meal walk dose, timing and intensity table
- ☐ A 14-day adherence log that makes the habit stick
- ☐ The four safety adaptations, spelled out

What only the 28-page edition has

- ☐ All three glycaemic pillars, not just movement
- ☐ A four-week rolling dashboard of your metabolic habits
- ☐ Worksheets that connect habits to energy and satiety
- ☐ A spreadsheet companion for on-screen tracking

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/METABOLIC-HEALTH-HABIT-DASHBOARD](https://healthsecrets.com/products/metabolic-health-habit-dashboard)

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A4 print + fillable

Pin the log to the fridge; the walk attaches to the meal you already eat.

Evidence-led

Built on interrupted-sitting trials and muscle glucose physiology. No detox language.

One-time payment

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