Insulin resistance is a condition in which your body cannot use, in the right way, the insulin it produces (makes).

When you eat, most of the food you eat is turned into a type of sugar called glucose. This sugar travels in your blood to all your body cells. Your cells need the sugar to give you energy.

Insulin has the important job of helping sugar move from your blood into your body cells.

When you have insulin resistance, the body’s cells block insulin so it cannot do its job. You can’t get the energy you need because not enough sugar is moving from your blood into your body cells.

When this happens, your body has to make more insulin. If your body cannot make enough insulin, your blood sugar levels remain too high.

The main causes of insulin resistance are:
- Too much body fat (being overweight): especially around the waist
- Not being physically active

What can I do?
1) Lose weight by eating healthy foods in the right amounts. Losing as little as 7% of your body weight is a good goal for many.
2) Be physically active for 30 minutes or more a day.

Talk to your doctor for more information.