

D-Fit

INTERMEDIATE

“The American Diabetes Association suggests that you get in about 150 minutes of exercise per week. That’s about 20 minutes a day.” — Dolvett



Dolvett Quince, CELEBRITY TRAINER
Paid Spokesperson of Novo Nordisk.

DOLVETT’S PRO TIPS

Here are a few more ways you can keep your lifestyle active.



Plan and set goals to track your progress more easily.



Stay hydrated throughout the day.



Find a workout buddy to help you stay motivated. It could be a friend or family member.



Keep a positive attitude! Even when things don’t go your way, give yourself grace.



Use what you have around the house. If you don’t have weights, lift a bag of rice.

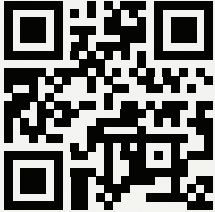


Park farther away in the parking lot to get more steps in every day.


Talk to your health care provider before starting or changing any exercise program or making changes to your type 2 diabetes management plan.

D-Fit INTERMEDIATE


It's time to kick it up a notch! Check off the exercises you complete each day. Try your best to stick to a schedule that works for you. If you need help correcting your form, watch the *D-Fit Intermediate* workout video at MyType2Transformation.com or scan the QR code below.




WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Bicep hammer curls	<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	Celebrate your successes over the past week. 
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	<input type="checkbox"/> Plank	<input type="checkbox"/> Tricep raises	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	
<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	<input type="checkbox"/> Sit-ups	<input type="checkbox"/> Deadlifts	<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	


WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Bicep hammer curls	<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	Plan your meals for the week ahead with recipes from Franklin Becker's <i>Healthy Eating</i> videos 
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	<input type="checkbox"/> Plank	<input type="checkbox"/> Tricep raises	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	
<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	<input type="checkbox"/> Sit-ups	<input type="checkbox"/> Deadlifts	<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Bicep hammer curls	<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	Celebrate your successes over the past week. 
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	<input type="checkbox"/> Plank	<input type="checkbox"/> Tricep raises	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	
<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	<input type="checkbox"/> Sit-ups	<input type="checkbox"/> Deadlifts	<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	<input type="checkbox"/> Push-ups	<input type="checkbox"/> Bicep hammer curls	<input type="checkbox"/> Leg swings	<input type="checkbox"/> High knees	Plan your meals for the week ahead with recipes from Franklin Becker's <i>Healthy Eating</i> videos 
<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	<input type="checkbox"/> Plank	<input type="checkbox"/> Tricep raises	<input type="checkbox"/> Jumping jacks	<input type="checkbox"/> Burpee sprawls	
<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	<input type="checkbox"/> Sit-ups	<input type="checkbox"/> Deadlifts	<input type="checkbox"/> Jogging in place	<input type="checkbox"/> Squats	