I believe everyone can get in shape and make exercise a part of their life. The routine below is designed to do just that—get you moving and motivated to start an exercise routine. It includes basic, simple exercises you can do to wake up your heart rate, improve range of motion, and build core muscle strength. If you forget how to perform the movements shown, watch the exercises again in my “Exercises to Get Moving” video. Try to do each exercise for 30 seconds.

Pace yourself. Don’t push yourself too hard. Go at your own pace. Ask your doctor what activity level is right for you.

Always talk to your doctor before starting this or any other exercise routine. Stop exercising and consult your doctor if you feel dizzy, faint, light-headed, or if you experience any discomfort.

Ready to take it up a notch?

Try the beginner level of an exercise program I designed specifically for people with type 2 diabetes. If you haven’t already, sign up for it now at MyType2Transformation.com.