



EXERCISES TO GET YOU MOVING

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.

Dolvett Quince
CELEBRITY TRAINER

PAID SPOKESPERSON FOR NOVO NORDISK.

WARM-UP



SHOULDER ROLLS



HAND SQUEEZES



TWISTS



HEEL RAISES

LOWER BODY



TOE TOUCHES



STANDING
HIGH KNEES



SQUATS



HEEL TAPS

UPPER BODY



SIDE-TO-SIDE
PUNCHES



WEIGHTLESS
HAMMER CURLS



ARM RAISES



ROTATING
SPEED BAG

CARDIO/CORE



LOW-IMPACT
JUMPING JACKS



STANDING MARCHES



TOE-TAP IN PLACE



HEEL TOE-TAP
IN PLACE

COOLDOWN



PULL RIGHT ELBOW
UP BEHIND HEAD



PULL RIGHT ANKLE
TO BUTT AND HOLD



PULL LEFT ELBOW
UP BEHIND HEAD



PULL LEFT ANKLE
TO BUTT AND HOLD

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.