



EXERCISING OUTSIDE THE HOME

Looking to work more exercise into your life? Below are some ways you can sneak an exercise routine into your daily routine.

Talk to your doctor before starting or changing your exercise program.

Download the "Exercises to Get You Moving" or "Get Moving at Home" flash card and bring it with you when you travel. The routines on them are simple and can be done in your hotel room without equipment.

Dolvett Quince
CELEBRITY TRAINER
Paid spokesperson of Novo Nordisk.

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MAKE YOUR COMMUTE OR RUNNING ERRANDS MORE PHYSICALLY ACTIVE

When you're running errands or commuting to work, there are some things you can do to work in exercise.

- Try parking your car in a space that's far away from a building's entrance
- If your job or destination is close, try walking there
- If your destination is within biking distance, ride your bike but consider a scenic, longer route
- If you take public transportation, get off a stop earlier and walk

"WORK" OUTS

- Try bringing light weights to work and do seated arm curls
- If you don't want to bring weights, there are exercises you can do with a desk chair while you're at work, like seated leg raises and one-leg squats
- Take the stairs instead of an elevator or escalator

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STICK TO YOUR ROUTINE WHEN TRAVELING

It's important to stick to your exercise plan while traveling. Here are some tips to help you stay on track.

- When you're traveling, wear workout clothes on the plane and try to make exercising the first thing you do when you get off
- If you don't have time to exercise, make sure you maintain your healthy eating habits, like eating a type 2 diabetes-friendly lunch

Looking for more ways to make exercise a part of your daily routine? Check out [MyType2Transformation.com](https://www.MyType2Transformation.com) for exercise videos, advice, and helpful tools and resources designed specifically for people with type 2 diabetes.