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

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 for exercise videos, advice, and helpful tools and resources designed specifically for people with type 2 diabetes.