



**Dolvett Quince**  
CELEBRITY TRAINER

Paid spokesperson of Novo Nordisk.

# GET MOVING AT HOME

Most people say the biggest challenge when trying to start an exercise routine is they don't have enough time. I don't believe in that. You can always find time to sneak in an exercise. Below are some basic, simple movements you can do in the comfort of your own home.

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

## Commercial Circuits

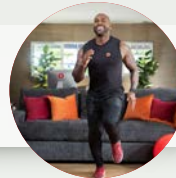
Commercial breaks are a perfect time to get in a quick 2-minute circuit. Try to do the circuit below every time there is a commercial break during your favorite 30-minute show. Do each exercise for 30 seconds.

COUCH SQUATS



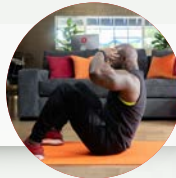
1

RUN IN PLACE/HIGH KNEES



2

SIT-UPS



3

LOW-IMPACT JUMPING JACKS



4

## Don't have a gym membership or equipment?

Below are some movements you can do with common household items to mimic a workout you would do at the gym...at home.



Household stair  
step-ups



Weighted sit-ups  
with a bag of rice



Weighted arm curls  
with cans or bottles  
filled with sand or rocks



Do aerobics, incline  
exercises, and modified  
versions of exercises  
using a chair

If you forget how to perform the movements shown, watch the "Get Moving at Home" video at [MyType2Transformation.com](http://MyType2Transformation.com).