

D-Fit **ADVANCED**

"I believe everyone can get in shape and make exercise a regular part of their life." — Dolvett



Dolvett Quince, CELEBRITY TRAINER
Paid Spokesperson of Novo Nordisk.

DOLVETT'S PRO TIPS

Here are a few more ways you can keep your lifestyle active.



Remember to stretch before and after workouts.



Keep an athletic bag with you so you're always ready to exercise.



Add type 2 diabetes-friendly options to your grocery list. Think about choices that are low in fat and low in carbs. Watch Celebrity Chef Franklin Becker's videos on the website for more help.



Keep a positive attitude. Even when things don't go your way, give yourself grace.



Make exercise fun by doing activities you enjoy.





When you reach a goal, celebrate it!

Talk to your health care provider before starting or changing any exercise program or making changes to your type 2 diabetes management plan.

D-Fit *ADVANCED*

Now that you've progressed to advanced, you know which exercises work best for you. Use this calendar to create a workout regimen that accommodates your schedule. If you need a workout buddy, watch the *D-Fit Advanced* video. And if you miss a day, that's okay because there's always tomorrow!



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY  Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY  Plan your meals for the week ahead with recipes from Franklin Becker's <i>Healthy Eating</i> videos
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY  Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY  Plan your meals for the week ahead with recipes from Franklin Becker's <i>Healthy Eating</i> videos



NEED MORE INSPIRATION?

Get exclusive tips and workouts from Dolvett at MyType2Transformation.com or by scanning the QR code.

