

Move your way

BEGINNER

Update your daily routine by adding regular exercise. Here are some examples of what you could do during a week to get active!

Frequent exercise can be an important part of managing type 2 diabetes.



Actor portrayal



Get motivated to exercise in the comfort of your own home by visiting [MyType2Tips.com](https://www.MyType2Tips.com).



Walking is a simple way to lower blood sugar. 10,000 steps a day is a great goal.



Take a phone call on the move and get your heart rate and steps up.



Take the stairs when possible—it's a great way to get more steps in!



Make your grocery list type 2 diabetes-friendly and add fresh produce and lean proteins to your diet. For more ideas, check out videos and recipes on [MyType2Tips.com](https://www.MyType2Tips.com).



Recognize the goals you've met and celebrate big and small victories.

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











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Fill in the open days with ways you plan to get active. We've given you a head start with some suggestions. Now, make the rest of the month your own! For more ideas, visit [MyType2Tips.com](https://www.mytips2.com)



Actor portrayals

WEEK 1	MONDAY	TUESDAY	WEDNESDAY  Talk in motion	THURSDAY	FRIDAY	SATURDAY	SUNDAY  Celebrate goals
	MONDAY	TUESDAY  Get steps	WEDNESDAY	THURSDAY  Take the stairs	FRIDAY	SATURDAY	SUNDAY  Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY  Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY  Eat healthy	SUNDAY  Celebrate goals