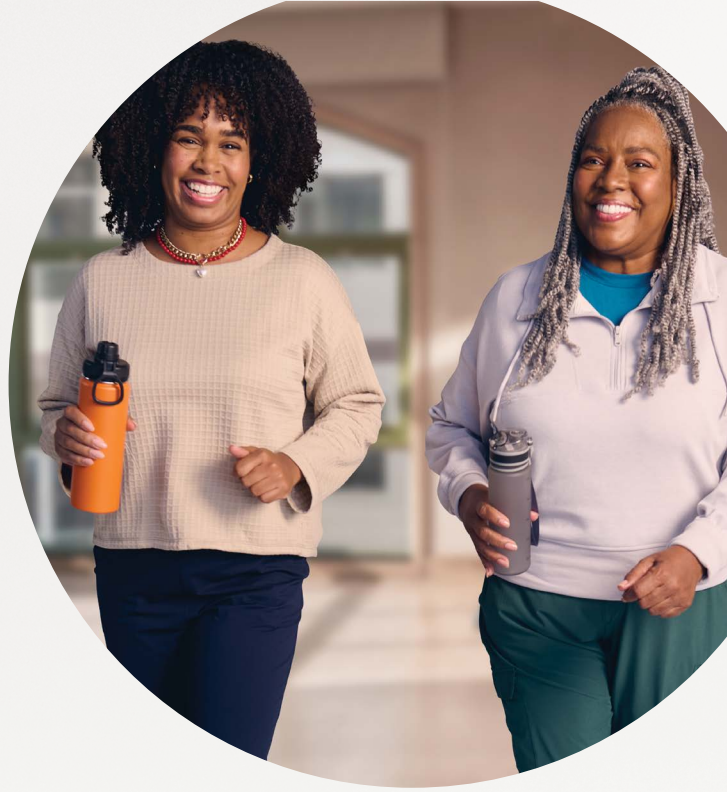


Move your way **INTERMEDIATE**

The American Diabetes Association suggests that you get in about **150 minutes of exercise per week.** That's about **20 minutes a day.**



Actor portrayals

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



Plan and set goals to track your progress more easily.



Stay hydrated throughout the day.



Find a workout buddy to help you stay motivated. It could be a friend or family member.



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



Use what you have around the house. If you don't have weights, lift a bag of rice.



Park farther away in the parking lot to get more steps in every day.

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



Move your way

INTERMEDIATE


It's time to kick it up a notch! Check off the exercises you complete each day. Try your best to stick to a schedule that works for you.

For more ideas, visit MyType2Tips.com




Actor portrayal


WEEK 1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|-----------------------------------|---|---|---|---|
| <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | <input type="checkbox"/> Push-ups | <input type="checkbox"/> Bicep hammer curls | <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | Celebrate your successes over the past week.  |
| <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | <input type="checkbox"/> Plank | <input type="checkbox"/> Tricep raises | <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | |
| <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | <input type="checkbox"/> Sit-ups | <input type="checkbox"/> Deadlifts | <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | |


WEEK 2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|-----------------------------------|---|---|---|---|
| <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | <input type="checkbox"/> Push-ups | <input type="checkbox"/> Bicep hammer curls | <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | Plan your meals for the week ahead with recipes from MyType2Tips.com .  |
| <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | <input type="checkbox"/> Plank | <input type="checkbox"/> Tricep raises | <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | |
| <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | <input type="checkbox"/> Sit-ups | <input type="checkbox"/> Deadlifts | <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | |

WEEK 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|-----------------------------------|---|---|---|---|
| <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | <input type="checkbox"/> Push-ups | <input type="checkbox"/> Bicep hammer curls | <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | Celebrate your successes over the past week.  |
| <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | <input type="checkbox"/> Plank | <input type="checkbox"/> Tricep raises | <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | |
| <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | <input type="checkbox"/> Sit-ups | <input type="checkbox"/> Deadlifts | <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | |

WEEK 4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|-----------------------------------|---|---|---|---|
| <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | <input type="checkbox"/> Push-ups | <input type="checkbox"/> Bicep hammer curls | <input type="checkbox"/> Leg swings | <input type="checkbox"/> High knees | Plan your meals for the week ahead with recipes from MyType2Tips.com .  |
| <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | <input type="checkbox"/> Plank | <input type="checkbox"/> Tricep raises | <input type="checkbox"/> Jumping jacks | <input type="checkbox"/> Burpee sprawls | |
| <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | <input type="checkbox"/> Sit-ups | <input type="checkbox"/> Deadlifts | <input type="checkbox"/> Jogging in place | <input type="checkbox"/> Squats | |