

Move your way **ADVANCED**

Make exercise a regular part of your diabetes management plan.



Actor portrayal

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



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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.

For more ideas, visit MyType2Tips.com



Actor portrayal

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 MyType2Tips.com
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