

DIABETES AND EXERCISE: WHERE TO START

Your goal should be to do **150 minutes of moderate-intensity aerobic exercise**, spread out over the course of **3-4 days each week**. That means you'll exercise for about 40-50 minutes on the days you are active.

Days off are important, but **don't go more than two days in a row without exercise**. In addition to the aerobic exercise each week, you should also do resistance exercises **two times each week**. Your resistance exercise days can either overlap with your aerobic days, or you can do your resistance work on the days you don't do aerobic exercise.

Here's a sample weekly schedule you could follow:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aerobic exercise	Resistance training	Aerobic exercise	Day off	Aerobic exercise	Aerobic exercise and resistance training	Day off

FOR PEOPLE WHO ARE SEDENTARY OR INACTIVE:

- » Begin a **gentle** exercise program (walking outside or on a treadmill, for example)
- » **Slowly increase** to a higher level of exercise when you can (such as jogging, lifting light weights, or walking up hills, etc.)

FOR PEOPLE WHO ARE ALREADY PHYSICALLY FIT:

- » You may want to do a **shorter, more intense** type of exercise—if your **effort is increased**, the **time** you exercise can be **decreased**
- » 75 minutes of vigorous exercise per week is an **option**. Short, high-intensity exercises have been shown to be good for people **who regularly exercise**