

DIABETES AND EXERCISE: SAMPLE EXERCISE PLANS

Sometimes, it can be hard to know where to start with exercise. Below, we have included some **sample exercise plans** to help get you started. Below are general recommendations, but any amount of physical activity counts. Remember, several short rounds of exercise can be done instead of one long exercise routine.

AEROBIC EXERCISES (3-4 TIMES PER WEEK)	RESISTANCE EXERCISES (2 TIMES PER WEEK)
Fast-paced or brisk walking (10,000 steps per day)	Pilates
Walking uphill	Resistance bands
Running or jogging	Body weight (slow, controlled moves)
Cycling or biking	Light to moderate free weights
Swimming	Weight machines
Dancing	Medicine balls or sandbags

SAMPLE PLAN FOR AEROBIC EXERCISE:

- » Start by **stretching** and **warming up** the body for **10 minutes**.
- » Complete **20 minutes** of gentle aerobic exercise.
- » Finish by **stretching** and **cooling down** the body for **10 minutes**.

SAMPLE PLAN FOR RESISTANCE EXERCISE:

- » Start by **stretching** and **warming up** the body for **10 minutes**.
- » Do each exercise **10 times per set**, targeting the large core muscles, and upper and lower body.
- » Start with **1-2 sets** and then do more as you get stronger.
- » Finish by **stretching** and **cooling down** the body for **10 minutes**.

