

# 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**