



# GET ACTIVE



## SIT LESS, MOVE MORE

If you are new to exercising and don't know how or where to start that's okay! What's important is that you start somewhere.

Tips and reminders to get started:

- Find an activity you like to do
- Start small
- Work with a partner
- Set a goal
- Schedule exercise
- Aim for 150 minutes of exercise a week
  - 30 minutes a day, 5 days a week
- Drink plenty of water while exercising
- Be aware of your blood sugar

By increasing the amount of time you exercise, you are lowering your risk of type 2 diabetes. The more active you are, the more calories you burn and the more calories you burn, the more weight you lose!

Below is an example of a exercise schedule that can be used throughout the week to get active:

### Benefits of getting active:

- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- Better sleep and mood
- Stronger muscles
- Improved balance and flexibility

**01 MORNING BIKE RIDE**  
MODERATE INTENSITY | 8:00 AM

**02 MORNING WALK**  
MODERATE INTENSITY | 8:00 AM

**03 MORNING RUN**  
VIGOROUS INTENSITY | 9:00 AM

**04 JUMP ROPE**  
MODERATE INTENSITY | 7:00 PM

**05 SWIMMING LAPS**  
VIGOROUS INTENSITY | 6:00 PM



GETTING ACTIVE CAN HELP PREVENT OR DELAY TYPE 2 DIABETES

GET STARTED TODAY

