



Struggling to find an activity you enjoy?

Explore new options for fun, healthy exercise. There's no one way right way to exercise. The most important thing, if you've been putting it off, is simply to get started.

### 1) Just How Much Exercise?

- People with pre-diabetes, diabetes, or the general adult public should aim for a minimum of 30 minutes most days. Walking, gardening, doing yard work, swimming, or cleaning house will all work to meet this goal. Anything that increases your heart rate and causes you to break a light sweat.
- Children and teens should aim for at least 60 minutes most days.

It's not easy to find the time. You won't go from zero to thirty or sixty (minutes), in a day or week. Take one step at a time. Slowly build up to your goal.

### 2) S-T-R-E-T-C-H

Loosen up with gentle, simple S-T-R-E-T-C-H-E-S! Before you start exercising, it is very important to stretch your muscles effectively. Proper stretching will increase your flexibility and minimize your chances of pulling a muscle.

By following this simple routine, you can become loose and limber in a few minutes. Perform all stretches slowly with controlled movements for 10-20 seconds taking slow deep breaths. Do not bounce or stretch to the point of pain.

- Standing Hip Stretch
- Standing Quad Stretch
- Standing Wall Pushes

### 3) Types of Exercise

A comprehensive physical activity routine includes three kinds of activities :

- Aerobic Exercise  
Aerobic exercise increases your heart rate,

works your muscles, and raises your breathing rate. For most people, it's best to aim for a total of about 30 minutes a day, at least 5 days a week. If you haven't been very active recently, you can start out with 5 or 10 minutes a day. Increase your activity sessions by a few minutes each week.

If your schedule doesn't allow for 30 minutes straight of exercise throughout the day, you can break it up into no less than 10-minute spurts to get the same health benefits. For example, you might take a brisk 10-minute walk after each meal.

If you're trying to lose weight, you may want to exercise more than 30 minutes a day.

Here are some examples of aerobic exercise:

- Take a brisk walk (outside or inside on a treadmill)
- Take a low-impact aerobics class
- Swim or do water aerobic exercises
- Play tennis
- Ride your bicycle outside
- Stationary bicycle indoors

#### ■ Strength Training

Strength training, done 2-3 times a week, helps build strong bones and muscles. It makes everyday chores like carrying groceries easier for you. With more muscle, you burn more calories, even at rest. Strength training can also help to prevent weight gain.

Here are some ways to do it :

- Join a class to do strength training with weights, elastic bands, or plastic tubes
- Lift light weights at home

#### ■ Flexibility exercises

Also called stretching, help keep your joints flexible and reduce your chance of injury during other activities. Gentle stretching for 5 to 10 minutes helps your body warm up and get ready for aerobic activities such as walking or swimming. Your health care team can provide

information on how to stretch. Improve your flexibility by :

- Taking fitness classes that includes stretching
- Doing yoga
- Stretching on your own before and after exercising

#### ■ Being Active Throughout The Day

In addition to formal exercise, there are many opportunities to be active throughout the day. Any activity will burn calories. The more you move around, the more energy you'll have. Some ways that you can be more active throughout the day include:

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, do some housecleaning every day
- Park at the far end of the shopping center lot and walk to the store
- Walk down every aisle of the grocery store
- Walk in place or stretch while you watch TV
- Walk around the house or up and down stairs while you talk on the phone
- Get up from your desk and take a lap around the office once each hour while you are at work

### 4) Intensity Matters!

There are 1,440 minutes in every day. Set aside 30 of them to exercise!

Start small, but eventually, you should do at least 30 minutes of moderate physical activity 5 days per week. The number of calories you burn in that amount of time depends on the intensity of the activity you do.

Higher intensity activities require less time spent to burn calories

Lower intensity activities require more time spent to burn the same amount of calories

### 5) Fresh Air, Fresh Start

Let's do the math. There are 1440 minutes in