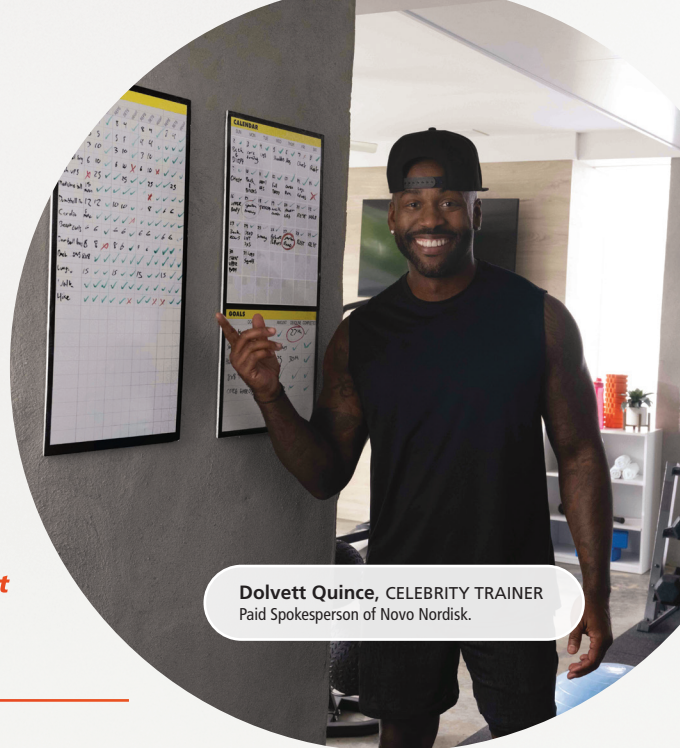


D-Fit **BEGINNER**

Update your daily routine by adding in regular exercise. Here are some examples of what you could do during a week to get active!



Dolvett Quince, CELEBRITY TRAINER
Paid Spokesperson of Novo Nordisk.

“Frequent exercise can be an important part of managing type 2 diabetes.” — Dolvett



We D-Fit

Break a sweat and get motivated to exercise in the comfort of your own home by following along and watching *D-Fit: Getting Started*.



We talk in motion

When you take a phone call, take it on the move. Even if you're catching up, you can get your heart rate and steps up, too.



We eat healthy

It's always a good day to eat right! Add fresh produce and leaner proteins to your diet. For more ideas, check out Chef Franklin Becker's meal planning and grocery shopping tips on the website.



We celebrate

After all the work you've put in during the week, it's time to recognize the goals you've met. Whether big or small, it's important to celebrate every victory on your journey.



We get our steps

Every day is a great day to move! Walking is a simple way to lower blood sugar. 10,000 steps a day is a great goal. Check out *D-Fit: Jane's Fitness Tips* and learn from a real person living with type 2 diabetes.



We take the stairs

If you don't have time to go to the gym, that's okay. Get creative! Find some stairs around the house or neighborhood and push yourself to do as many step-ups as you can. Grab a weight, or even a bag of rice, to increase the difficulty.



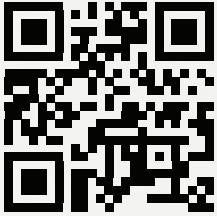
We sit-up

Try to do as many sit-ups as you can to end a workout.

Talk to your health care provider before starting or changing any exercise program or making changes to your type 2 diabetes management plan.

D-Fit **BEGINNER**

Fill in the open days with ways you plan to get active. We've given you a head start with some suggestions. Now make the rest of the month your own! For more ideas, visit MyType2Transformation.com or scan the QR code below.



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	D-Fit						
	Choose one and go!		Talk in motion				Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Get steps		Take the stairs			Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Sit-ups		Celebrate goals	
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		D-Fit					
		Choose one and go!				Eat healthy	Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Celebrate goals	
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		D-Fit					
		Choose one and go!					Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Celebrate goals	
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		D-Fit					
		Choose one and go!					Celebrate goals
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Celebrate goals	