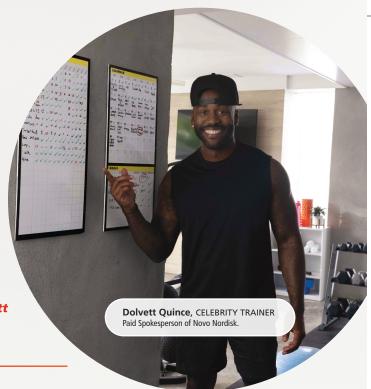
# D-Fit BEGINNER

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

"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 with D-Fit.



#### 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.



#### 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.

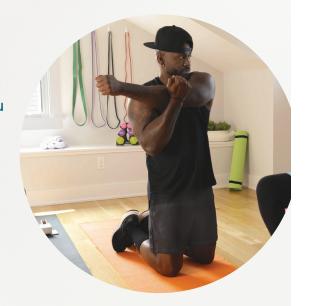






# D-Fit BEGINNER

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**.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
D-Fit						200
Choose one and go!		Talk in motion				Celebrate goals
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	-					**************************************
	Catatana		Take the atoire			Celebrate goals
	Get steps		Take the stairs			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						**************************************
				Sit-ups		Celebrate goals
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	D-Fit					2,47
	Choose one				Eat healthy	Celebrate goals

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