

150 minutes of exercise

Studies show that just 150 minutes of moderate aerobic activity ("cardio") each week can improve your health dramatically.



Cardio

Cardio is any activity that raises your heart rate and makes you breathe heavy

Benefits

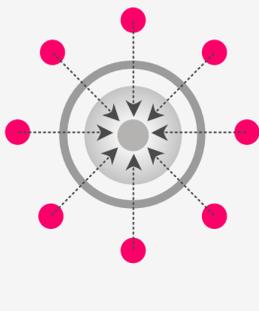
increased muscle mass	weight loss	lower resting heart rate	increased sense of well-being	decreased risk for heart disease
increased energy	reduced stress	better sleep	lower blood pressure	lower cholesterol levels



Lower Blood Glucose

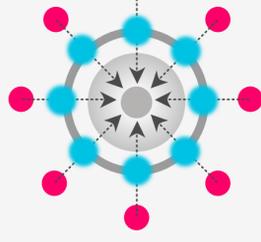
Keeping your blood glucose as close to normal as possible (70–140 mg/dL) reduces your risk of developing diabetes complications and empowers you to live a long, healthy, active, happy life.

Exercise lowers blood glucose in 2 ways:



When muscles contract during exercise, they take up glucose and use it for energy even when insulin is not available.

Exercise also increases insulin sensitivity, allowing all cells to take up more glucose to use for energy.

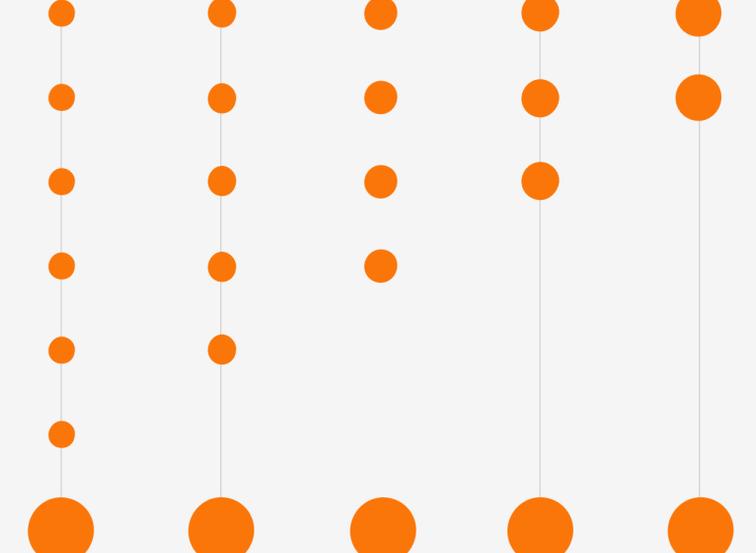


How to Reach 150 Minutes

No matter where you are, you can work your way to 150 minutes of exercise each week.

Spread It Out!

Just plan a few activities that get your heart pumping! 150 minutes is just...



Always give yourself at least one day to rest. After all that hard work, you deserve it!

Here are some ideas to get you started:



GET OUTDOORS

- Powerwalk
- Bicycle
- Jog
- Run
- Hike
- Swim
- Rollerblade
- Ice skate
- Play sports
- Play with your kids



TAKE A FITNESS CLASS

- Zumba
- Step
- Jazzercise
- StrollerFit
- Kickboxing
- Pilates
- Yoga
- Martial Arts



HIT THE GYM

- Treadmill
- Stationary Bike
- Rowing Machine
- Elliptical
- Stair Mill



RUN SOME ERRANDS

- Vacuum
- Grocery shop
- Walk your dog
- Wash your car
- Mow the lawn
- Rake leaves
- Garden

Stick to It!

66 Days

Scientists have shown that it only takes 66 days to form a new habit.

That means in less than 10 weeks, you can change your life!

Here are some tips for getting started on your fitness journey:

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| <p>1 Start small: set realistic, achievable goals at first</p> <p>2 Change up your routine and try new activities to help you stay motivated</p> <p>3 Take missed days in stride — everyone has bad days!
Just remember to always push forward and leave the past behind</p> | <p>4 Track your progress with a mobile app, like One Drop</p> <p>5 Join a fitness class or group that will force you to set aside some time every week for exercise</p> <p>6 Reward yourself for your accomplishments!
A special gift, a movie, an episode of your favorite TV show ...</p> |
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Navigating diabetes, together.

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