Week	Weekly Life in Motion	Weekly Goals: Beginning	Weekly Goals: Current or	Fitness &	Dietary	Diabetes	Other
#	Goals for Everyone	or Returning Exerciser	Intermediate Exerciser	Healthy Living	Improvement	Management	Important
	(Daily Movement)	o		Tip	Tip	Tip	Advice & Info
1	Increase daily movement (SPA, or spontaneous physical activity), stand up longer, take more steps; record steps on a weekday and weekend day (or total time spent doing anything active); use a tape measure on	No structured exercise this week; consider doing stretching several days to get used to moving more again; stretches for upper and lower body can be downloaded as a PDF from DMA website	Minimum of 30 minutes of moderate aerobic exercise 3 non-consecutive days; if already doing more, do everything at a moderate pace; walk or choose from swimming, cycling, aerobics, and conditioning machines	Why you're doing this challenge	You are what you eat—so find out what you're made of!	Do you need to see your doctor before you exercise? What about statin use?	The importance of warming up, stretching, and cooling down
2	waist, hips, and more Continue to monitor SPA, stand up longer, and take more steps each day; if have a pedometer, try to add at least 500 more steps to daily total each day this week: if not, consider buying an inexpensive one or use other activity tracker	Begin aerobic workouts with 10 min of light exercise 3 days (or as much as can do); choose from walking or a variety of others (see weekly advice for ideas); do warm-up exercises and stretching three days this week	At least 3 days of moderate aerobic exercise for 30 minutes at a steady pace; do warm-up exercises and stretching three days this week, with each workout	Goal #1: Increase your insulin sensitivity	How carbohydrates and other food choices affect your ability to become fit (and leaner)	Will your lifestyle changes affect your diabetes medications?	What type of exercise does this challenge include?
3	Continue to maximize your SPA; try to add at least 1,000 more steps to your daily total each day	Increase to 15 minutes of light exercise 3 days this week (preferably non- consecutive); see Weekly Advice and Info section for an exertion scale; from here on out, remember to do your warm-up exercises and stretching with each aerobic session	Moderate aerobic work for 30 minutes 3 days; warm-up exercises and stretching with each; add 1 day light resistance training, 1 set of 12-15 reps to fatigue on 8-10 exercises (upper body, lower body, and core); resistance exercises found as PDF on DMA website	Goal #2: Enhance weight loss and/or increase muscle tissue	What the Glycemic Index (GI) is and why it matters	More on insulin and exercise interactions	Monitoring your exercise intensity
4	Maximize daily movement; increase to 1,500 more daily steps than baseline amount from Week 1	Aerobic workouts 15 minutes of light exercise 3 days, but focus on good form and taking deeper breaths; do warm-up exercises and stretching with each aerobic session	30 minutes of moderate exercise 3 days with good form; warm-up and stretching; 1 day of light resistance training, 1 set of 12-15 reps, 8-10 different resistance exercises	Goal #3: Increase dopamine and serotonin levels in your brain	Easy ways to lower the Glycemic Index of your carbs	Recognize and be on the alert for hypoglycemia	Pre-exercise check-ups: Do you need to see your doctor?

5	Keep daily SPA at least 1,500 steps a day higher than start Increase daily SPA to	Aerobic workouts at 15 minutes of light exercise 3 days, but intersperse at least 5 faster intervals (15-30 seconds at a slightly elevated pace, e.g., 10% faster than normal) 15 minutes of light exercise 3	Moderate aerobic work for 30 minutes 3 days, but intersperse at least 5 faster intervals (30-120 seconds at a slightly elevated pace; 1 set of 12-15 reps on 8-10 resistance exercises Moderate aerobic work for	Find out what interval training can do for you Benefit your	Glycemic Load and why it's important to consider as well	Speaking of carbs, how can I best treat blood glucose lows?	Heart attack and stroke warning signs
	2,000 steps a day over Week 1, or be active for ~20 minutes a day more	days, but increase to doing at least 8 faster intervals (15-30 seconds at a slightly elevated pace)	30 minutes 3 days, with at least 10 faster intervals interspersed; 1 set of 12-15 reps on 8-10 resistance ex's	health with cross-training	why do you need it?	make your blood glucose go up instead of down?	moderate your major cardiovascular risk factors
7	Daily SPA at 2,000 steps a day over baseline (about 20 minutes a day of activity)	Increase mild aerobic workouts to 20 minutes with steady pace (no intervals) 3 days this week	Moderate aerobic work for 30 minutes on 3 days, with at least 10 faster intervals interspersed; 1 set of 12-15 reps on 8-10 res. exercises	Learn what controls the urge to snack	How much fiber do you need, and where can you get it?	Should you exercise when your blood glucose is high?	Why the type of carbohydrate you eat matters
8	Daily SPA at 2,000 steps a day over baseline; stand up for 15 minutes extra a day	Maintain mild aerobic workouts at 20 minutes with steady pace on 3 days this week	Moderate aerobic work for 30-35 minutes on 3-4 days, with 10 to 15 faster intervals during only 2 sessions; 1 set of 12-15 reps on 8-10 resistance exercises	Stand and fidget for better health (and to lose weight)	What are phytonutrients, and why should you care?	Exercising safely with cardiovascular disease	Eat an anti- inflammatory diet for best health
9	Daily SPA at 2,000 steps a day over baseline; stand up for 20 minutes extra a day this week	20 minutes of mild exercise 3 days, but intersperse 5 faster intervals (15-30 seconds each)	Moderate aerobic work for 30-35 minutes on 3-4 days, with 12 to 15 intervals during 2 sessions; increase to 2 sets of 12-15 reps on 8-10 resistance exercises	Find out why healthy, high- protein diets rule	How to easily cut out some of the extra sugar (and calories) in your diet	Exercising safely with autonomic neuropathy	Why you should add more color to your diet
10	Increase daily SPA to 2,500 steps a day (25 minutes) over baseline; stand up for 20 minutes a day extra	20 minutes of mild exercise 3 days, but intersperse 10 faster intervals of 30 seconds each	Moderate aerobic work for 30-35 minutes on 3-4 days, with 15 faster intervals during 2 sessions; increase to 2 sets of 12-15 reps on 8-10 resistance exercises	Gain muscle mass with resistance training	How to easily make your diet healthier	Exercising safely with peripheral neuropathy	Tips for preparing healthier meals
11	Keep daily SPA at 2,500 steps a day (25 minutes) over baseline; stand up for 25 minutes a day extra	20 minutes of mild exercise 3 days, but intersperse 10 to 15 faster intervals of 30 seconds each	Moderate aerobic work for 30-35 minutes on 3-4 days, with 15-18 intervals during 2 sessions; 2 sets of 12-15 reps on 8-10 resistance exercises	Lose weight if you want to (permanently)	Are all fats equal? How to tell the good ones from the bad ones	Exercising safely with diabetic eye diseases	Tips for using pedometers effectively

12	Keep daily SPA at 2,500	20 minutes of mild aerobic	Moderate aerobic work for	Get fit enough	Omega-3s and	Exercising safely	Pedometer step
	steps a day (25 minutes)	exercise 3 days, intersperse	30-35 minutes on 3-4 days,	to live well (and	omega-6s: The	with kidney	equivalents (in
	over baseline; stand up	10 to 15 faster intervals of 30	with 15-18 intervals during 2	long)	essential fats	disease	steps per
	for 25 minutes a day extra	seconds each	sessions; 2 sets of 12-15 reps	.58/		4.004.00	minute)
	ioi 20 illinates a da, extra	33331143 34311	on 8-10 res. exercises				
13	Daily SPA at 2,500 steps a	20 minutes of mild exercise 3	Moderate aerobic work for	Congratulations	Trans and	Exercising safely	How to lower
	day (25 minutes) over	days, 10 to 15 faster intervals	30-35 minutes on 3-4 days,	are in order!	saturated fats	with arthritis and	your insulin
	baseline; stand up for 30	of 30 seconds each	15-20 intervals 2 sessions;		are (usually) the	orthopedic	resistance in
	minutes a day extra, even		2 sets of 12-15 reps on 8-10		ones to avoid	limitations	muscles
	if only 5 minutes at a time		resistance exercises				
End of	1st Quarter						
14	Set your new daily steps	20 minutes of mild exercise	Moderate aerobic work for	View exercise	Dietary	Exercising safely	Alternate
	goal at about 30 minutes	on 3 days, 10 to 15 faster	30-35 minutes on 3-4 days,	as medicine	cholesterol: bad,	with high blood	versions of
	a day of moving around in	intervals; begin 1 light set of	15 to 20 faster intervals (30	(but a good one	or not so bad	pressure	lower body
	an unstructured way (or	resistance work, 12-15	seconds each) 2 sessions;	with only	after all?		exercises
	about 3,000 extra daily	repetitions on at least 4-5	increase to 2 sets of 12-15	beneficial side			
	steps) beyond your initial	lower body exercises, with	reps on 2 days; on second	effects!)			
	starting amount at Week	resistance bands or light	day, may opt to do only 1 set				
	1; stand up 30 or more	weights (illustrated in PDF	of 12-15 reps on each or try				
	minutes a day extra	available on DMA site)	new exercises				
15	Daily SPA of 30 minutes	At least 20 minutes of	Moderate aerobic work for	Pick the proper	Tips for eating	What walking	Alternate
	(or about 3,000 extra	exercise on 3 days with	30-35 minutes on 3-4 days,	shoes for your	out or on the	more can do for	versions of
	daily steps) beyond your	10 to 15 faster intervals;	15 to 20 faster intervals 2	activities	run—for the	your health (and	upper body
	initial starting amount at	resistance train with 1 light	sessions; 2 days of resistance		whole family!	blood glucose)	exercises
	Week 1; stand up at least	set of 12-15 reps of at least	work (2 sets of 12-15 reps);				
	30 minutes a day extra	4-5 lower (discussed last	on second day, may opt to				
		week) and 4-5 upper body	do only 1 set of 12-15 reps				
		exercises (see DMA PDF)	on each or other exercises				
16	Once your daily	At least 20 minutes of	Moderate aerobic work for	Work out	Can chocolate	Exercise can also	Building a
	movement goal of 3,000	exercise on 3 days, 10 to 15	30-35 minutes on 3-4 days,	vigorously (at	really be	prevent diabetic	stronger core
	extra daily steps (or 30	faster intervals; 1 light set	15 to 20 faster intervals (30	least	considered a	complications	
	minutes a day) is easy,	of 12-15 reps with at least 4-	seconds each) during two	occasionally)	health food?		
	think about adding in a bit	5 lower body, 4-5 upper	workouts; 2 days resistance	for maximal			
	more; continue standing	body, and now 2-3 core	work (2 sets of 12-15 reps);	benefits			
	up 30 or more minutes a	(abdominal and back)	on second day, may do only				
	day extra	exercises (see DMA PDF)	1 set of 12-15 reps				
17	SPA goal of 3,500 extra	Increase to 25 minutes of	Consider increasing your	Lose your deep	What you need	Does your body	How to get the
	daily steps (or 35 minutes	light aerobic exercise on 3	aerobic workouts by 5	belly fat with	to know about	shape make a	most out of
	a day); aim to stand up for	days, keep pace steady; 1	minutes (to 30-40), 3-4 days,	exercise	the benefits of	difference?	resistance
	30 to 40 extra minutes	light set of 12-15 reps with 4-	with 15 to 20 faster intervals		grazing		training ("Do"
		5 lower body, 4-5 upper	in 2 workouts; 2 sessions				and "Don't" tips)

				1	1		
		body, and 2-3 core resistance	resistance work (2 sets of 12-				
		exercises	15 reps), 2 sets of 12-15 reps				
			both days				
18	Goal of 4,000 extra steps	25 minutes of light aerobic	Moderate aerobic work for	Forget the "fat	Why a healthy	Is exercising in	Why "diet" is
	(or 40 minutes a day of	exercise on 3 days, 10 faster	30-40, 3-4 days, with 15 to	burning" range	breakfast is a	the morning	truly a four-
	SPA time); stand 30 to 40	intervals; 1 light set of 12-15	20 faster intervals in 2 or 3	on cardio	critical part of	different than	letter (bad)
	minutes per day extra	reps on 1 resistance training	workouts; 2 sets of 12-15	machines	your day	exercising in the	word
		day	reps on 2 resistance days			afternoon?	
19	Goal of 4,000 extra steps	25 minutes of light aerobic	Aerobic workouts 4-5 days,	Aim for "fit and	Eat more and	Extra body fat	If you lose
	(or 40 minutes a day of	exercise on 3 days, 10 to 15	30-40 minutes, 15 to 20	fat" if you are	weigh less	unfairly gets too	weight, you
	SPA time); stand 30 to 40	faster intervals; increase to	faster intervals during 2 to 3	not lean		much of the	don't have to
	minutes or more per day	doing 1 set of 12-15 reps on	workouts; 2 sessions of			blame	gain it back
	extra	2 non-consecutive days	resistance work, 2 sets of 12-				
			15 reps				
20	Aim for 4,000 to 5,000	25 minutes of light aerobic	Aerobic workouts 4-5 days,	Deal positively	The perils of	Exercising with	If you lost
	extra steps (or 40 to 50	exercise on 3 days, 10 to 15	30-40 minutes, 15 to 20	with "bad"	buffet meals:	excess body	weight, will you
	minutes a day of SPA	faster intervals; continue	faster intervals during 2 to 3	exercise days	Eat more,	weight	still weigh less
	time); stand 30 to 40	doing 1 set of 12-15 reps on	workouts; 2 sessions of	,	weigh more		10 or 20 years
	minutes or more per day	all resistance exercises on 2	resistance work, 2 sets of 12-				from now?
	extra	non-consecutive days	15 reps, 8-12 exercises				
21	Daily goal of at least 6,000	Do aerobic workouts lasting	Aerobic workouts 4-5 days,	Variety is the	Coffee: Is it good	The ugly truth	The lowdown on
	steps a day, and add	25 minutes each on 3 days,	30-40 minutes, 15 to 20	spice of life—	for you or not?	about dieting and	caffeine
	4,000 to 5,000 more (45	up to 15 faster intervals on	faster intervals during 2 to 3	and exercise	-	weight loss	
	minutes) if you don't do	two, but the third day at a	workouts; 2 sessions of				
	any planned exercise;	steady, moderate pace	resistance work, 1 session of				
	stand up 40 extra minutes	(faster than the other two	2 sets of 12-15 reps, but just				
	a day this week	days); 1 set of 12-15 reps on	1 harder set (using slightly				
	•	at least 8-12 different	more weight or resistance)				
		exercises on 2 days this week	of only 8-12 reps to fatigue				
		,	the other				
22	Daily goal of at least 6,000	Do aerobic workouts lasting	Aerobic workouts 4-5 days,	Practice	Fish: How much	How balance	Anytime balance
	steps a day, and add	25 minutes each on 3 days,	30-40 minutes, 15 to 20	balance	and which kind	training affects	exercises (and
	4,000 or more steps if you	up to 15 faster intervals on	faster intervals during 2 to 3	exercises to	should you eat?	people with	one for posture);
	don't do any planned	one, but 2 sessions at a	workouts; 2 sessions of	stay on your	,	diabetes	see PDF on DMA
	exercise; stand up 45	steady, moderate pace; 1 set	resistance work, 1 session of	feet			website for
	extra minutes a day this	of 12-15 reps on at least 8-12	2 sets of 12-15 reps, 1 harder				additional ones
	week; start balance	different exercises 2 days	set of only 8-12 reps the				233.0.0
	exercises if over 40	aerene exercises 2 days	second session				
23	SPA goal of at least 60	Aerobic workouts lasting 25	Moderate aerobic workouts	Break your	The challenges	The importance	Is a healthy fast-
	minutes every day,	minutes each on 3 days, up	4-5 days, 30-40 minutes,	exercise up into	of eating out in a	of food choices in	food diet
	double that when no	to 15 faster intervals on one,	increase intervals up to 2 or	shorter periods	fast-food world	becoming fit	possible?
	double that when no	to 13 laster intervals on one,	merease intervals up to 2 01	anorter perious	iast-iood world	Decoming in	hossinie;

	planned exercise (at least 6,000 steps on exercise days, or minimally 10,000 on the other days); try to stand up as much as possible	but 2 sessions at a steady, moderate pace; 1 set of 12- 15 reps on at least 8-12 different exercises on 2 days	more minutes each, do as many as possible during at least three workouts; 2 sessions of resistance work, 1 session of 2 sets of 12-15 reps, 1 harder set of only 8-12 reps the second session				
24	Minimal SPA goal of 6,000 steps or the equivalent on your exercise days this week, or 10,000 on the other days; stand up an extra 20-30 minutes on three specific days	Do 2 aerobic sessions of 25 minutes at a moderate pace, but one 30-minute aerobic workout with faster, interspersed intervals; 1 set of 12-15 reps on at least 8-12 different exercises on 2 days	Moderate aerobic workouts 4-5 days, 30-40 minutes, increase intervals up to 2 or more minutes each, as many as possible during 3+ workouts; 1 res. workout with 2 sets of 12-15 reps, 1 harder session with 1 set of 8-12 reps	De-stress with deep breathing	Artificial sweeteners: Are they right for you?	Is too much cortisol the root of your problems?	Sugar alternatives: The good and the bad
25	Simply take as many extra steps as possible every day, or move more every hour, never sitting for more than 30 minutes at a time; stand up for 30 minutes at a time at least four days	Do 25-minute sessions on 2 days with a moderate, brisk pace, along with a single 30-minute workout at a slower pace, interspersed with as many intervals as possible; 2 days res. work, 1 set of 12-15 reps on at least 8-12 exercises (but vary exercises if desired)	Moderate aerobic workouts, 4-5 days for 30-40 minutes, with as many intervals as possible during 3 workouts; 2 sessions of resistance work, one with 2 sets of 12- 15 reps, the other 1 harder set of 8-12 reps	Exercise regularly to keep your insulin action high	A drink a day keeps the doctor away?	Which energy system your body uses—when and why	Is red wine the only option?
26	Take 10,000 steps a day this week, or do the equivalent time in other activities	Increase to 30 minutes of aerobic exercise on 3 days at a moderate pace (no intervals); resistance training, 2 days, 1 set of 12-15 reps on at least 8-12 ex	30-40 minutes of moderate exercise on 4-5 days, some faster intervals during at least 3 sessions; 2 sessions of resistance work, one with 2 sets of 12-15 reps, the other with one harder set of 8-12 reps	Assess your progress after six months on the challenge	Adopt an optimal eating plan (tips)	Use exercise to stop gaining more weight	Scale got you down? The truth about body weight losses and exercise
End of	2 nd Quarter						
27	At least six days a week, take 10,000 steps a day, or to do the equivalent amount of time in other daily activities; try standing during any	30 minutes of aerobic exercise on 3 days, 2 days at a moderate pace and 1 with interspersed, faster intervals; 2 days of resistance	30-40 minutes of moderate exercise on 4-5 days, faster intervals during as many sessions as possible; try new activities; 2 sessions of resistance work, 2 sets of 12-	Get physically fit for a longer, healthier life	Vitamin D: Miracle vitamin or a lot of hype?	Practice makes perfect (when it comes to eating)	Finding the motivation to exercise and be physically active

	activities this week that	work, 1 set of 12-15 reps, at	15 reps and 1 harder set of				
	you usually sit	least 8-12 exercises	8-12 reps second day				
28	Recheck baseline daily steps to see if room for improvement; make a note of all the time spent standing	30 minutes of exercise on three days, 2 days with intervals of any length and 1 day at a moderate, steady pace; 2 days of resistance work, 1 set of 12-15 reps, at least 8-12 exercises	30-40 minutes of moderate exercise on 4-5 days this week), but do 1 workout at a sustained faster pace for only 20-25 minutes (quality, not quantity, training); 2 days resistance work, one with 2 sets of 12-15 reps, the other 1 harder set of 8-12 reps	Try this positive, stress-releasing activity	Is it possible to laugh yourself thin?	Why exercise really is the best medicine for diabetes	Training your body and your mind to de- stress
29	Try replacing one hour of sitting with one hour (total) of easy, gentlepaced walking to expend an extra 200 or so calories a day	30 minutes of exercise on three days, 2 days with intervals of any length and 1 day at a moderate, steady pace; 2 days of resistance work, 1 day with 1 set of 12-15 reps, the other day with 2 sets of 12-15 reps on 8-12 exercises	30-40 minutes of moderate exercise on 4-5 days, faster intervals on 3 days; 2 days of resistance work, 2 sets of 12-15 reps and 1 harder set of 8-12 reps second day	Keep yourself diabetes-free with exercise and lifestyle changes	Declare today a fast-food free day	Daily activity— plus a healthy diet—is the best practice	The calorie count of some common fast foods
30	Break up sedentary time by not sitting for more than 30 minutes at a time without getting up and moving around for five minutes or longer	30 minutes of exercise on three days, 2 days with intervals of any length and 1 day at a moderate, steady pace; 2 days of resistance work, 1 day with 1 set of 12-15 reps, the other day with 2 sets of 12-15 reps on 8-12 exercises	30-40 minutes of moderate exercise on 4-5 days this week), but do 1 workout at a sustained faster pace for only 20-30 minutes; 2 days of resistance work, one with 2 sets of 12-15 reps, one with 1 harder set of 8-12 reps	Take a day (or two) off when you're sick	Spice up your food to spice up your life	How to deal with "un-moderate" eating situations	Tips for healthy eating on a budget
31	Notice how much more energy you have after each time you walk around or move during the day	30 minutes of exercise on three days, 2 days with intervals of any length and 1 day at a moderate, steady pace; 2 days of resistance work, 1 day with 1 set of 12-15 reps, the other day with 2 sets of 12-15 reps on 8-12 exercises	30-40 minutes of moderate exercise on 4-5 days, faster intervals on at least 3 days; 2 sessions of resistance work, 2 sets of 12-15 reps and 1 harder set of 8-12 reps second day	Alternate hard and easy training days	Eat your veggies (and more) for optimal nutrition	Any training makes your insulin work better	Work out your mind, not just your body

32	Fit in three 20-minute walks during your day, be it talking on the phone, running an errand, or using your feet instead of e-mail to deliver a message	30 minutes of exercise on three days, intervals of any length on all 3 days; 2 days of resistance work, 2 sets of 12- 15 reps on 8-12 exercises both days	30-40 minutes, 4-5 days, with intervals on 3 days or substitute in 1 day of a faster pace for 25-30 minutes; 2 days of resistance work, 2 sets of 12-15 reps one workout, 1 set of 8-12 reps the other	Vary your resistance training for best results	Vary your food intake as well	Add in some weights to really power up your insulin	Free weights vs. machines vs. resistance bands
33	Make a list of all the ways you can increase your SPA at home and work, and implement at least five of them this week	30 minutes of exercise on three days, intervals of any length on all 3 days; 2 days of resistance work, 2 sets of 12- 15 reps on 8-12 exercises both days	30-40 minutes, 4-5 days, with intervals on 3 days or substitute in 1 day of a faster pace for 25-30 minutes; 2 days of resistance work, 2 sets of 12-15 reps one workout, 1 set of 8-12 reps the other	Practice good posture to prevent back pain and more	Calcium and iron for healthy aging	Checking the nutrient content of foods	Kegel exercises for women and men
34	Increase your SPA at home by doing the dishes yourself, changing channels by hand (instead of with the remote), and standing instead of sitting down; also, break up long periods of sitting with any activity	30 minutes of exercise on three days, intervals on at least 2 days, but add in 4 th day of 20 minutes at a steady pace; 2 days of resistance work, 2 sets of 12-15 reps on 8-12 exercises both days	30-40 minutes, 4-5 days, with intervals on 3 days or substitute in 1 day of a faster pace for 25-30 minutes; 2 days of resistance work, 2 sets of 12-15 reps one workout, 1 set of 8-12 reps the other	Forget about using amino acid supplements to gain muscle	The importance of adequate protein for good health	Try a combination nutritional supplement for diabetes	Herbal supplements that actually work
35	Stand up and/or pace anytime you talk on the phone or text someone this week	30 minutes of exercise on three days, intervals on at least 2 days, but continue with 4 th day of 20-25 minutes at a steady pace; 2 days of resistance work, 2 sets of 12-15 reps on 8-12 exercises both days	30-40 minutes, 4-5 days, with intervals on 3 days or substitute in 1 day of a faster pace for 25-30 minutes; 2 days of resistance work, 2 sets of 12-15 reps one workout, 1 set of 8-12 reps the other	Keep the weight off once you lose it	How can eating too little cause weight gain?	When a doctor's "prescription" to lose weight can do more harm than good	Weight loss and toxins: what you need to know
36	Start an active project this week, such as spring cleaning, planting a garden, arts and crafts, washing the car, or doing anything that doesn't involve sitting or electronics	30 minutes of exercise on three days, intervals on at least 2 days, but continue with 4 th day of 20-25 minutes at a steady pace; 2 days of resistance work, 2 sets of 12-15 reps on 8-12 exercises on	30-45 minutes, 4-5 days, with intervals on 3 days or substitute in 1 day of a faster pace for 25-30 minutes; 2 days of resistance work, 2 sets of 12-15 reps one workout, 1 set of 8-12 reps the other	Go for maximal endorphin release	Effects of food choices on mood (and brain health)	Don't worry—be happy	The power of endorphins and other brain hormones

37 Go out and do something in your community that involves SPA, such as visiting a museum, going to a flea market, or doing some bird watching 38 Consider getting a dog that needs to be walked on a daily basis to increase your own SPA 39 This week, choose to not use a drive-through anywhere, instead opting to get out of your car and walk to complete your business or errand 30 minutes of exercise on 1 day, one harder set of 8-12 reps the second day 31 So out and do something in your community that three days, intervals on at 1 day of a faster yeeps the second day 32 This week, choose to not use a drive-through anywhere, instead opting to get out of your car and walk to complete your business or errand 32 Check to see if you are still taking 10,000 steps a day, or doing the equivalent amount of time in other daily 33 Consider getting a dog that needs to be walked on a daily one harder set of 8-12 reps the second day 34 This week, choose to not use a drive-through anywhere, instead opting to get out of your car and walk to complete your business or errand 35 Check to see if you are still taking 10,000 steps a day, or doing the equivalent amount of time in other daily 36 Check to see if you are still taking 10,000 steps a day, or doing the equivalent amount of time in other daily 36 Consider getting a dog that needs to be walked on a daily basis to a state of the part					T	1	T	T
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involves SPA, such as visiting a museum, going to a flea market, or doing some bird watching 8	37	Go out and do something	30 minutes of exercise on	30-45 minutes, 4-5 days,	Prevent	The power of	The power of	Prevent the
visiting a museum, going to a flea market, or doing some bird watching 8		in your community that	three days, intervals on at	with intervals on 3 days or	overuse injuries	alpha-lipoic acid	antioxidants for	most common
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Trick yourself into finishing your workouts Sets (1-2 of 12-15 reps, 1 of time in other daily Check to see if you are still taking 10,000 steps a days of moderate aerobic equivalent amount of time in other daily Combine one or more of 4 days of moderate aerobic with intervals on 3 days; 2 days of resistance work, 2-3 sets Trick yourself into finishing your workouts The importance of water and different for people with diabetes? The importance of water and fluids For exercise of vou are still taking 10,000 steps a days of moderate aerobic exercise (30 minutes, with intervals on 3 days; 2 days of resistance work, 2-3 sets of 10-12) one workout, 2 sets			reps to fatigue the second	reps) the other				
Check to see if you are still taking 10,000 steps a day, or doing the equivalent amount of time in other daily Check to see if you are still taking 10,000 steps a days of moderate aerobic exercise (30 minutes, with intervals on 3 days; 2 days of resistance work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one workout, 2 sets Trick yourself into finishing your workouts Trick yourself into finishing your workouts Fluids The importance of water and fluids Fluids For exercise for exercise for exercise for exercise			day					
still taking 10,000 steps a days of moderate aerobic day, or doing the equivalent amount of time in other daily days of moderate aerobic exercise (30 minutes, with intervals on 3 days; 2 days of resistance work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one workout, 2 sets with intervals on 3 days; 2 days of water and fluids your workouts fluids fluids different for people with diabetes?	End of	3 rd Quarter						
day, or doing the exercise (30 minutes, with equivalent amount of time in other daily exercise (30 minutes, with resistance work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one workout, 2 sets fluids people with diabetes?	40	Check to see if you are	Combine one or more of 4	30-45 minutes, 4-5 days,	Trick yourself	The importance	Is hydration any	Helpful
equivalent amount of intervals on 2 days) with sets (1-2 of 12-15 reps, 1 of time in other daily resistance work; 1 res. day of 10-12) one workout, 2 sets		still taking 10,000 steps a	days of moderate aerobic	with intervals on 3 days; 2	into finishing	of water and	different for	hydration tips
time in other daily resistance work; 1 res. day of 10-12) one workout, 2 sets		day, or doing the	exercise (30 minutes, with	days of resistance work, 2-3	your workouts	fluids	people with	for exercise
		equivalent amount of	intervals on 2 days) with	sets (1-2 of 12-15 reps, 1 of			diabetes?	
activities (including 2 sets of 12.15 rons, the 12.15 rons 9.12 rons) the		time in other daily	1	10-12) one workout, 2 sets				
		activities (including	2 sets of 12-15 reps, the	(12-15 reps, 8-12 reps) the				
standing), most days of other 1 set of 8-12 reps other		standing), most days of	other 1 set of 8-12 reps	other				
the week		the week						
	41		30 minutes of moderate	30-45 minutes, 4-5 days,	Practice	Keep your	The mind-body	Is it possible to
on doing "active living" aerobic exercise on 4 days, intervals on 3 days or 1 day relaxation and electrolytes in connection and prevent muscle		on doing "active living"	aerobic exercise on 4 days,	intervals on 3 days or 1 day	relaxation and	electrolytes in	connection and	prevent muscle
any way possible intervals on 2 days; 1 res. of a faster pace for 30 positive balance your mood cramps?		any way possible	intervals on 2 days; 1 res.	of a faster pace for 30	positive	balance	your mood	cramps?
minutes; 2 days of resistance affirmation				minutes; 2 days of resistance	affirmation			

42	Try to add some activity to your routine at least every two hours all day, be it a short walk, some stretching, or some standing	day of 2 sets of 12-15 reps, the other 1 set of 8-12 reps 30 minutes of moderate aerobic exercise on 4 days, intervals on 2 days; 1 res. day of 2 sets of 12-15 reps, the other 1 set of 8-12 reps, but add in one new exercise or more abdominal work both days	work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one day, 2 sets (12-15 reps, 8-12 reps) the other 30-45 minutes, 4-5 days, intervals on 3 days; 2 days of resistance work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one day, 2 sets (12-15 reps, 8-12 reps) the other	Blame it on being unfit, not just aging	The importance of micronutrients (and yogurt) for a healthy body	How can you prevent overuse syndrome?	Healthy joints for life
43	Check out options to increase your activity at home or work, such as a treadmill and desk set-up, foot pedals to cycle below your desk, portable stepper, or hand weights to lift at your desk	30 minutes of moderate aerobic exercise on 4 days, intervals on 2-3 days; 1 res. day of 2 sets of 12-15 reps, the other 1 set of 8-12 reps	30-45 minutes, 4-5 days, intervals on 3 days or 1 day of a faster pace for 30 minutes; 2 days of resistance work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one day, 2 sets (12-15 reps, 8-12 reps) the other	Control depression and other barriers to exercise	Can your diet prevent muscle soreness?	The importance of impulse control in diabetes management	Moderation, not abstinence, is the key
44	Keep a log this week to get a sense of when and where most of your sitting occurs, and try to break it up with standing, fidgeting, and other movement whenever possible	30 minutes of moderate aerobic exercise on 4 days, intervals on 2-3 days; 1 res. day of 2 sets of 12-15 reps, the other 1 set of 8-12 reps	30-45 minutes, 4-5 days, intervals on 3 days; 2 days of resistance work, 3 sets (1 of 12-15 reps, 1 of 10-12, 1 of 8-10) one day, 2 sets (12-15 reps, 8-12 reps) the other	Practice SPA to stay more active all the time	SPA makes the difference between being lean and gaining weight	Food, lifestyle, and your mental ability	The secrets of successful and lasting weight loss
45	Everywhere you go, look for opportunities to walk instead of drive, take the stairs instead of elevators and escalators, and stand instead of sitting down	30 minutes of moderate aerobic exercise on 4 days, intervals on 2-3 days; 1 res. day of 2 sets of 12-15 reps, the other 1 set of 8-12 reps	30-50 minutes, 4-5 days, intervals on 3 days; 2 days of res. work, 3 sets (1 of 12-15 reps, 1 of 10-12, 1 of 8-10) one day, 2 sets (12-15 reps, 8-12 reps) the other	Manage your stress with physical activity	Genes and your life expectancy	Don't let diabetes or your weight get you down	Bodily changes over time
46	Try to move more while sitting by periodically doing chair sit-ups, ankle circles, sit-to-stand exercises, head rolls, dips, gluteal (buttocks)	30 minutes of moderate aerobic exercise on 4 days, intervals on 2-3 days; 1 res. day of 2 sets of 12-15 reps, the other day 2 varied sets (12-15 reps, then a harder set of 8-12 reps)	30-50 minutes, 4-5 days, intervals on 2-3 days or 2 days of a faster pace for 30 minutes; 2 days of resistance work, 2-3 sets (1-2 of 12-15 reps, 1 of 10-12) one day, 2	Get "fit" according to the latest guidelines	"Natural" vs. "healthy" foods	Emotional fitness through physical activity	How well are you aging, really?

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	squeezes, and even		sets (12-15 reps, 8-12 reps)				
	fidgeting		the other				
47	If you're a video gamer	30 minutes of moderate	30-50 minutes, 4-5 days,	Getting enough	Drug	The importance	Avoiding
	(or are willing to try it),	aerobic exercise on 4 days,	intervals on 2-3 days or 2 day	sleep can keep	interactions:	of sleep in stress	sarcopenic
	invest in more active	intervals on 3 days; 1 res.	of a faster pace for 30	you thinner	What you really	and glucose	obesity (a.k.a.,
	gaming devices and	day of 2 sets of 12-15 reps,	minutes; 2 days of resistance		need to know to	management	muscle wasting)
	games like Wii Fit, Dance	the other day 2 varied sets	work, 2-3 sets each day, 1 set		avoid them		
	Dance Revolution, and	(12-15 reps, 8-12 reps)	of 12-15 reps as warm-up, 1-				
	others that require		2 harder sets of 8-12 reps				
	physical movement and						
40	balancing skills		At least 2 days of moderate	V	Fiber, fiber,	Va va diatana	Li a a libba y a sa a a lua
48	If you snack or eat mindlessly during the day,	Choose 4 days of moderate	At least 3 days of moderate to vigorous aerobic exercise	Keep your family active	everywhere:	Yo-yo dieters, beware	Healthy snacks
	place all of your food	aerobic exercise (30 min with interspersed intervals on 3	for 30-50 minutes, plus 2	and healthy,	Good sources of	Dewale	even your kids (or grandkids)
	somewhere that forces	days) or 3 days of moderate	somewhat easier days for 45-	too	dietary fiber		will love
	you to stand up and walk	(30 minutes) activity with a	60 minutes (at least 5 days	100	dietary fiber		will love
	a ways to get to it	fourth day at a higher	total); resistance work 2 days				
	a ways to get to it	intensity for 20 minutes; 1	per week, at least 2-3 sets (1				
		resistance day of 2 sets of	of 12-15 reps and then 1-2				
		12-15 reps, the other day 2	more sets of 8-12 reps)				
		varied sets (12-15 reps, 8-12					
		reps)					
49	Schedule your daily	Do 4 days of moderate	At least 3 days of moderate	Experience the	Can too much	Try the RIB	How much
	movement just like you	aerobic exercise (30 min with	to vigorous aerobic exercise	benefits of yoga	calcium be bad?	principle to relax	memory loss is
	do with meetings, phone	interspersed intervals on 3	for 30-50 minutes, plus 2	and t'ai chi	What about		normal?
	calls, and other items, and	days) or 3 days of moderate	somewhat easier days for 45-		phosphorus?		
	make your active plans	(30 minutes) activity with a	60 minutes (at least 5 days				
	take priority at times you	fourth day at a higher	total of varying intensities);				
	have them scheduled	intensity for 20 minutes;	resistance work 2 days per				
		resistance train 2 days with	week, at least 2-3 sets (1 of				
		varied sets (12-15 reps, 8-12	12-15 reps and then 1-2				
		reps)	more sets of 8-12 reps)				
50	Remember to break up all	Choose between 5 days of	At least 3 days of moderate	Load with carbs	The best sports	Are there any	Good news and
	your sedentary activities	moderate aerobic exercise	to vigorous aerobic exercise	effectively if	supplements	diabetes-related	bad news about
	with standing or walking	for 30 minutes (intervals on	for 30-50 minutes, plus 2	you're a serious	(according to	concerns with	your weight
	every 30 minutes or so to	3 days) or 3 moderate days	somewhat easier days for 45-	athlete	athletes)	using sports	
	keep your metabolism	plus a fourth day at a higher	60 minutes (at least 5 days			supplements?	
	and your total SPA higher	intensity for 20 minutes;	total of varying intensities);				
	all day long	resistance train 2 days with	resistance work 2 days per				
		varied sets (12-15 reps, 8-12	week, at least 2-3 sets (1 of				
		reps)					

			12-15 reps and then 1-2				
			more sets of 8-12 reps)				
51	Double-check your	If you did 5 days of moderate	3 days of moderate to	Keep your	Exercising with	Lose the "bad	Advancing your
	progress—is your SPA	aerobic work last week,	vigorous aerobic exercise for	motivation for	low-carb eating	health" excuse	physical activity
	goal to do at least 60	choose the 4-day option this	30-60 minutes, plus 2-3	exercise high		(and others)	to a higher level
	minutes every day,	week (or vice versa);	easier days for 45-60				
	double that much when	resistance train 2 days with	minutes (5-6 days total);				
	you do no planned	varied sets (12-15 reps, 8-12	resistance training 2 days, 2-				
	exercise? Also, always try	reps)	3 sets (12-15 reps on the first				
	to stand up as much as		set and 8-12 reps on the last				
	possible		1-2 sets)				
52	Think back to where you	Do 5 days of moderate	Do at least 3 days of	Have a party to	Good health or	Put your exercise	The year ahead:
	started a year ago—are	aerobic exercise for 30	moderate to vigorous	celebrate a full	bad: The choice	down on your	What's next?
	you more physically active	minutes (with interspersed	aerobic exercise for 30-60	year of good	is really yours	calendar (and	
	every day, all day long? If	intervals on 3+ days), or 3	minutes, plus 2-3 easier days	physical activity		keep it fun)	
	not, look at your daily life	days of moderate exercise	for 45-60 minutes (5-6 days	and lifestyle			
	to see where more	plus a fourth day at a	total); resistance training at	habits			
	activity can easily fit in. If	sustained higher intensity for	least 2 and possibly 3 days				
	so, keep it up for the rest	20 minutes; resistance train	per week, 2-3 sets (12-15				
	of your life!	2 days with varied sets (12-	reps on the first set and 8-12				
		15 reps, 8-12 reps)	reps on the last 1-2 sets)				
End of	4 th Quarter						
Week	Weekly Life in Motion	Weekly Goals: Beginning	Weekly Goals: Current or	Fitness &	Dietary	Diabetes	Other
#	Goals for Everyone	or Returning Exerciser	Intermediate Exerciser	Healthy Living	Improvement	Management	Important
	(Daily Movement)			Tip	Tip	Tip	Advice & Info