

The background of the entire image is a photograph of a person from the waist down, wearing a light blue athletic top, black leggings, and black sneakers with white socks. They are standing on a paved sidewalk next to a road, with one leg raised and bent, holding their foot to stretch. A large, semi-transparent white circle with a teal border is centered over the image, containing the title text. The background is slightly blurred, showing a street and some buildings in the distance under bright, warm lighting.

Beginner **1** **WEEK** **EXERCISE** **PLAN**

DAY
1

20-30 minutes
WALK

DAY
2

20 minutes
**STRENGTH
TRAINING**

DAY
3

REST
and/or
**EASY
STRETCHING**

DAY
4

20-30 minutes
CARDIO
(walking, hiking,
biking, dancing)

DAY
5

**BASIC
STRETCHES**

DAY
6

REST
and/or
**EASY
STRETCHING**

DAY
7

20 minutes
**STRENGTH
TRAINING**

20 MIN BEGINNER STRENGTH TRAINING



MARCH OR STEP TAP IN PLACE

10 reps

30-60 secs

2-3

SQUATS

10 reps

30-60 secs

2-3

8 PUSH UPS*

10 reps

30-60 secs

2-3

CALF RAISES*

10 reps

30-60 secs

2-3

EXTENDED ARM CIRCLES*

10 reps

30-60 secs

2-3

FOREARM PLANK*

30 secs

30-60 secs

2-3

COOL DOWN / STRETCH

2-3 minutes

30-60 secs

BASIC STRETCHES



SIDE BODY STRETCH

standing, reach your arms overhead. If possible, gently clasps your right hand around your left wrist and lean to the right. Keep your left foot planted on the ground and relax your left shoulder as much as possible. Repeat on the other side.

30-60 secs

SHOULDER STRETCH

standing, cross your right arm in front of your body (the fingers on your right hand are pointing towards the left side of the room). Hook your left arm underneath your right and gently hug your arm until you feel a gentle shoulder stretch. Repeat on the other side.

30-60 secs

BACK BODY STRETCH

if needed, stand next to a wall or chair for extra balance and support. Step your right foot about a footprint in front of your left. Place one or both hands on your hips and bend your knees slightly and lift your right toes off the floor. If you want to deepen the stretch, gently lean your torso forward as you press your hips back. Repeat on the other side.

30-60 secs

CALF STRETCH

stand facing a wall (use the wall for balance if needed). Leaving your right heel planted, raise your right toes off the mat, letting them rest against the wall allowing your calf to stretch. Repeat on the other side.

30-60 secs

TIP **LOW IMPACT** **CHALLENGE**

***Push Ups** **LOW IMPACT** stand with hands on the wall or from ground with knees on a towel for support

***Calf Raises** **LOW IMPACT** seated

***Extended Arm Circles** **CHALLENGE** 15 secs forward; 15 secs backwards;
arms straight, wrists at shoulder height **LOW IMPACT** seated

***Forearm Plank** **LOW IMPACT** place knees on a towel (rather than having legs extended fully)
for added support

People with diabetes should always check with their doctor before beginning any exercise program. It's also important to talk with your physician about how exercise may impact your blood sugar, and how to check blood sugar before, during and after exercise to keep it in a safe range.

ADD A CHALLENGE TO YOUR WALK

ONE SET

Fast Power Walk 1 minute; Recovery Pace 1 minute

Fast Power Walk 1 minute; Recovery Pace 2 minutes

Fast Power Walk 1 minute; Recovery Pace 4 minutes

Total Time for one set: 10 minutes Complete 2-3 sets