

## Participant Guide

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### Get More Active

Getting more active can help you prevent or delay type 2 diabetes.

#### Tips:

- ▶ To make sure you're working out at a moderate pace, use the Talk Test. That means you can talk, but not sing, through your activity.
- ▶ Try to get a little more active each week.

### Olga's Story

Olga is at risk for type 2 diabetes. So she's trying to get a little more active each week. Her goal is to be active for at least 150 minutes per week, at a moderate pace.

**Week 1.** Olga takes a gentle stroll around the block. It takes her about 10 minutes. She does this for 3 days that week.

**Week 2.** Olga walks around the block 2 times. It takes her 17 minutes. She does this for 5 days that week.

**Week 3.** Olga walks around the block 3 times. It takes her 21 minutes. She does this for 7 days that week.

**Week 4.** Olga follows the same walking schedule as she did in Week 3. Plus, she adds some hills to her route. One day, she also does 2 sets of 3 reps with a resistance band.

**Week 5.** Olga follows the same walking schedule as she did in Week 3. For 2 days that week, she also does 3 sets of 5 reps with a resistance band.

These days, Olga is meeting her fitness goal. She's lost weight. And her blood sugar is lower than it was before she started getting more active.



## Ways to Get More Active

1. Do bicep curls with a can of food while you march in place.
2. Do more reps or sets.
3. Lift heavier weights.
4. Push a stroller while you walk.
5. Take more steps per day or per week.
6. Use one-pound hand or ankle weights while you walk.
7. Walk farther.
8. Walk faster.
9. Walk longer.
10. Walk up steeper hills.



**How will you get more active over the next few weeks?**

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

## Build Your Muscles

### Wall Push-Ups

1. Face a wall. Stand a little more than arm's length away. Keep your feet flat on the floor, shoulder-width apart.
2. Lean forward. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the pose for 1 second.
5. Breathe out. Slowly push yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

### Arm Raises with Weights

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

Start with light weights. Work your way up to heavier weights. You can do one arm at a time. If you prefer, you can use soup cans or other objects.

## Arm Curls with Resistance Bands

1. Sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulderwidth apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

**Start with a stretchy band. Work your way up to a stronger band. If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.**

**Source:** [cdc.gov](https://www.cdc.gov)

