

Diabetes Fit Brain, Fit Body 52-Week Lifestyle Training Challenge Overview

Week #	Weekly Life in Motion Goals for Everyone (Daily Movement)	Weekly Goals: Beginning or Returning Exerciser	Weekly Goals: Current or Intermediate Exerciser	Fitness & Healthy Living Tip	Dietary Improvement Tip	Diabetes Management Tip	Other Important 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 waist, hips, and more	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	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?

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5	Keep daily SPA at least 1,500 steps a day higher than start	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)	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	Find out what interval training can do for you	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
6	Increase daily SPA to 2,000 steps a day over Week 1, or be active for ~20 minutes a day more	15 minutes of light exercise 3 days, but increase to doing at least 8 faster intervals (15-30 seconds at a slightly elevated pace)	Moderate aerobic work for 30 minutes 3 days, with at least 10 faster intervals interspersed; 1 set of 12-15 reps on 8-10 resistance ex's	Benefit your health with cross-training	What is fiber and why do you need it?	Can exercise make your blood glucose go up instead of down?	How to 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

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

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

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	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	2nd 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

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	activities this week that you usually sit	work, 1 set of 12-15 reps, at least 8-12 exercises	15 reps and 1 harder set of 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, gentle-paced 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

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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

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		1 day, one harder set of 8-12 reps the second day					
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	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 1 day, one harder set of 8-12 reps the second day	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, 2 varied sets (12-15 reps, then 8-12 harder reps) the other day	Prevent overuse injuries with proper exercise habits	The power of alpha-lipoic acid (and other antioxidants)	The power of antioxidants for diabetes	Prevent the most common overuse injuries
38	Consider getting a dog that needs to be walked on a daily basis to increase your own SPA	30 minutes of exercise on four days, intervals on at least 2 days; 2 days of resistance work, 2 sets of 12-15 reps on 8-12 exercises on 1 day, one harder set of 8-12 reps the second day	30-45 minutes, 4-5 days, with intervals on 3 days or substitute in 1 day of a faster pace for 30 minutes; 2 days of resistance work, 2 sets of 12-15 reps one workout, 2 varied sets (12-15 reps, then 8-12 harder reps) the other day	Go beyond that morning cup of coffee	Go beyond that morning banana, too	The antidiabetic effect of certain vitamins and minerals	Exercising safely with medical conditions
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 four days, intervals on at least 2 days; 2 days of resistance work, 2 sets of 12-15 reps on 8-12 exercises on 1 day, one harder set of 8-12 reps to fatigue the second day	30-45 minutes, 4-5 days, 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 (12-15 reps, 8-12 harder reps) the other	Congratulate yourself for reaching the end of the third quarter of the plan	Do you need more magnesium in your diet?	Does stress really cause gray hairs?	Common exercise myths debunked
End of	3rd Quarter						
40	Check to see if you are still taking 10,000 steps a day, or doing the equivalent amount of time in other daily activities (including standing), most days of the week	Combine one or more of 4 days of moderate aerobic exercise (30 minutes, with intervals on 2 days) with resistance work; 1 res. day of 2 sets of 12-15 reps, the other 1 set of 8-12 reps	30-45 minutes, 4-5 days, 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 (12-15 reps, 8-12 reps) the other	Trick yourself into finishing your workouts	The importance of water and fluids	Is hydration any different for people with diabetes?	Helpful hydration tips for exercise
41	Focus your time this week on doing "active living" any way possible	30 minutes of moderate aerobic exercise on 4 days, intervals on 2 days; 1 res.	30-45 minutes, 4-5 days, intervals on 3 days or 1 day of a faster pace for 30 minutes; 2 days of resistance	Practice relaxation and positive affirmation	Keep your electrolytes in balance	The mind-body connection and your mood	Is it possible to prevent muscle cramps?

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

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