

Get active!

To track your progress, write down how many minutes you spend doing each physical activity. Aim for a minimum 150 minutes of moderate-to-vigorous intensity aerobic exercise each week, and perform resistance training (weight lifting or exercise with weight machines) 3 times per week.



Sample activities include: walking, cycling, gardening, swimming, taking the stairs, stretching, jogging, and weight training. For more information on physical activity and exercise, visit diabetes.ca/physicalactivityconsumers.

TYPE OF ACTIVITY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
								Your total for the week ↓
Daily Total →								150

Please consult with your physician before starting a physical activity program.

Contact us for more resources at:
diabetes.ca 1-800-BANTING (226-8464)