

Getting Started on an Exercise Program



This “how-to” brochure will show you what you can do right now to fight diabetes.

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Congratulations!

By picking up this brochure you've just taken an important step towards fighting diabetes. Getting fit is part of staying healthy. And getting fit doesn't mean that you have to work out hours a day. Moderate amounts of physical activity can help prevent type 2 diabetes or manage it. Even if you do nothing more than get on a bike for two minutes, take a brisk walk around the block or do a single set on the bench press... it's ALL progress.

We have also dedicated a special section of our web site - www.goldsgym.com/diabetes - to provide ongoing information that will help you get and stay in shape. It's easy and you can do it!



About Diabetes

Diabetes is one of America's biggest killers. There are nearly 24 million children and adults in the United States (7.8% of the population) who have diabetes and another 57 million Americans have pre-diabetes, placing them at increased risk for developing type 2 diabetes. An estimated 5.7 million people have diabetes and don't even know it. If present trends continue, one out of three children born today will develop diabetes in their lifetime.

Are you at risk? Visit diabetes.org to take the American Diabetes Association risk calculator test.

Exercise – The Most Effective Form of Prevention and Management.



Studies show that weight management through a program of regular exercise and a healthy diet is the #1 way to help delay or prevent type 2 diabetes. These very same elements can also go a long way in delaying or managing serious diabetes-related complications associated with type 1 and 2 diabetes.

For those who already have diabetes, the benefits of exercise are just as powerful. In some cases, many people are even able to reduce or eliminate their need for certain medications.

Getting Started on an Exercise Program 4 Easy Steps

1: Talk to Your Doctor: This is the most important step when starting an exercise program. Your health care provider's advice will depend on the condition of your heart, blood vessels, eyes, kidneys, feet and nervous system.

2: Set Realistic Goals: The most important aspect of goal setting is to be realistic with short and long term goals.

Short term: It may be to complete 20 minutes non-stop on a walk or cardio machine, lose 10 pounds this month or fit into a pair of pants or a dress that used to fit you a year ago! Establish small, achievable steps forward. Give yourself credit for all accomplishments.

Long term: Envision yourself being in the most optimum condition possible. For individuals with type 2 diabetes, one of your ultimate goals should be to permanently bring your glucose and insulin levels to the normal range. Make your goals concrete: Set a specific weight, body fat percentage or waist measurement as a target.

Once you have identified your short and long term fitness goals, write them down! Please take a moment to identify your fitness goals:

1. My short term goal is: _____

2. My long term goal is: _____

3. I would like to accomplish these goals by: _____

3: Develop Your Exercise Plan: There are two key areas that you will want to focus on when developing your exercise program: Cardiovascular exercise and resistance training.

For my cardiovascular plan, I will include:

- Walking
- Biking
- Exercise Videos
- Treadmill
- Stationary Bike
- Swim
- Stair Climber
- Elliptical Machine
- Water Aerobics Class
- Tennis
- Golf
- Floor aerobics class
- Other: _____



Cardiovascular exercise (aerobic exercise) increases your heart rate, strengthens your heart and lungs and burns calories. Start with five or ten minutes per day and work up to increasing your time each week as you get stronger.



Resistance training (strength training) builds strong bones and muscles. Other benefits include increases in metabolism, improved balance, increased muscle mass and decreased risk of coronary disease and osteoporosis.

For my resistance training plan, I will include:

- Free Weights
- Machines
- Bands
- Sit ups
- Push ups
- Pull ups
- Lunges
- Squats
- Other: _____

Four key principles of a good exercise program — the F.I.T.T. principle.

(F) Frequency: How often will you be able to exercise? The ADA recommends 3 sessions of resistance training per week for most people. For cardiovascular, it is generally recommended that most adults get a minimum of 30 minutes of exercise five days per week.

(I) Intensity: How hard should you exercise? The key is to make your exercise challenging but not overly difficult.

(T) Time: How long you perform an activity? Decide before you start an activity how long you will be exercising.

(T) Type: What type of exercise will you perform? Choose exercises that are not only appropriate for you, but are also something that you enjoy.

4: Execute Your Plan: Executing an exercise plan is a combination of discipline and staying motivated. As you start your program, make sure to surround yourself with people who can both support your efforts and help keep you motivated.

Sample Workout

Let's get started. Begin your exercise plan by meeting with a certified personal trainer who can map out a cardiovascular and resistance training program, and adjust it as you progress. REMEMBER: Always ask a fitness professional for assistance regarding equipment operation. Safety is the #1 priority in your workout.

Step 1: The Warm Up - Warming up gets oxygen and blood to the working muscles and increases core body temperature. Choose a cardio method - walking, exercise bike, treadmill or elliptical - and go at a moderate pace for four to six minutes. Then perform eight arm circles forward and eight backwards.

Step 2: Strength Training - Now focus on "multi-joint" motions: pulls, pushes and presses that incorporate large and multiple muscle groups in a single motion. Each "set" will be performed for 8-12 "repetitions." Select a resistance level that is comfortable yet challenging. In the beginning, you are getting ready for a total body program.

1 set - A "pushing" motion (works chest, shoulders, triceps).

1 set - A "pulling" motion (works back, rear shoulder and biceps).

1 set - A "pressing" motion (works the entire lower body).

Please visit www.goldsgym.com/diabetes for examples.

Step 3: Cardiovascular Workout – Here, do as much as you can with respect to your doctor's recommendations. Ask a Gold's Gym staff member to instruct you on the proper use of cardiovascular machines - treadmills, elliptical machines, recumbent bikes, upright bikes and stair climbers. Also, consider taking a group exercise class.

Remember, you're not out to set records the first day... just to build a solid workout foundation. You may get 30 minutes in today. You may get 5. Either way, you've been successful.

Frequently Asked Questions

What should I wear when I workout?

Comfort is the key here — comfortable pair of athletic shoes and clothes that are loose fitting, comfortable and flexible.

Will someone show me how to use the equipment?

Yes. The Gold's Gym staff is always happy to help! In fact, we hope you'll inquire about the different pieces of equipment available for your use.

What's the secret to staying motivated?

It's easier than you think. Listening to music. Getting a partner. Sharing your goals with friends. We've created a list of the "Top 10 Ways To Stay Motivated" on www.goldsgym.com/diabetes.

What are little ways to get more exercise outside of the gym?

Park your car farther away. Walk around the block. Go dancing. Check out the top ways to "exercise without exercising" at www.goldsgym.com/diabetes.

What's next?

The next step is to go to goldsgym.com/diabetes to learn more about starting a healthy lifestyle and get a free pass to exercise at your local Gold's Gym. Our staff is excited to help show you the ropes and develop a fitness program that's right for you.

If there's not a Gold's Gym near you, join a gym that is close to home. We want to be your partner to a healthier life, but the most important thing is that you find a place where you can exercise at regularly.

Congratulations on deciding to live a healthy lifestyle!



Gold's Gym & The American Diabetes Association

As a National Strategic Partner of the American Diabetes Association (ADA), Gold's Gym is helping fight diabetes by supporting the ADA's efforts to raise awareness about the benefits of regular physical activity. Together we are working to raise funds, provide fitness education and help Americans live an overall healthy lifestyle. Gold's Gym is proud to be the number one national fundraising team for the ADA's premier cycling event, Tour de Cure. For more information on Team Gold's or to get involved, please visit diabetes.org/tour".

www.goldsgym.com/diabetes



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