



PEHP Wellness Workout Warrior

Hello Warriors!

We hope you have been able to get some activity in this month to help manage and prevent type 2 diabetes! For this week, we want to discuss the importance of getting adequate [aerobic](#) activity if you have or are at risk for type 2 diabetes. Research suggests that aerobic exercise helps the body properly store glucose while also increasing stamina and improving heart health. Those who are prediabetic or have type 2 diabetes should be getting at least 150 min/week of moderate to vigorous aerobic exercise at least 3 days during the week, with no more than 2 consecutive days between bouts of physical activity. This is also the basic exercise guidelines for all adults.

This week we challenge you to get out 3-5 days for 20-30 minutes. If you can't get in 30 minutes all at once, you can divide your exercise routine into 10 or 15- minute bouts throughout the day. If you haven't been active in a while, try starting with light to medium effort and just a few minutes a day - you can then gradually build up to 30 minutes. Any rhythmic continuous activity counts such as a brisk walk, light jogging, dancing, Zumba, going up stairs or jogging in place. Check out the links below for some fun YouTube dancing videos!

- [The Most Fun 15 Minute Cardio Dance Workout Ever](#)
- [The Fitness Marshall](#)
- [30-Minute Low-Impact Dance Grooves Workout](#)

If you have questions, please email the moderator of this challenge at michelle.allard@pehp.org