



PEHP Wellness Workout Warrior

Hello Warriors!

Welcome to the November Workout Warrior - Fitness and Diabetes Prevention! As we all know regular activity keeps us healthy and feeling better, but it can also help with managing and preventing disease - including diabetes. While it is not true that everyone with type 2 diabetes is overweight, an inactive lifestyle can contribute to the disease and this is where physical activity comes in to play. Being active and shedding a few pounds are proven strategies that can prevent or help manage type 2 diabetes.

If you haven't been active in a while and have concerns about prediabetes or type 2 diabetes it is **important to talk with your doctor** and begin slowly when introducing more activity into your life. For example, light walking can be a great place to start! You can enjoy some alone time and walk by yourself, with a loved one, or enjoy your favorite podcast or audio book!

For this week's challenge we encourage you to pick one activity that will get you moving! This can be taking walks around the block, playing outside with the kids or raking up leaves in the yard. Aim for 20-30 minutes most days of the week for maximum benefits!!

Are you new to Workout Warrior?

PEHP Wellness challenges are email-based and self-guided, which means YOU are in charge! The emails you receive are to keep you informed and to help motivate you.

Remember *any* activity can be converted into steps; just use this convenient [step conversion chart](#). A [Workout Warrior Tracker](#) is also handy to remind you to record your daily steps/activity – **this tracker is for your benefit only and does not need to be submitted to participate.**

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

Welcome to the November challenge!