



Getting Started: Couch to 5 miles

Exercising with diabetes is no simple task. Not long ago there were few resources out there for someone wanting to start an exercise program while dealing with diabetes. Today we are lucky to have both inspiration and information at our fingertips, not to mention the Red Rider program at the American Diabetes Association Tour de Cure events. If you've not been active for a while, or ever, consider this your invitation to get to it.

As you probably know, being physically active is good for our health. And research is showing that even small amounts of activity can have a wide range of benefits, from enhanced emotional well-being to improved ability in accomplishing day-to-day tasks. As always, you should talk to your doctor before beginning any new exercise program. Here are a few things to keep in mind as you begin exercising:

- Even small amounts of exercise are meaningful for health and fitness
 - You don't need fancy equipment, or even a gym membership
 - Anything is better than nothing, and things you don't think of as exercise count when it comes to improving fitness. Think yard work and walking.
- Discuss an exercise program with your doctor and other professionals
 - Changes in activity levels may change your insulin sensitivity, leading to changes in medication that can only be recommended by a doctor
 - A diabetes educator or Registered Dietitian can advise on dietary changes
- Getting ready for a Tour de Cure takes a bit of dedication
 - Plan on devoting time to training at least a few times a week.
 - Listen to your body when it comes to food cravings, and see our future posts on fueling for exercise.
 - There is no "fanciest bike" prize at the Tour de Cure; dust off what is in the garage and get out for a spin. (It might be good to take an older bike to a local bike shop for a tune up)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Bike around the block 1-time	Rest	Walk for 10-minutes	Rest	Bike around the block 2-times	Strength Training
2	Rest	Bike around the block 3-times	Rest	Walk for 10-minutes	Rest	Bike around the block 4-times	Strength Training
3	Rest	Bike 1-mile out and 1-mile back	Rest	Walk for 15-minutes	Rest	Bike 1-mile out and 1-mile back	Strength Training
4	Rest	Bike 1-mile out and 1-mile back	Rest	Walk for 15-minutes	Rest	Bike 1-mile out and 1-mile back	Strength Training
5	Rest	Bike 2-miles out and 2-miles back	Rest	Walk for 20-minutes	Rest	Bike 2-miles out and 2-miles back	Strength Training
6	Rest	Bike 2-miles out and 2-miles back	Rest	Walk for 25-minutes	Rest	Bike 2-miles out and 2-miles back	Strength Training

Physical activity will go a long way towards helping us live a long, healthy life, but it should also be something that brings us happiness in the moment. Find an activity that you enjoy doing and stick with it. And remember, when you get out for the Tour de Cure, you are not just supporting your health. You are also supporting the mission of the American Diabetes Association!

Once again, you should talk to your doctor before beginning any new exercise program.