

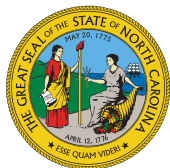
STEP UP TO 150!

Your One Month Journey to a 150 Minute Weekly Exercise Plan to Prevent Diabetes

If you're not active right now, don't worry — you don't need to hit 150 minutes right away. It's better to start small and build up gradually. Even short bouts of activity can add up and lead to big health benefits.

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Minutes this week |
|--|-----------------------------------|---------------------------------------|-----------------------------------|---|--|---------------------------------------|-------------------|--|
| WEEK 1 Get Moving | Rest | Rest | 30-minute stretch routine | Rest | 30-minute walk around neighborhood | Rest | Rest | 60 minutes <i>Congrats!</i> |
| WEEK 2 Improve Functional Fitness | Rest | 30-minute upper body strength workout | Rest | 30-minute walk or 30-minute dance workout | Rest | 30-minute lower body strength workout | Rest | 90 minutes <i>You're on a roll!</i> |
| WEEK 3 Challenge Yourself (Increase intensity) | 30-minute moderate intensity walk | 30-minute total body workout | Rest | 30-minute moderate intensity walk | 30-minute dance workout – grab a friend! | Rest | Rest | 120 minutes <i>Almost there!</i> |
| WEEK 4 Build Independence | 30-minute full body workout | Rest | 30-minute moderate intensity walk | 30-minute core burner – push yourself! | Rest | 30-minute moderate intensity walk | 30-minute stretch | 150 minutes <i>You did it!</i> |

The Centers for Disease Control and Prevention (CDC) recommends that adults aim for at least 150 minutes of moderate-intensity aerobic exercise per week to significantly reduce the risk of heart disease, stroke, type 2 diabetes, and other chronic conditions.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Office of Minority Health
and Health Disparities

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