

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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