

Safety & Performance Tips

- ✓ Get your physician's OK
- ✓ Warm-Up First
- ✓ Wear sneakers, comfortable clothes
- ✓ Cool, well-ventilated room
- ✓ Exhale w/exertion; no holding breath
- ✓ Monitor your glucose patterns
- ✓ Start EASY!
- ✓ 8-10 Exercises
- ✓ Work large muscle groups first
- ✓ 2-3 sets of 10-15 reps
- ✓ Increase reps first, then increase weight (in small increments)
- ✓ Only ↑ weight if technique is sound
- ✓ 3 days/week, non-consecutive days
- ✓ Consume adequate protein