

Get moving with a fitness plan

Fitness is a key part of managing type 2. And the good news, all you have to do is get moving. You don't have to become an ultra-marathoner. You can start slowly with a walk around the block or a simple bike ride. The key is to find activities you love and do them as often as you can.



Here's how you can get started:

- Work with your doctor to determine what level of physical activity you should engage in
- Figure out how much time per day you can devote to exercise
- Set fitness goals—having clear goals can help you stay motivated
- Consider where you'll start working out—the gym, in your neighborhood, in a park?
- Build different activities into your daily routine
- Start slowly and allow for recovery time
- Keep track of what you do and stay focused
 - on your goals
- Listen to your body

Regular exercise can help put you back in control of your life

If you're not into regular exercise, putting together an exercise plan can be a bummer. But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively. And you just feel better. And look better.

So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part.

Get started. But get started safely

It doesn't matter where you are physically. If you've never set foot in a gym, that's okay—as long as you start doing something now. If you haven't been very active or are worried about your health, it's important to consult your doctor and start slowly.

Light walking is a great place to start—and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to an audio book. Set goals every day and meet them and you'll start feeling like you're back in control of your life. [Learn more about how to get started safely.](https://www.diabetes.org/healthy-living/fitness) <https://www.diabetes.org/healthy-living/fitness>

Healthy Eating Corner

Veggie Lasagna Roulades

Serves 8: Serving size 2 roulades

Prep Time: 40 minutes

Ingredients:

1 pound lasagna noodles
1 cup fat-free ricotta cheese
1/4 cup grated Parmesan cheese
1 tablespoon dried parsley
1 egg
Cooking spray
1 cup mushrooms, finely diced
1 medium zucchini, finely diced
2 tomatoes, seeded and finely diced
3 garlic cloves, minced
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 16-ounce jar marinara pasta sauce

Directions:

1. Preheat oven to 350 degrees. Cook lasagna noodles according to package directions, omitting salt. Drain. Lay out noodles on wax paper.
2. In a medium bowl, mix ricotta, Parmesan cheese, parsley, and egg. Set aside.
3. Coat a large nonstick skillet with cooking spray. Sauté mushrooms, zucchini, tomato, and garlic over high heat for 5-7 minutes. Remove from heat and let it cool.
4. Fold vegetables into cheese mixture. Add salt and pepper.
Heap 2 tablespoons cheese mixture at the end of each noodle.
5. Starting at the cheese mixture end, roll noodle to the other end. Secure with a toothpick. Repeat for remaining noodles.
6. Coat baking dish with cooking spray. Place roulades side by side in the dish. Pour sauce over roulades and bake for 20 minutes.

Chef's Tip: This recipe is a fun twist on regular lasagna.

Exchanges:

- 2 Starch
- 1 Lean Meat
- 2 Vegetable

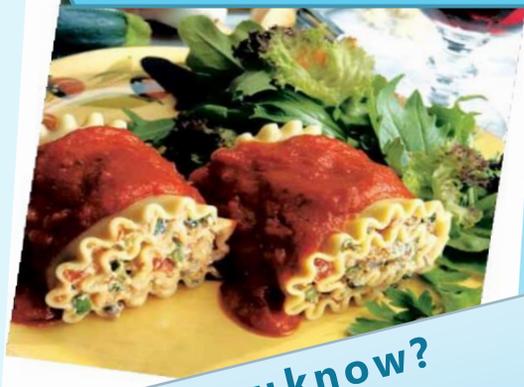
Nutrition Facts

Serving Size 2 roulades

Amount Per Serving		Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium	339mg		14%
Total Carbohydrate	44g		15%
Dietary Fiber	4g		16%
Sugars	9g		
Protein	14g		28%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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Diabetes Education makes a Difference!