

July

2022

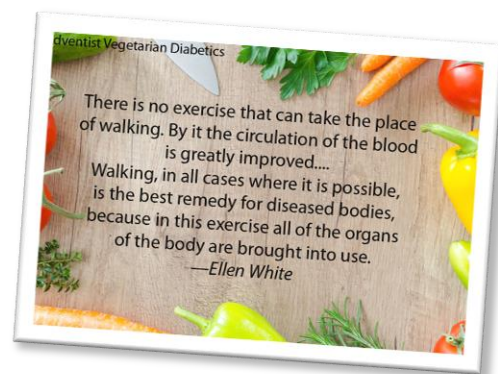
AdventistVegetarianDiabetics.com

Exercise

The importance of exercise to a diabetic is second only to nutrition. The exercise you choose is up to you and your health care practitioner.

Conventional wisdom says walking is the best exercise for a diabetic, and that ideally you should walk 10,000 steps (roughly 5 miles) every day.

<https://adventistvegetariandiabetics.com/getting-started/learn-about-diabetes/8-laws-of-health/exercise/>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
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31						

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