

# Diabetes Management Program

Date: [Insert Date]

Dear [Patient's Name],

We are pleased to welcome you to our Diabetes Management Program. As part of your individualized care plan, we have developed a comprehensive exercise and fitness guidance tailored specifically for your needs in managing diabetes effectively.

## Exercise Guidelines

- **Frequency:** Aim for at least 150 minutes of moderate-intensity aerobic exercise each week.
- **Types of Activities:** Include brisk walking, cycling, swimming, or dancing. Choose activities you enjoy!
- **Strength Training:** Incorporate strength training exercises at least two days per week.
- **Hydration:** Stay hydrated before, during, and after exercise.

## Monitoring Your Progress

Keep a record of your exercise activities and how they make you feel, including any changes in your blood glucose levels.

For personalized support, please feel free to reach out to your diabetes educator or fitness instructor at [Contact Information]. Together, we can achieve your health goals and enhance your quality of life.

Sincerely,  
[Your Name]  
[Your Title]  
[Organization Name]