

Always consult your physician before beginning any exercise program.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Aug. 16 - 22	16 20 minute walk	17 25 minute walk	18 OFF	19 25 minute walk	20 30 minute walk	21 OFF	22 35 minute walk
Week 2 Aug. 23 - 29	23 25 minute walk	24 30 minute walk	25 OFF	26 35 minute walk	27 40 minute walk	28 OFF	29 45 minute walk
Week 3 Aug. 30 - Sept. 5	30 30 minute walk	31 35 minute walk	1 OFF	2 40 minute walk	3 45 minute walk	4 OFF	5 50 minute walk
Week 4 Sept. 6 - 12	6 35 minute walk	7 40 minute walk	8 OFF	9 45 minute walk	10 45 minute walk	11 OFF	12 55 minute walk
Week 5 Sept. 13 - 19	13 35 minute walk	14 45 minute walk	15 OFF	16 45 minute walk	17 50 minute walk	18 OFF	19 60 minute walk
Week 6 Sept. 20 - 26	20 40 minute walk	21 45 minute walk	22 OFF	23 45 minute walk	24 50 minute walk	25 5K@EASD VIRTUAL CHALLENGE	26 5K@EASD VIRTUAL CHALLENGE
Week 7 Sept. 27 - Oct. 3	27 5K@EASD VIRTUAL CHALLENGE	28 5K@EASD VIRTUAL CHALLENGE	29 5K@EASD VIRTUAL CHALLENGE	30 OFF	1 40 minute walk	2 OFF	3 35 minute walk
Week 8 Oct. 4 - 10	4 30 minute walk	5 40 minute walk	6 OFF	7 45 minute walk	8 50 minute walk	9 OFF	10 45 minute walk

5K@EASD
Virtual Challenge
25-29 September 2021
Register: www.easd5k.com

Join us for the 5K@EASD Virtual Challenge anytime during 25-29 September 2021! The 5K@EASD Virtual Challenge brings together people across the globe and EASD attendees to take the opportunity to emphasize the need for increased physical activity to help prevent diabetes and diabetes complications. This disease awareness activity provides participants with the opportunity to raise public awareness about the importance of a healthy lifestyle in preventing and controlling diabetes.

