

MOVE MORE

28 DAY CHALLENGE

by Lucy Wyndham Read

TO HELP REDUCE PRE TYPE 2 DIABETES



“In 2021
720 million
people
worldwide had
prediabetes”

LIFESTYLE CHANGES AND **EXERCISE** CAN REDUCE THIS

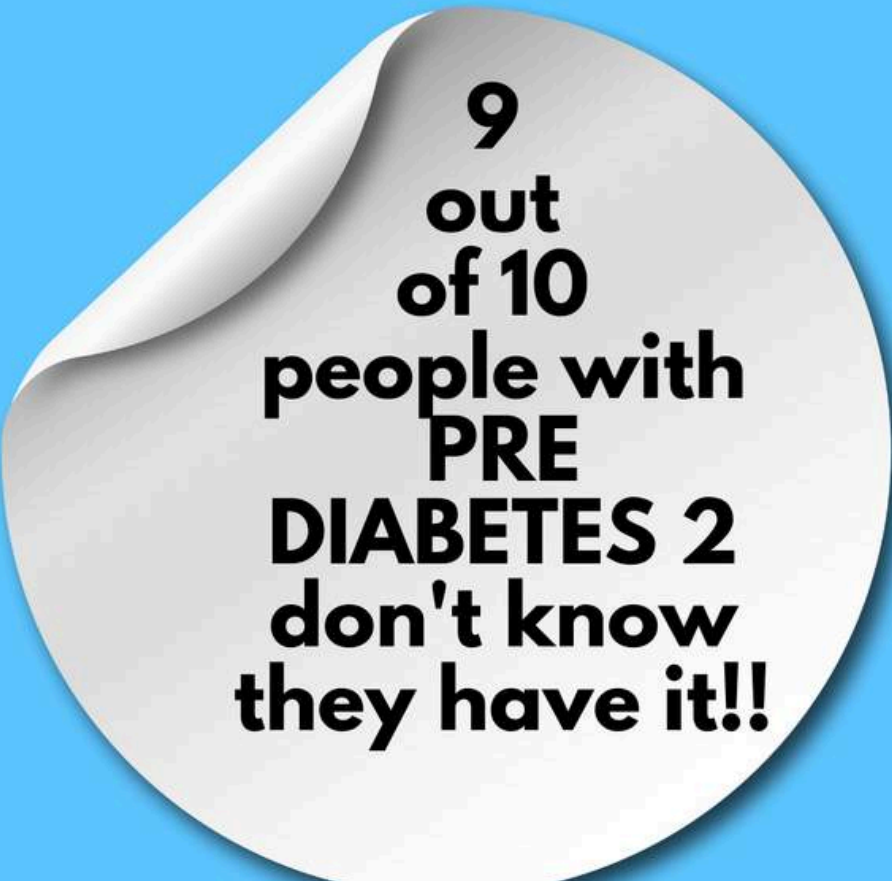
Reference: Prediabetes Article

From Wikipedia

The prevalence of prediabetes worldwide is expected to increase.

In 2021

**720 million people worldwide have prediabetes,
and this is estimated to increase to 1 billion people by 2045.**



**9
out
of 10
people with
PRE
DIABETES 2
don't know
they have it!!**

As a trainer with a passion and mission for helping people with their health journey, I do believe that exercise alongside healthy lifestyle choices can help to lower and reduce the risk of Pre Type 2 Diabetes.

So with this in mind, I rang and emailed all the accredited charities for Diabetes and big healthcare organizations to speak about a way of providing free and effective workouts that are easy to follow, quick and home-based! in a bid to help reduce the shocking numbers and help **Reverse Pre Type 2 Diabetes!** but

NOBODY got back to me.

But anyone who knows me knows,

I never give up!!!!

so I had an idea

to create a series of

10-Minute free home workout videos that would combine moves that are cardio and resistance (by using body weight) as these help to lower insulin resistance which will help reverse Pre Type 2 Diabetes.

By combining both ensures greater health benefits than doing either one alone.

My other idea was to also film the workouts with a standing and seated option, then this is suitable for everyone.

"I am hoping that this free challenge and awareness campaign will help as many people as possible worldwide look after their health" Lucy xx




NOTHING BACK




DID YOU KNOW

Pre Type 2 Diabetes is a health condition where blood sugar levels are higher than normal but not high enough yet to be diagnosed as Type 2 Diabetes. It is a critical stage where lifestyle changes including exercise can significantly reduce the risk of progressing to diabetes.



**EXERCISE IS AN
EXCELLENT WAY TO
HELP KEEP YOUR
BLOOD SUGAR UNDER
CONTROL.**



All the **10-Minute Better Health Workouts** that I have created have both a **standing** and **seated** option of each exercise because for me it was very important that this catered for everyone.



10 TIPS TO HELP REDUCE PRE TYPE 2 DIABETES

**1. HEALTHY DIET, INCLUDE FRUITS, VEGETABLES,
WHOLE GRAINS, LEAN PROTEINS, HEALTHY FATS,
AND CONTROL PORTION SIZES.**

2. EXERCISE - AIM FOR DAILY MODERATE EXERCISE.

3. LIMIT SEDENTARY BEHAVIOUR.

4. MAINTAIN A HEALTHY WEIGHT AND MONITOR BMI.

**5. REGULARLY CHECK BLOOD SUGAR LEVELS AND
HAVE MEDICAL CHECK-UPS.**

**6. DEVELOP HEALTHY HABITS LIKE QUITTING SMOKING,
LIMITING ALCOHOL, MANAGING STRESS, GETTING
ENOUGH SLEEP.**

**7. EDUCATE YOURSELF ON DIABETES RISK FACTORS
AND PREVENTION.**

8. INCLUDE FIBRE-RICH FOODS.

9. STAY HYDRATED.

10. PRIORITISE EXERCISE FOR FUTURE HEALTH.

LESS IS MORE

Rather than attempting a 45-60 minute workout that may be challenging to fit into your daily schedule or maintain as a daily routine, the exciting news is that recent research highlights the effectiveness of shorter workouts. This approach allows us to easily incorporate exercise into our lifestyle by dedicating smaller time intervals. Starting your day with a 10-minute workout and another session later on for optimal results is doable and can easily become a part of a healthy lifestyle.



**DOING SHORTER
WORKOUTS
TWICE A DAY CAN
ALSO LOWER
YOUR BLOOD
SUGAR.**

**THIS ALSO HELPS
TO BREAK UP
SITTING FOR
EXTENDED
PERIODS**

HOW THE CHALLENGE WORKS

Each week you have a brand new 10-Minute Better Health Workout that you follow along to for 7 days.



WEEK 1

RELEASE DATE 1ST JULY



WEEK 2

RELEASE DATE 8TH JULY



WEEK 3

RELEASE DATE 15TH JULY



WEEK 4

RELEASE DATE 22ND JULY

THESE WILL ALL BE FREE ON MY YOUTUBE CHANNEL AT LUCY WYNDHAM-READ

The 10-minute workout has 10 exercises and these moves all use just body weight so they help look after bone health as well as your muscular health.

I am also being sure to engage multiple muscle groups so we include cardio and boost your heart health within in each move, and this is how we then help with weight loss which is important to help prevent Pre Type 2 Diabetes.

I have provided a weekly tick chart that will help to keep you on track and motivated. I am suggesting that you do the 10-minute workout in the morning, then later in the day you can repeat this or head out for a 10-minute walk.

Each week is a brand new 10-minute workout, so you get some new moves and the intensity will increase as you become fitter.

Please note that the videos will only become available on the dates stated above.

WEEK 1



Please ensure you are online to watch this video,

available from July 1st

Prior to that date, it may show as a private video.

PRESS PLAY FOR THE 10 MINUTE WORKOUT

LATER IN THE DAY, REPEAT THE 10-

DO THIS IN THE MORNING -

MINUTE WORKOUT OR GO FOR A WALK.

TICK WHEN DONE

TICK WHEN DONE.

DAY 1

PLAY NOW

☐☐

DAY 2

PLAY NOW

☐☐

DAY 3

PLAY NOW

☐☐

DAY 4

PLAY NOW

☐☐

DAY 5

PLAY NOW

☐☐

DAY 6

PLAY NOW

☐☐

DAY 7

PLAY NOW

☐☐

WEEK 2



Please ensure you are online to watch this video,

available from July 8th

Prior to that date, it may show as a private video.

PRESS PLAY FOR THE 10 MINUTE WORKOUT

LATER IN THE DAY, REPEAT THE 10-

DO THIS IN THE MORNING -

MINUTE WORKOUT OR GO FOR A WALK.

TICK WHEN DONE

TICK WHEN DONE.

DAY 1

PLAY NOW

☐☐

DAY 2

PLAY NOW

☐☐

DAY 3

PLAY NOW

☐☐

DAY 4

PLAY NOW

☐☐

DAY 5

PLAY NOW

☐☐

DAY 6

PLAY NOW

☐☐

DAY 7

PLAY NOW

☐☐

WEEK 3



Please ensure you are online to watch this video,

available from July 15th

Prior to that date, it may show as a private video.

PRESS PLAY FOR THE 10 MINUTE WORKOUT

LATER IN THE DAY, REPEAT THE 10-

DO THIS IN THE MORNING -

MINUTE WORKOUT OR GO FOR A WALK.

TICK WHEN DONE

TICK WHEN DONE.

DAY 1

PLAY NOW

☐☐

DAY 2

PLAY NOW

☐☐

DAY 3

PLAY NOW

☐☐

DAY 4

PLAY NOW

☐☐

DAY 5

PLAY NOW

☐☐

DAY 6

PLAY NOW

☐☐

DAY 7

PLAY NOW

☐☐

WEEK 4



**BETTER
HEALTH
WORKOUT**



SEATED OR STANDING OPTIONS

Please ensure you are online to watch this video,

**available from
July 22nd.**

Prior to that date, it may show as a private video.

PRESS PLAY FOR THE 10 MINUTE WORKOUT

LATER IN THE DAY, REPEAT THE 10-

DO THIS IN THE MORNING -

MINUTE WORKOUT OR GO FOR A WALK.

TICK WHEN DONE

TICK WHEN DONE.

DAY 1

PLAY NOW

☐☐

DAY 2

PLAY NOW

☐☐

DAY 3

PLAY NOW

☐☐

DAY 4

PLAY NOW

☐☐

DAY 5

PLAY NOW

☐☐

DAY 6

PLAY NOW

☐☐

DAY 7

PLAY NOW

☐☐

HELPFUL VIDEOS AND PLAYLISTS

A 5-minute walk after a meal helps lower blood sugar levels because your muscles use glucose (sugar) for energy when you move. This means that the glucose in your bloodstream gets used up more quickly, preventing it from building up and causing high blood sugar.

Additionally, walking helps your body become more sensitive to insulin, the hormone that helps regulate blood sugar. When your body is more sensitive to insulin, it can use glucose more effectively, keeping your blood sugar levels in check. So, a short walk after eating can make a big difference in managing your blood sugar.



This is a free video of mine you can use

Click Here For The 5 Minute INDOOR Walk



Extra Daily 10- Minute Workout to follow

Click Here For The 10 Minute Workout



FREE PLAYLIST OF MY SEATED WORKOUTS

Click Here For The Seated Workouts



FREE PLAYLIST FOR MY WALKING AT HOME WORKOUTS

Click Here For The Walking Workouts



WHIPPED MUSHROOM & TOMATO YOGHURT OMELETTE

INGREDIENTS

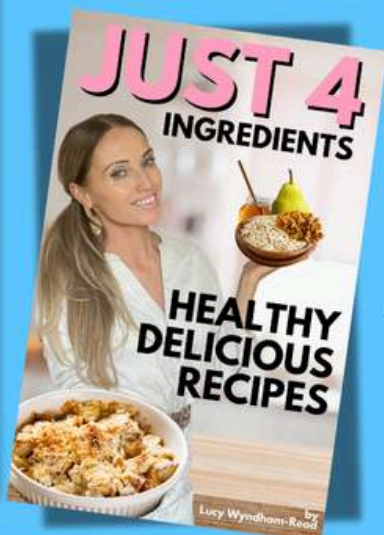
- 1 EGG
- 1/2 CUP SLICED MUSHROOMS
- 1/4 CUP DICED TOMATOES
- 1/4 CUP PLAIN YOGHURT

METHOD

1. In a bowl, whisk together the egg, Yoghurt, and any seasoning you may want to add.
2. Heat butter or oil in a non-stick pan over medium heat. Add the sliced mushrooms and sauté for 2-3 minutes until they start to soften.
3. Add the diced tomatoes to the pan and cook for an additional 1-2 minutes until they are slightly softened.
4. Pour the egg-Yoghurt mixture into the pan with the mushrooms and tomatoes. Allow it to cook undisturbed for a few minutes until the edges start to set.
5. Use a spatula to gently lift the edges of the omelette, tilting the pan to allow the uncooked egg mixture to flow underneath. Cook for another 2-3 minutes, until the omelette is mostly set but still slightly runny on top.
6. Carefully fold the omelette in half using the spatula, covering the filling. Cook for another minute to ensure the filling is heated through and the omelette is fully set.
7. Slide the omelette onto a plate, garnish with chopped fresh herbs if desired, and serve hot.



HEALTHY RECIPES FROM MY "JUST 4 INGREDIENTS" EBOOK



CLICK
HERE
TO
FIND
OUT
MORE

SESAME, TOMATO & SWEET RED PEPPER SALAD

INGREDIENTS

- 1 LARGE TOMATO
- 1 SWEET RED PEPPER
- 1 TEASPOON OF SESAME SEEDS
- 1 TABLESPOON FRESH BASIL LEAVES, CHOPPED (OPTIONAL, FOR ADDED FLAVOUR)

METHOD

1. Wash and dice the large tomato into bite-sized pieces.
2. Wash the sweet red pepper, remove the seeds and membrane, and dice it into bite-sized pieces as well.
3. Place the diced tomato and sweet red pepper in a bowl.
4. Drizzle the extra-virgin olive oil over the tomato and red pepper.
5. If you have fresh basil available, chop it finely and add it to the salad for added flavour and freshness.
6. Gently toss the ingredients together to coat them with the olive oil and distribute the basil evenly (if using).
7. Then sprinkle over your sesame seeds.



PEA, MOZZERELLA & MINT COUS COUS BOWL

INGREDIENTS

- 1/2 CUP COOKED COUS COUS
- 1/2 CUP FROZEN PEAS
- 1/4 CUP RIPPED MOZZARELLA
- 2 TABLESPOONS FRESH MINT LEAVES, CHOPPED

METHOD

1. Cook the cous cous according to package instructions. Once cooked, set aside.
2. In a small saucepan, cook the frozen peas in boiling water for 2-3 minutes until they are tender. Drain and set aside.
3. In a small bowl, whisk together the olive oil and lemon juice to make a dressing.
4. In a serving bowl, combine the cooked cous cous, cooked peas, mozzarella, and chopped mint leaves.
5. Drizzle the dressing over the cous cous mixture and toss gently to coat.
6. Season with salt and pepper to taste.



HEALTHY RECIPES FROM MY "HEALTHY EATING" EBOOK

BANANA AND CINNAMON CRUNCH

Ingredients

- 1 BANANA
- 1 TSP OF CREAM CHEESE
- FEW CRUSHED HAZELNUTS
- PINCH OF CINNAMON

TAKES UNDER A MINUTE TO MAKE!

Method

- Cut your banana in half, slice lengthways.
- Then spread on a little cream cheese and top with a sprinkle of cinnamon powder and your crushed nuts. That's simple and the perfect quick tasty snack.

BENEFIT

Cinnamon can help to boost your energy levels.



LUCY'S

HEALTHY EATING EBOOK



CLICK HERE TO FIND OUT MORE

SMOOTHIE BOWL

Ingredients

- 1 NATURAL YOGHURT
- HANDFUL OF RASPBERRIES
- 1 TSP OF OATS
- 1 TSP OF MIXED SEEDS

HAVING A HEALTHY BREAKFAST SETS YOU UP FOR A HEALTHY DAY

Method

- Put raspberries (leave a few to the side for a topping) and yoghurt in a blender and blend till thoroughly mixed together forming a pretty pink colour and creamy mixture.
- Then pour straight into a bowl and top with your washed raspberries, add a drizzle of honey to give it a little sweetness. Final sprinkle over your mixed seeds and oats.

Benefit

Seeds are high in phosphorus, magnesium, manganese, iron, and copper.



GARLIC, CHILI & BUTTER BEAN PATE

Ingredients

- SMALL TIN OF COOKED BUTTER BEANS (ALSO KNOWN AS LIMA BEANS)
- SPLASH OF WATER
- 1 LEMON
- CLOVE OF GARLIC
- PINCH OF ROCK SALT
- 1 SLICE OF WHOLEMEAL BREAD

WHY NOT ALSO ADD A PINCH OF TURMERIC TO THIS ONE?

Method

- Finely chop your garlic.
- Then in a blender add in your cooked butter beans, a splash of water, a pinch of salt, chilli flakes and freshly squeezed lemon juice.
- Blend until smooth. If the consistency is too thick, just add in another splash of water.
- Then pop your wholemeal bread into the toaster and then smother on your healthy butter bean and garlic chilli pate.

Benefit

Butter beans are packed with fibre, protein and they are also a good source of iron.

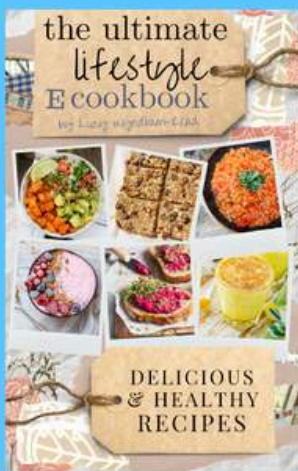


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