

JIM Is a "gym guy"

TED Not a "gym guy"

Jim: Hi, I'm Jim.

Ted: I'm Ted.

**Title: Get Fit with Ted
The "ungym" Workout**

Jim: Welcome to "Get Fit with Ted," where we're going to take the workout out of the gym and into your home.

Super: Ted. Taking Lantus[®] (insulin glargine injection) 100 Units/mL SoloSTAR[®] since 2009.

Super: (next to Ted) Lantus[®] Mentor (next to Jim) Certified Personal Trainer

Jim: Exercise is a very important part of any diabetes plan.

Super: Consult with your physician before starting any exercise program.

Today, Ted and I are going to take you through the home and show you a bunch of different exercises you can do with stuff already around your house. No gym required, and no equipment either, Ted.

Ted: That's great. I'm ready. Anything to beat that gym equipment. Let's get started.

Jim: All right, Ted, let's go.

Title: House blueprint: "The Kitchen"

Jim: Ah, Ted, the kitchen. Normally we eat in the kitchen, but today we're going to exercise, Ted.

Ted: Exercise in the kitchen? What are we going to do, Jim?

Jim: We're going to do shoulder raises.

Title: SHOULDER RAISES

Super:

- Strengthens shoulder
- Helps with lifting and raising

**2 TO 3 SETS
12 TO 15 REPS**

Jim: Shoulder raises work the anterior deltoids. Otherwise known as the shoulder muscles.

Jim: Do you have any soup cans available?

Ted: Yeah, I think I do have.

Jim: Great.

Ted: Right here's a couple.

Jim: Ted, why don't you take this one?

Ted: Thank you for the light one.

Jim: Sure, no problem. We're going to stand with our feet about shoulder-width apart. Your knees are going to be slightly bent for me, and your back is up nice and tall. We're going to raise that weight straight out in front, nice and slow and controlled, and return back to the starting position. Let's continue that for 12 repetitions.

Ted: Feels good, Jim.

Jim: Very good, Ted. Nice job. What do you say we continue on throughout the house and find more things that we can go ahead and exercise with?

Ted: Okay. Let's go.

Jim: All right. Let's do it, Ted. Come on.

Title: House blueprint: "The Laundry Room"

Jim: Ted, can you ever guess what exercise you'd be doing in the laundry room?

Ted: No, I can't Jim, but I bet you got an idea.

Jim: Well, it's bicep curls. Let me show you.

Title: BICEP CURLS

Super:

- Strengthens upper arm

- Helps with lifting

2 TO 3 SETS

12 TO 15 REPS

Jim: Bicep curls work your biceps, the muscles at the front of your upper arm. I call them your beach muscles.

Ted: Bicep curls?

Jim: That's right. I'm going to hand you one of these and we'll get started.

Ted: You mean I don't have to go out and buy one of them big expensive dumbbells?

Jim: No. We're going to place our elbow right at our side for me, and then our feet are about shoulder-width apart, knees are slightly bent. I want you to take it all the way up to your shoulder and then slowly lower down. Good.

Ted: It's already burning, Jim.

Jim: All right.

Ted: Feels like I've done a hundred of them.

Jim: All right, let's move on.

Title: House blueprint: "The Bathroom"

Ted: Lead the way, cause I'm sure you'll find something else.

Jim: Now we come to the bathroom, Ted. This is a great place for exercise.

Ted: Come on, Jim. The bathroom? I'm not over the laundry room yet. What are we going to do in the bathroom?

Jim: Oh, this is awesome. I'll show you the best one. It's calf raises.

Ted: Calf raises?

Jim: Come on, follow me, Ted.

Ted: All right.

Title: CALF RAISES

Super:

- Builds strength and balance
- Helps reduce falls

2 TO 3 SETS

12 TO 15 REPS

Jim: Calf raises work the calf – the muscles at the back of your leg.

Jim: I'm going to have you first start here with your hands right on the towel rack for me. Feet are about shoulder-width apart. Now, I want you to go ahead and raise up slowly on the balls of your feet ... and slowly lower down. Great job, Ted.

Title: House blueprint: "The Living Room"

Jim: All right, let's continue on in the rest of the house. There's plenty more.

Ted: What else you got up your sleeve?

Jim: I'll tell you. Look here. It's a couch.

Ted: A couch? What are we going to do here, take a nap?

Jim: Oh, we can do couch dips. It's a great exercise.

Ted: Really?

Jim: Yeah, let me show you.

Ted: Well, let's get started.

Title: DIPS

Super:

- Strengthens upper body
- Helps with pushing

2 TO 3 SETS

12 TO 15 REPS

Jim: Dips work your triceps, which happen to be the largest muscle in your upper arm. They also work your chest and shoulders.

Jim: Just have a seat here with your hands right on the edge of the couch, with your feet right underneath of you. I just want you to slowly push up and return back to the starting position. Great job, Ted. Fifteen repetitions for me.

Jim: So, how'd you enjoy the workout?

Ted: Oh, great. I didn't realize there's so much you can do in the house. You know, I do walk Katie Dog every day.

Jim: Aw Ted, that's great. It's a great motivator to walk with a buddy and it also keeps you committed to your workout. What do you say we go take that walk now, Ted?

Ted: That'd be great. Let's go.

Jim: Thank you for joining us with "Get Fit with Ted." We're going to go and take that walk with Katie Dog now.

Title: Work it out @ lantusconnection.com/exercise

Title: Ted's Tips for Lantus[®] (insulin glargine injection) 100 Units/mL

- 1 It's important to test your blood sugar levels. Your dose may increase based on your insulin needs. Your dose will probably change during your first few months taking Lantus[®].**

This is not uncommon. It's very important to work with your treating healthcare professional to find the dose that's right for you.

- 2 Tracking your blood sugar is a great tool to help make decisions about your diabetes treatment plan.**

Checking your blood sugar helps you know if you're getting the right dose of Lantus[®] for your insulin needs. Do not make changes to your dose or type of insulin without talking to your healthcare professional.

- 3 Help get the most from your treatment by making healthy choices.**

Remember that Lantus[®] works best as a part of an overall diabetes treatment plan. This plan includes a healthy diet and regular exercise, as well as other diabetes medications.

**Please click below for additional Important Safety Information.
Please click below for Full Prescribing Information.**

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