EXERCISE GUIDE

Exercise is a key part of staying healthy and maximizing the benefits of Sematide. **Just like food affects your results, movement plays an important role too!** Regular physical activity helps manage blood sugar, supports weight loss, and improves overall wellbeing.
Here are the essential exercise types, examples, and weekly goals you need to support your health and well-being.



TYPES OF EXERCISES

Aerobic (Cardio)

Continuous movement that raises your heart and breathing rate.

Examples:

Brisk walking
Walking at a pace that raises your heart rate.

Cycling
Using a stationary or road bike.

Swimming
Moving your body through water.

Strength/Resistance

Using weights, bands, or your own body to build muscle and strength.

Examples:

Light weights
Lifting small weights for several repetitions.

Resistance bands
Pulling on elastic bands to build tension and strength.

Wall push-ups
Pushing your body away from a wall for a safe start.

Flexibility/Balance

Stretching and movements that improve mobility, balance, and stability.

Examples:

Stretching
Slowly extending your muscles to improve range of motion.

Yoga
A series of poses and controlled movements.

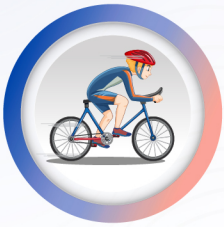
Heel-to-toe walk
Placing one foot directly in front of the other to improve stability.

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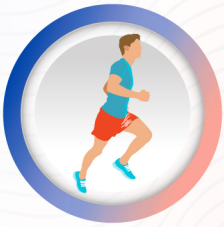
Weekly Goals & Benefits

GOALS



150-300 min/week

Moderate Aerobic*



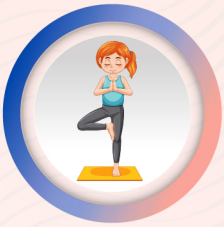
75-150 min/week

Vigorous Aerobic*



2 days/week

Strength Training



Several times/week

Flexibility & Balance

BENEFITS



Aerobic
Improves heart health & lung function, regulate blood sugar and lower blood pressure.

Strength
Boosts metabolism, builds muscle, and supports healthy weight loss.

Flexibility
Relieves stress, supports digestion, and improves balance and joint mobility.

Note for Older Adults (65+ years)

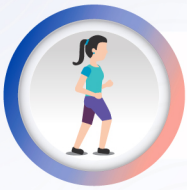
Follow the same weekly goals, but with special attention to what feels safe and comfortable for you. Even light, regular movement helps maintain strength, balance, and overall health.

*For Aerobic exercise you can do moderate or vigorous activity or can mix both (2 minute moderate activity = 1 minute vigorous activity).

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Safety Tips



Begin your exercise with a 5–10 minutes warm-up activity to prepare your body for workout (e.g, light walk or marching).



End with a 5-min cool-down activity (e.g, walk slowly and stretch after exercise to cool down your body).



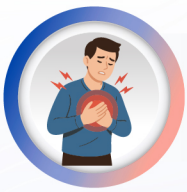
Avoid heavy exercise right after meals; you can walk 5 to 10 minutes to keep your blood sugar stable.



Stay hydrated, and take a break if you feel dizzy.



Keep a quick sugar source nearby if you're at risk of low blood sugar.



Stop if you feel severe pain, chest pressure, or unusual shortness of breath.

Remember even small, manageable steps count. Start where you are, do what you can, and progress at your own pace.

This exercise guide highlights general goals to support your journey.

TALK TO YOUR DOCTOR BEFORE STARTING ANY NEW EXERCISE WHILE USING SEMATIDE.

For any addional information related to Ferozsons Laboratories Limited products

Please Contact at: Cell: 0330-0009181 | Tel: (042) 36026700 | Email: pharmacovigilance@ferozsons-labs.com

SCAN TO GET FULL PRESCRIBING INFORMATION

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