

Physical Activity

B. Limited Mobility

How to get the most out of your exercises

Follow closely the exercises recommended here. Your routine must include aerobic, strength and flexibility exercises. Balance exercises are recommended for older adults, especially those at risk of falls. However as these materials are for all age groups with diabetes, the focus is on aerobic, strength and flexibility exercises.

1. Sitting exercises



Simple stretches

- Stretch your arms and legs after **every 1 hour of sitting**.



Move more

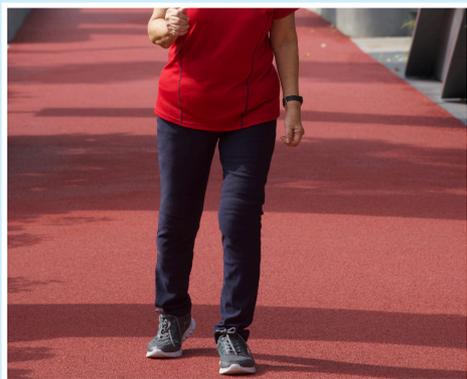
- Stand up and walk around for **1 minute**, for **every 1 hour of sitting**.



Back of upper arm dips

- If possible, try this on a chair with arm rests. Place your hands on the arm rest and push yourself up using your arms. Try not to use your leg muscles to push yourself up. Repeat **12 to 15 times**.

2. Aerobic exercises



Brisk walk

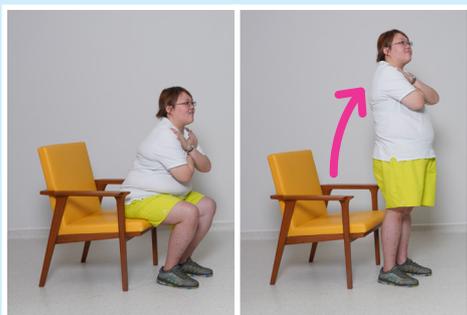
- Walk for **10 to 15 minutes continuously** at least **3 times a week**. You may use your walking aid. Challenge yourself with another **10 minutes of walking after 5 minutes of rest**, if possible.



Cycling

- Using an exercise or pedal bike, **cycle for 10 to 15 minutes daily**.

3. Strength exercises



Stand-sit

- Perform sit-to-stand **10 times continuously** every morning and night.



Stationary march

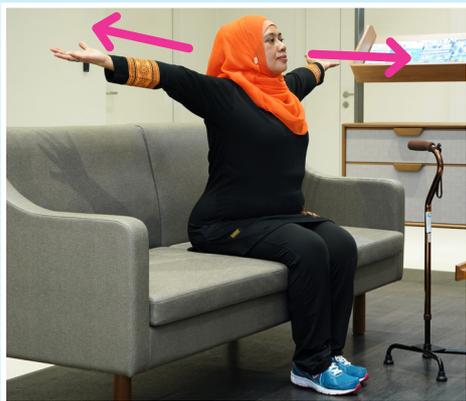
- Stand up and march on the spot. Count **20 to 30 times**. Repeat **twice a day**. *If necessary, do this near a wall or support to help keep your balance.*



Heel raise

- Stand and hold on to a chair. Rise up to the tips of your toes. Repeat **10 times, twice a day**.

4. Flexibility exercises (stretches)



Chest stretch

- Sit in the middle of the chair.
Open both arms sideways.
Hold for **10 seconds**, repeat **10 times**.



Back thigh stretch

- Sit at the edge of the chair.
Straighten one leg and lean forward (like in the picture).
Hold for **10 seconds**, repeat **10 times**.

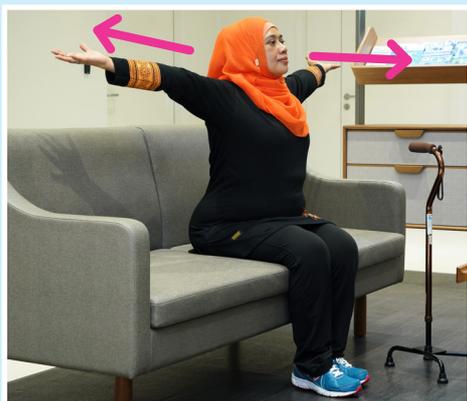
Pain management

- You should not feel any pain – just very minimal ache – when doing these exercises.
- Pain may be due to various reasons, like weak muscles due to a sedentary lifestyle, or tight muscles due to repetitive work.
- Exercise can help to relieve pain. However, if you have difficulty or pain with these exercises, seek help from an exercise professional or physiotherapist.

Check with your doctor if

- You are allowed to bear weight on your feet.
- You have well-fitted prosthesis.
- You have ulcers or wounds that limit weight bearing or movement.
- Your heart condition is stable enough for exercise.

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