

# **Physical Activity**

## **A. Mobile**

# Exercise safely

Congratulations on exercising regularly for the past 3 months! Continue to achieve **150 minutes of moderately intense exercises each week**. Vary your exercises and progress gradually.

## Remember to

- Wear comfortable clothing and appropriate footwear
- Check your feet for wounds before and after exercising
- Keep hydrated
- Bring along some healthy snacks or sugar-containing sweets in case your blood sugar goes too low
- Exercise at a cooler time
- Exercise with family and friends

Your exercise routine should consist of aerobic, strength and flexibility exercises.

*Select a goal. Once you have achieved this goal, progress to the next one ... and keep going!*

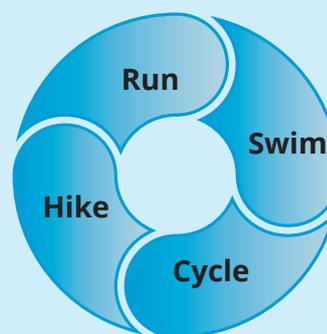
*Balance exercises are recommended for older adults, especially those at risk of falls. However, as these materials are for all age groups with diabetes, the focus is on aerobic, strength and flexibility exercises.*

## 1. Aerobic exercises

If the activity is new for you, always start at a low intensity and pace. Progress slowly because you are working on different groups of muscles and your body needs some time to be conditioned.

**It is good to have different activities and variations so you work different muscles and keep them in good shape!** This also helps to regulate your blood sugar level when you get more muscles involved.

Try different types of aerobic exercises such as swimming, cycling or simply go for a hike.



## 2. Strength exercises

These exercises improve your muscle strength so you can lift things easily or feel less tired on your legs.

**Aim for 10 to 30 repetitions for these exercises, 2 to 3 times a week.**

### Upper body exercises



#### Forward and backward crawl

- Start with hands and knees on the floor. Crawl forward, then backwards. Move **20 steps forwards**, then go **backwards the same number of times**.



#### Alternating arm in push up position

- Place hands apart on the floor with knees on the ground. Do not arch your back. Tap the opposite shoulder with your palm.



#### Modified push ups

- Place hands apart on the floor with knees on the ground. Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.

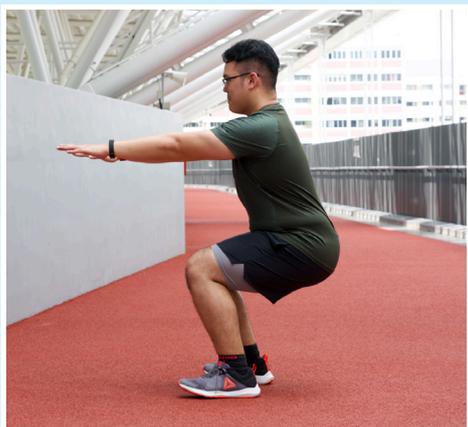


#### Push ups

- Place hands apart on the floor with knees level with the floor. Keeping your back straight, bend the elbows to lower yourself down, then push up again. Do not arch your back.



## Lower body exercises



### Squats

- Stand with feet shoulder-width apart. Lower your upper body as if you are taking a seat. Then come back up again. **Start with 10 repetitions, 2 to 3 times a week. Add 5 repetitions each week!**

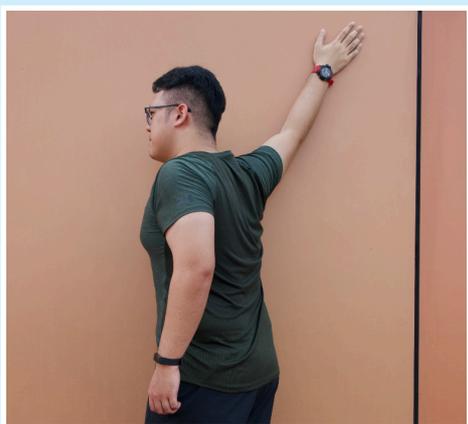


### Forward lunge

- Stand with feet shoulder-width apart. Take a step forward, and allow both knees to bend. Alternate the legs. **Start with 10 repetitions, 2 to 3 times a week. Add 5 repetitions each week!**

## 3. Flexibility exercises (stretches)

Flexibility is important for daily activities. Stretches can be done daily, anytime, even at work! For each exercise, **aim to hold the stretch for 20 to 30 seconds and repeat 3 to 5 times.**



### Chest stretch

- Start by placing your palm on the wall. Slowly rotate yourself away from the wall, without moving your palm. **Repeat on the other side.**



### Back shoulder stretch

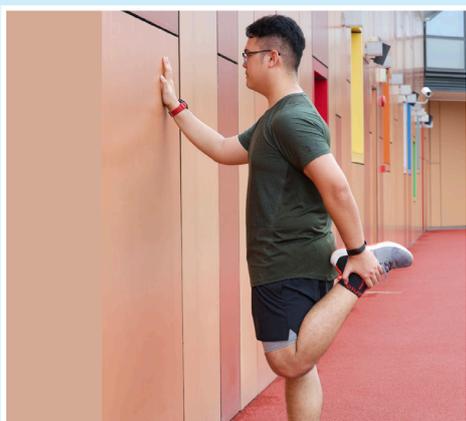
- Cross one of your arms over the other shoulder. Make sure your body doesn't rotate as you pull your elbow across. **Repeat with the other arm.**

Flexibility is important for all activities. Stretches can be done daily, anytime, even at work!  
For each exercise, **aim to hold the stretch for 20 to 30 seconds and repeat 3 to 5 times.**



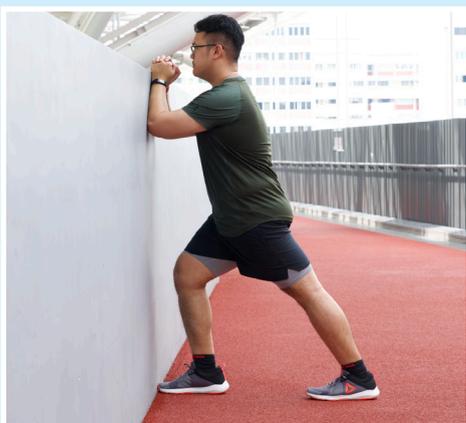
### Back thigh stretch

- Start with toes pointing forward. Place one foot on a chair. Lean forward slowly while keeping your back straight.  
**Repeat on the other side.**



### Front thigh stretch

- Start by bending your leg up backwards. Pull your foot with your hand. Feel the stretch along your front thigh.  
**Repeat on the other leg.**



### Calf stretch

- Do this against a wall or back of a chair. Start with one leg straightened and the other leg bent. Make sure both heels are on the ground. Lean forward and feel the stretch on the calf muscles.  
**Repeat on the other leg.**

### Check with your doctor if

- Your heart condition is stable enough for exercise.
- You develop giddiness, unusual breathlessness, chest tightness or pain during these exercises.