



Recommendations

- Repeat these exercises 2 to 3 times per week. Then gradually incorporate cardiovascular exercise into your fitness program, such as walking or swimming, working up to a minimum of 30 minutes, 5 times per week.
- Wear appropriate exercise clothing and shoes.
- Drink water throughout the session.
- Listen to your body and stop if you feel unwell.
- Make sure you breathe well when doing the exercises.

Hypoglycemia risk

People with diabetes who are at risk of hypoglycemia, such as people being treated with insulin or an insulin secretagogue¹, should always take a blood sugar reading before starting an exercise session and during the session, if needed. If you are in a state of hypoglycemia, treat it before starting to exercise.

¹ Gliclazide (Diamicon® and Diamicon® MR), glimepiride (Amaryl®), glyburide (Diabeta®), repaglinide (GlucosNorm®)

Resources

Also available as a video



Questions about diabetes?

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Get fit at home 1



This leaflet offers simple and straightforward exercises to do at home. Physical activity provides many benefits for people living with diabetes:

- Better weight management
- Reduced risk of osteoporosis, arthritis, cardiovascular diseases and nerve damage to the legs and feet
- Stress reduction
- Increased self-esteem, a feeling of well-being and better quality of life
- Better quality of sleep
- More energy and a fitter body

Exercise can help improve the management of your blood sugar and help reduce the risk of developing diabetes complications as a result.

You will need:

- weights or filled 500 ml water bottles;
- a chair;
- a bottle of water for hydration.

Check with your doctor before beginning an exercise program.

For each exercise, do **1 to 3 sets of 10 to 15 repetitions**, except for Exercise 9, where you need to hold the position. Take a 30- to 60-second break between sets.

Warm-up

1 Walk on the spot for 1 minute

- Begin with a warm-up to prepare your muscles for exercise.



Strength exercises

2 Lateral raises (shoulders)

- Keep your back still.



3 Wall push-ups (pectorals)

- Position yourself at arm's length from the wall.
- Place your hands on the wall at shoulder height, shoulder-width apart, with elbows pointing slightly outwards.
- If the exercise is easy, move your feet further back.



4 Horizontal pulls (back)

- Keep your back very straight.
- Keep your back still.



5 Squats (thighs)

- Place feet slightly wider than your hips, pointing forward.
- Look straight ahead of you.
- Bend your knees as if about to sit on a chair.
- Keep knees parallel throughout the movement.
- If you have knee problems, use a chair for support.



6 Hip abductions and rotations (buttocks)

- Do 10 to 15 circles in a forward direction, 10 to 15 circles in a backward direction, then change legs.
- Keep your back still.
- If you find the exercise too difficult, use the wall for support.



7 Ankle raises (calves)

- Use the chair for support if you need help with balance.



8 Side bends (back and abdominals)

- Keep your abdominals contracted.



9 Core stabilization (back and abdominals)

- Find a stable position on the chair back.
- Place your forearms shoulder-width apart.
- Place your feet hip-width apart.
- Hold your body very straight for as long as possible.
- Repeat 2 to 3 times, taking a 30-second break between each set.
- If the exercise is easy, move your feet further back.



Stretches

10 Hold each position for 15 to 30 seconds on each side.

