



### 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 secretagogue<sup>1</sup>, 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.

<sup>1</sup> Gliclazide (Diamicon® and Diamicon® MR), glibenclamide (Amaryl®), glyburide (Diabeta®), repaglinide (GlucoNorm®)

## Resources

Also available as a video



### Questions about diabetes?

InfoDiabetes Service

514-259-3422

1-800-361-3504

infodiabete@diabete.qc.ca

Diabetes School



universi-d.com



## Get fit at home 2

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**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 **2 sets of 15 repetitions**, with the exception of exercises 5 and 8, where you have to hold the position. Take a 30- to 60-second break between sets.

To increase the difficulty, use heavier weights or increase the tension on the exercise band.

## Warm-up

### 1 Cardio activity

- Do a cardio activity such as walking or cycling for at least 5 minutes before starting the strength exercises.



## Strength exercises

### 2 Shoulder press (trapeziuses)

- Keep your elbows slightly bent when you extend your arms.
- Keep your elbows and hands aligned with your shoulders.



More difficult

### 3 Push-ups (pectorals)

- Place your hands shoulder-width apart, keeping your body very straight.



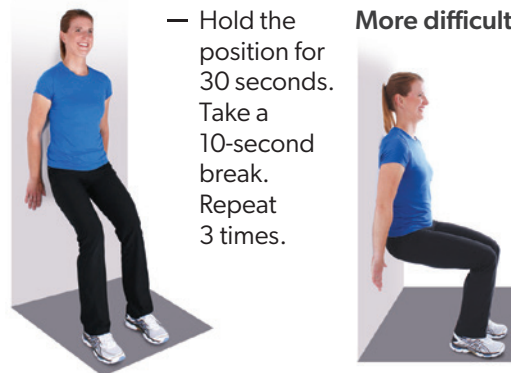
### 4 Bent-over lateral raises (trapeziuses, rhomboids)

- Keep your back very straight, knees slightly bent. Lift hands no higher than the shoulders during the movement.



### 5 Wall chair (trapeziuses, rhomboids)

- Place your feet hip-width apart and pointed forward. Do not hold your breath.



- Hold the position for 30 seconds. Take a 10-second break. Repeat 3 times.

More difficult

### 6 Side lunges (hip abductors and adductors)

- Keep your upper body very straight during the movement.
- Do 15 repetitions to each side.
- Keep your feet pointing forward.



### 7 Ankle extensions (calves)

- Do 15 repetitions on each side. To increase the difficulty, hold a weight.



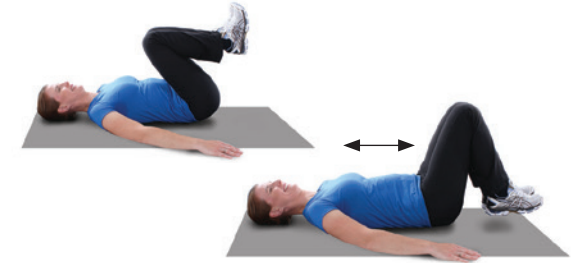
### 8 Side plank (oblique and transverse abdominals)

- Align your elbow with your shoulder, keeping your body straight. Don't hold your breath.
- Hold the position for 20 seconds, then take a 10-second break. Do 3 repetitions to each side before switching sides.



### 9 Hip flexion and extension (rectus abdominis and hip flexors)

- Keep your back in contact with the ground at all times.



## Stretches

### 10 Hold each position for 20 to 30 seconds on each side.

