



### 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), 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.



- Hands on the thigh of the bent leg.

- Hand above the elbow.