

Recommendations

- Repeat these exercises 2 to 3 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.

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.

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, during and after the session. If you are in a state of hypoglycemia, treat yourself. Do not start or continue physical activity while you are in state of hypoglycemia.

¹ Gliclazide (Diamicron® and Diamicron® MR), glimepiride (Amaryl®), glyburide (Diabeta®), repaglinide (GlucoNorm®)

Resources

Also available as a video

YouTube

Questions about diabetes?

InfoDiabetes Service 514-259-3422 1-800-361-3504 infodiabete@diabete.qc.ca

Diabetes School

Universi-d.com







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

- 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
- Reduced risk of osteoporosis, arthritis, cardiovascular diseases and nerve damage to the legs and feet
- Better weight management

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

To complete this physical activity program, you'll 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



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



Strength exercises

Lateral raises (shoulders)

- Keep your back still.



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.



 Keep your back very straight.

Keep your back still.



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.



- 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.



Ankle raises (calves)

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



Side bends (back and abdominals)

Keep your abdominals contracted.



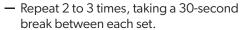
Core stabilization (back and abdominals)

- 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.



- If the exercise is easy, move your feet further back.

Stretches

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



