

My Exercise Plan

Why should I exercise?

- Exercise will help lower my blood sugar, blood pressure, and cholesterol
- Exercise will make me feel better
- Exercise will help me sleep better
- Exercise will help my heart and body
- Exercise will help my diabetes medications (insulin) work more efficiently and improve my blood sugar control

What can I do?



Walk:



Bike



Chair Exercise



Dance



Other: _____



Talk with your doctor to see if it is OK for you to begin to exercise.

- Check your blood sugar before and after exercise.
 - For strenuous exercise, continue to monitor up to 12 hours afterwards
- Your blood sugar may go too low if you have not eaten for a while.
- Carry something that has sugar in it, like glucose tablets or hard candies, in case your blood sugar goes low.
 - If you have any symptoms of low blood sugar, stop exercising, check your blood sugar, and treat as needed.
- Warm up before you exercise and cool down after you exercise.
- Work up to 30 minutes of exercise 4 to 6 times a week.
- **Carry identification** that says you have diabetes (Medical alert; Real Id).
- Do not exercise if you are sick or not feeling well.
- Exercise indoors if it is very hot or cold outside.
- Wear comfortable shoes and clothes.
- Drink plenty of water.
- Don't drink alcoholic beverages before, during, or after physical activity.
- Avoid sitting over 30 minutes at a time.
- Exercise with a friend that knows about your diabetes and how to help.

Chair Exercises



Arm Circles: Sit up straight in a chair. Keep your feet flat on the floor. Tuck in your tummy. Extend arms out to the sides at shoulder level. Make sure the elbows are straight. Circle the arms to the front 4 times.



Lateral Stretch: Sit in a chair. Lift your right arm over your head and lean to the left. At the same time, make a C shape with your left arm (as if you were holding a baby). Gently stretch to the left. Change sides and repeat the exercise. Slowly build up to 8 repetitions on each side.



Ankle Circles: Sit in a chair. Extend the right foot out in front. Circle the right in 4 times. Circle the right ankle out 4 times. Repeat with the left foot.



Hand Reaches: Sit in a chair. Place both hands on your shoulders. Extend your arm and reach toward the ceiling with your right hand. Return your right hand to your shoulder and repeat with your left hand. Gradually build up to 8 repetitions with each hand.



Marching in Place: Sit in a chair. Lift your left knee so that the foot is 6 inches off the floor. Lower your left knee. Lift your right knee so that the foot is 6 inches off the floor. Continue marching, lifting knees up and down.



Knee Pull: Sit in a chair. Pull your right knee into your chest. Hold the knee in for 4 seconds. Lower the leg. Repeat with the other knee.