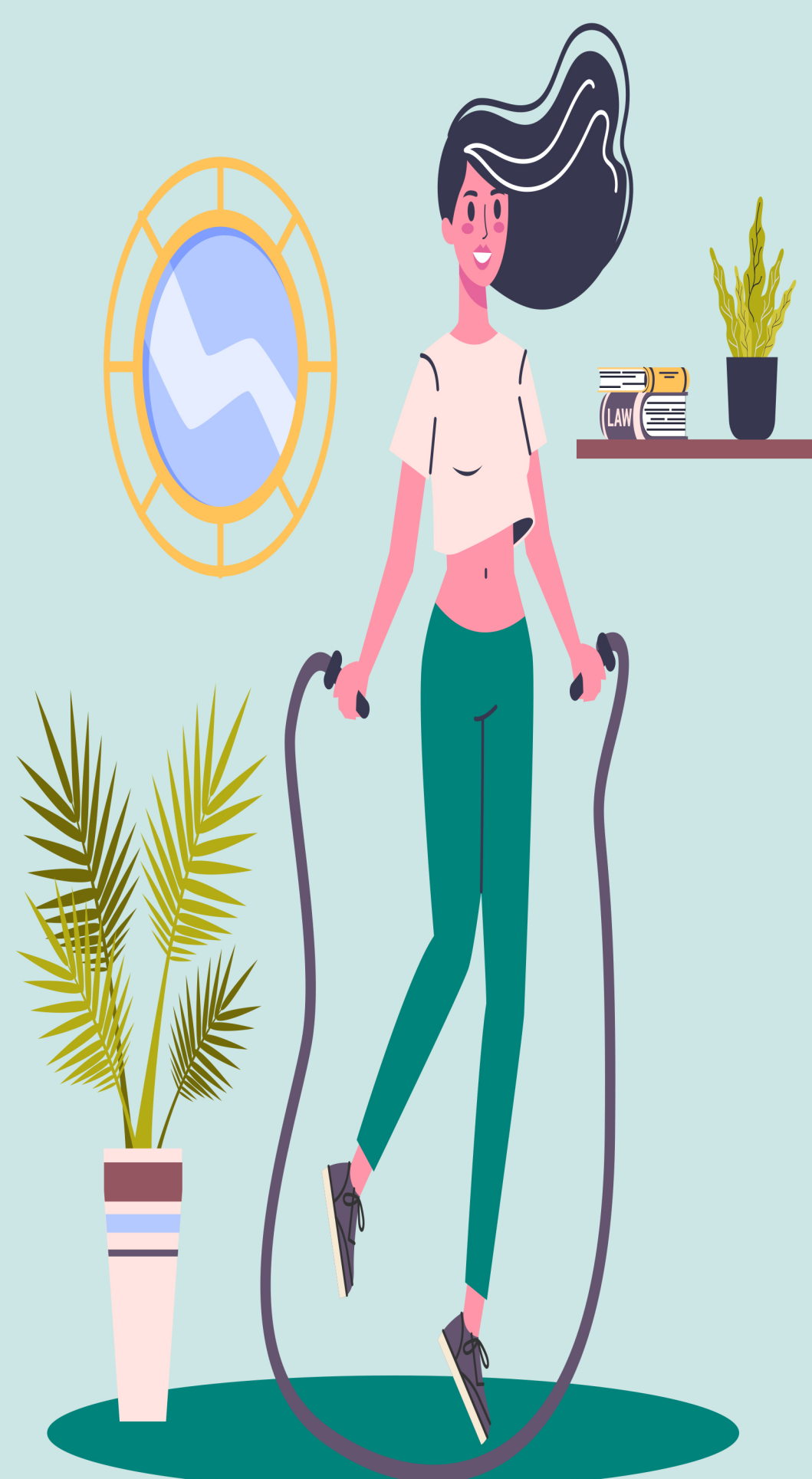


Home-based exercise for people with diabetes

Regular physical activity is of great benefit to the general population and even more for people living with chronic conditions like diabetes.

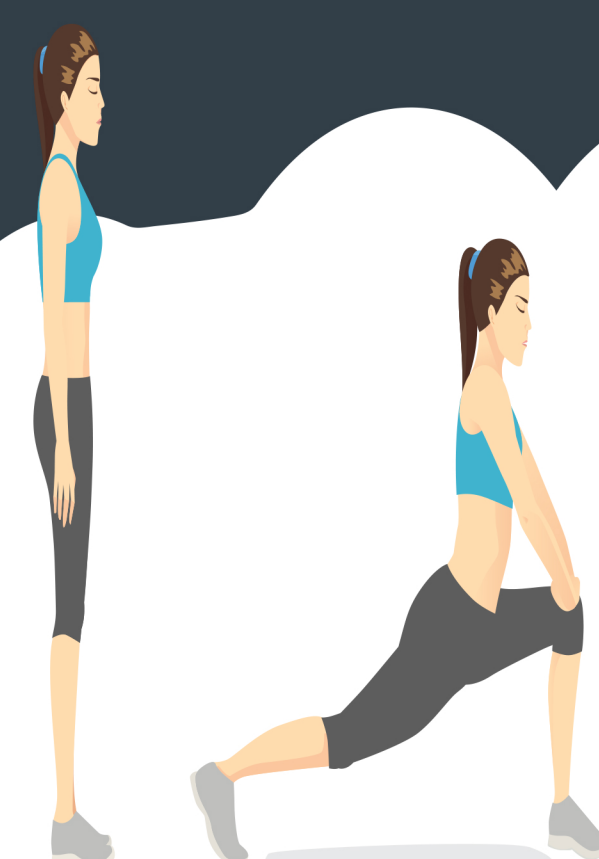


These suggestions can be used to develop short, fragmented or continuous training sessions to your diabetic patients.

Two series of 20 Jumping Jacks
(on-site jumps with synchronized leg and arm spreading and closing)



Two series of 15 forward flexes
(lower back muscle strengthening)



Two series of 15 crunches
(abdomen strengthening)



Two series of 8 push-ups
(pectoral muscle strengthening – knees to floor for beginners)



Two series of 8 sitting/standing hand-weight lifts
(shoulder muscle strengthening)



20 minutes treadmill training

