



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 state of hypoglycemia, treat yourself. Do not start or continue physical activity while you are in state of hypoglycemia.

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

Resources

Also available as a video



Questions about diabetes?

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Get fit at home 2



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 **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 (trapezius)

- 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.



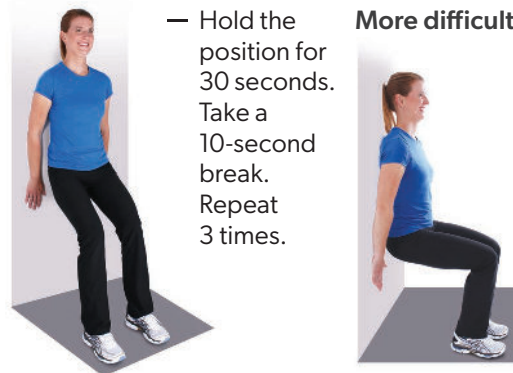
4 Bent-over lateral raises (trapezius, rhomboids)

- Keep your back very straight, knees slightly bent. Hands in line with shoulders during the movement.



5 Wall chair (quadriceps, ischio hamstrings)

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

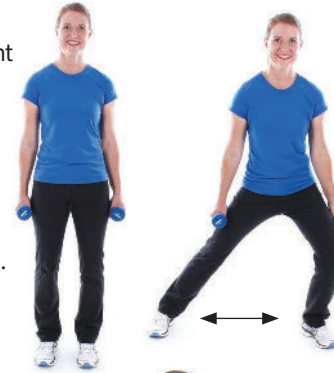


- Hold the position for 30 seconds. Take a 10-second break. Repeat 3 times.

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.



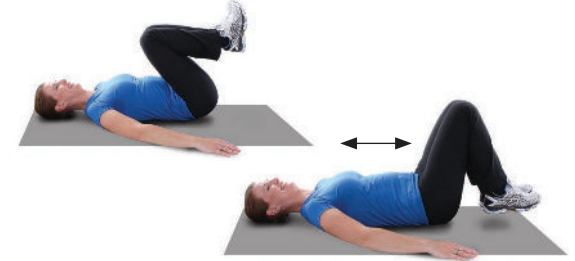
8 Side plank (oblique and transverse abdominals)

- 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.

