



# Live Well with Type 2 Diabetes

**Type 2 diabetes** is a disease where people can't properly use the insulin (a hormone) made by their bodies (specifically, the pancreas), or their bodies aren't able to produce enough insulin.

Regular **physical activity plays a vital role** in the prevention and management of type 2 diabetes. How? By improving the body's sensitivity to insulin, which in turn, will help manage blood glucose levels.



If you have diabetes complications, some kinds of physical activity can make your problem worse. Before you start any new type of physical activity, check with a health care provider to see if physical activity is right for you and complete the **Get Active Questionnaire**.

## Warm-up

To warm up, walk around the room or walk on the spot either seated or using a chair for support for at least 2 minutes. Be sure to swing your arms to get your upper-body warm as well.

## The Workout

Perform the five exercises below with control. Complete one to two cycles for the durations noted below, moving at a comfortable pace from one exercise to the next. Start slow and work your way up while following the advice of a health care provider.

## Duration

### Beginner

30-second intervals

### Intermediate

40-second intervals

### Advanced

50-second intervals

The Moves are found on page 2 →



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## The Moves



### Single-leg stance right

Stand upright, behind a stable chair, with your feet close together. Lift your left foot off the ground, keeping a tennis ball-distance between your legs (try not to allow your legs to touch). If stable, release one or both hands. Hold and balance on your right leg for timed duration.



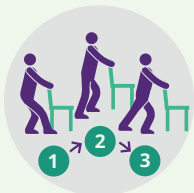
### Single-leg stance left

Stand upright, behind a stable chair, with your feet close together. Lift your right foot off the ground, keeping a tennis ball-distance between your legs (try not to allow your legs to touch). If stable, release one or both hands. Hold and balance on your left foot for timed duration.



### Sit to stand with raised arms

Sit to the front of a stable chair, toes back underneath knees, feet hip-distance apart. Lean forward a little to bring nose over toes and lift powerfully up to a standing position, applying leg strength while keeping arms extended. Using your lower body to resist gravity, with your arms raised, slowly lower yourself back down. Need a little more support, use arms to push off the chair or off knees.



### Bug Stomp

Stand behind a stable chair (or seated if more comfortable), holding the back of the chair (or seat of chair if sitting) with one or both hands for support. Alternate stomping your foot as quickly as possible in all directions (front, side and back) as if squashing ants around you. Move as quickly as possible, returning to center between each stomp.



### Wall Push-Ups

Stand facing a wall with your feet hip-width apart. Place your hands on the wall, beneath your shoulders, arms extended but not locking your elbows. Lean your body toward the wall as far as you can go, with control, keeping elbows pointing down, then with your back straight, push powerfully back until your arms are extended (but not locked).