

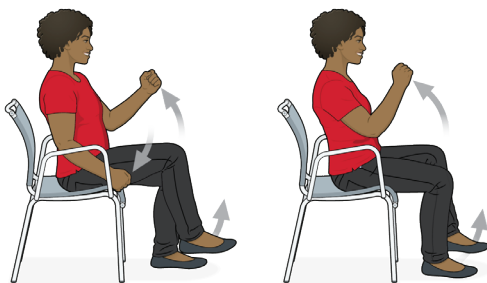
Desk Moves

It's important to break up periods of sitting with activity to stay healthy. The American Diabetes Association® recommends that you limit your time of inactivity with movement every 30 minutes. Read on to learn movements you can do sitting at your desk or standing by your chair.

Try these seated moves to improve your fitness

1.

AEROBIC EXERCISE



Seated March

- Start by sitting upright and marching your feet in place.
- Lift right foot up; place right foot down. Lift left foot up; place left foot down.
- Swing your arms back and forth with your elbows bent while you march.
- March for about 1 minute.

2.

AEROBIC EXERCISE

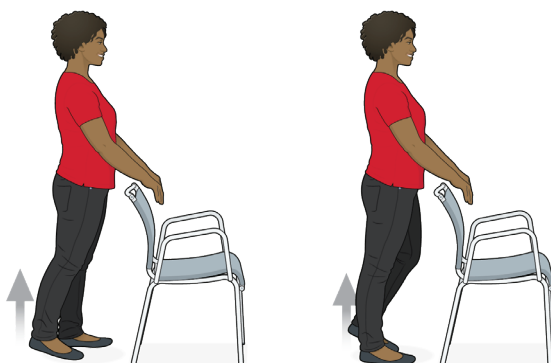


Seated Overhead Punches

- Start with our fists in front of our shoulders.
- Punch your right fist up overhead and bring it back down.
- Then punch your left fist up overhead and bring it down.
- Switch from right- to left-side punches for 45 seconds (about 20 times for each arm).

3.

BALANCE EXERCISE



Single Leg Balance

- Stand with a chair in front of you to hold on to for balance, if needed.
- Raise your right foot off the ground.
- Hold it there for 10 to 20 seconds.
- Put your right foot back on the ground.
- Raise your left foot.
- Hold it up for 10 to 20 seconds.
- Repeat for one minute.

Desk Moves (continued)

4.

BALANCE EXERCISES

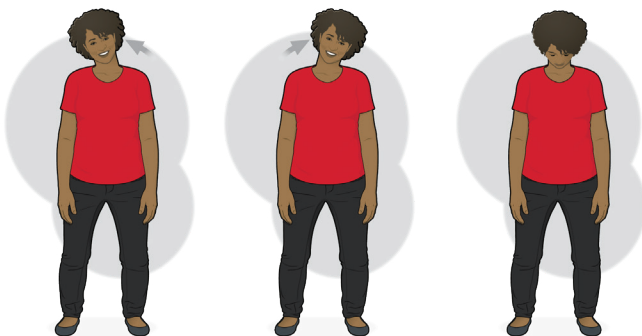


Three-way Leg Swing

- Stand on one foot, with your hands on your hips or, if you need to, hold a chair or wall.
- Keeping your leg straight, move your raised foot forward and hold it there for 5 seconds.
- Put your foot back on the ground.
- Repeat the forward lift 10 times.
- Now lift it sideways 10 times.
- And finally, backwards 10 times.
- Repeat with other foot.

5.

FLEXIBILITY EXERCISE

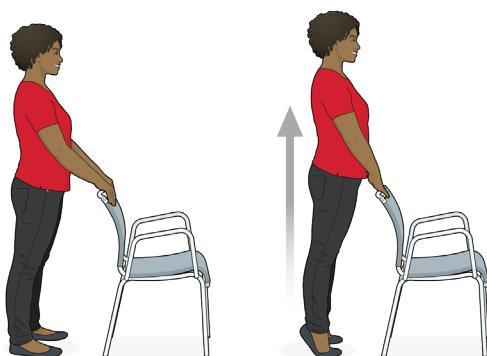


Neck Stretch

- For the neck stretch, stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and gently bend your head toward your right shoulder.
- Hold it there for 5 seconds.
- Repeat on the left side and hold it for 5 seconds.
- Now tip your head forward toward your chest and hold it for 5 seconds.
- Then tilt your head back, looking up toward the ceiling for 5 seconds.

6.

RESISTANCE EXERCISE



Standing Calf Raises

- Stand behind a chair with your feet about shoulder-width apart.
- Keep your fingertips on the chair for support as you slowly raise your heels off the ground.
- Then, slowly lower your heels back to the ground.
- Repeat 20 times.



SAFETY NOTE

Work with your diabetes care team if you have concerns about how much, and what type of activity is right for you.

Staying active will not only help keep you healthy, but it also will help you manage your diabetes.

Brought to you by the American Diabetes Association. For answers to your questions about prediabetes and diabetes, call 1-800-DIABETES (800-342-2383).