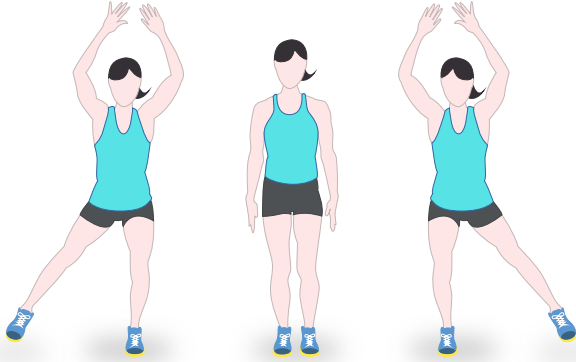


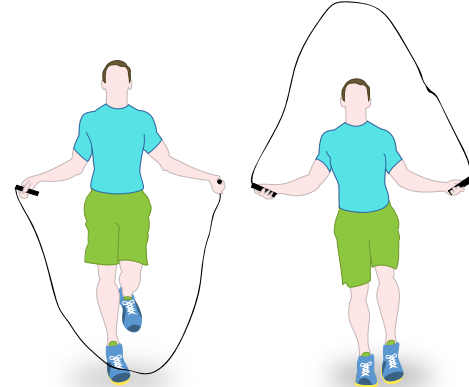
# At Home Exercises

## Cardiovascular Exercises:



### Jumping Jacks

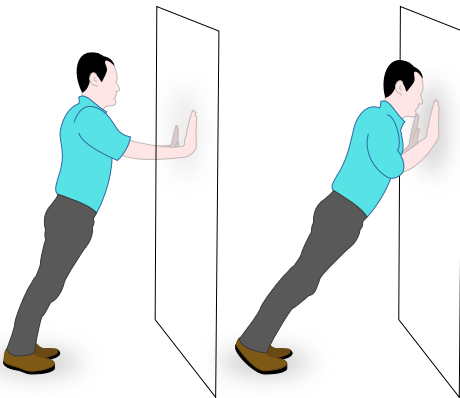
Stand with your arms by your sides and your feet hip-width apart. Jump off the ground and move your legs so your feet land wider than shoulders, simultaneously raising your hands above your head. As soon as you land, go into another jump, bringing your arms and legs back to the starting position before you land.



### Jump Rope

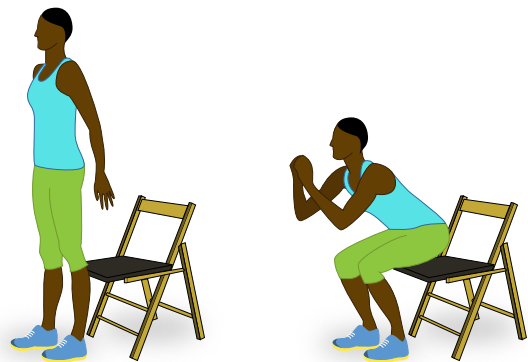
Turn a skipping rope repeatedly while jumping over it. Turn the rope with the wrists, not the arms, and land softly. Only jump high enough to clear the rope.

## Strength/Resistance Exercises:



### Wall Push-ups

Stand in front of a wall. Place your palms against the wall at shoulder level. Back your feet a couple of feet away from the wall so that your elbows are bent. Bend your elbows as you lower your upper body towards the wall in a slow controlled motion. Pause. Then, slowly push yourself back until your arms are straight. Don't lock your elbows and make sure to keep your back straight.

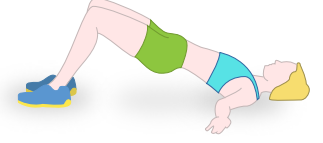
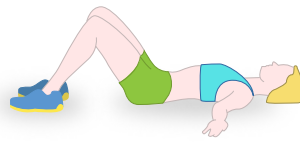


### Chair Squats

Stand directly in front of a sturdy chair. Your feet should be slightly more than shoulder-width apart. Place your weight more on your heels. Bend your knees as you lower your buttocks toward the chair in a slow controlled motion. Either touch your bum to the chair or sit down on it. Pause. Then push through your feet and squeeze your bum to slowly rise back up to standing position.

# At Home Exercises

## Strength/Resistance Exercises Continued:



### Opposite Arm and Leg Balance

Get on all fours with your hands directly under your shoulders and knees under your hips. Lift one hand and reach straight in front of your shoulder while lifting your opposite foot straight behind your hip. Hold for 3 breaths and then lower your hand and foot. Repeat on opposite side.

### Hip Raise/Bridge

Lie on your back with your knees bent and feet flat on the floor. Press your lower back against the floor. Keeping your core tight, squeeze your glutes (butt cheeks) and raise your hips, forming a straight line from shoulders to knees. Pause for 5 seconds, then lower your body back to the starting position.



**Diabetes Care Community**  
Living well with diabetes.

[diabetescarecommunity.ca](http://diabetescarecommunity.ca)