

DIABETES



General notes for Diabetes – Ensure that the diabetes is stable and controlled before taking part in exercise. Regular monitoring of blood glucose levels is strongly recommended. If Type 1, ensure regular blood glucose testing, have carbohydrate snack available in case it is needed to boost glucose level, avoid exercising late in the evening and try to exercise at the same time everyday. If Type 2, ensure regular blood glucose testing, have a snack nearby (doesn't have to be a carbohydrate) in case it is needed and try to exercise at the same time everyday.

EXERCISE	TIME/LEVEL	NOTES
<p>Warm Up:</p> <ul style="list-style-type: none"> • Marching on the Spot • Shoulder Rolls • Shoulder Rolls (Shape of 8) • Side Steps • High Knees • Heel Flicks • Jog on the Spot • Side Steps • High Knees • Heel Flicks • Jog on the Spot 	<p>1 minute each exercise.</p>	<p>The warm-up should be gradual and slowly increase the intensity throughout. At the end you want the whole body to feel warm, so you are ready to exercise.</p>
<p>Main Section:</p> <p>Circuit One:</p> <ul style="list-style-type: none"> • March/Jog on spot • Side Bends 	<p>Choose either of the circuits and perform the exercises for 30 seconds. Make sure you have a short break in between each exercise.</p>	<p>Jog on Spot – Light touches with the ball of the feet, jog on the spot.</p> <p>Side Bends - Can be done seated or standing, arms by your side, bend upper body to the side and try to reach as close to the knee as possible.</p>



- Squats
- Bicep Curls
- High Knee March/Jog
- Torso Twist
- Lunges
- Tricep Dips
- Shuttle Walk/Jog

Circuit Two:

- Crunches
- Fire Hydrants
- Wall Climbers
- Shoulder Press
- Leg Extension
- Balance Leg Lift
- Heel Flicks (Jog)
- Upright Row
- Side Steps

Then repeat the circuit again but perform the exercises for 45 seconds and again take breaks in between each exercise.

Squat – Stand with your shoulders back and feet hip width apart. Squat down as far as you feel comfortable with and as you come back to standing.

Bicep Curls - Start with arms by your side, flex the elbow and raise the arms up to your shoulder and then slowly lower back to your side.

Torso Twist - Twist upper body to the left/right but keep the lower body still.

Lunges – Keep your upper body straight, with your shoulders back, (pick a point to focus on in front of you so you do not keep looking down). Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Bring the legs back together and go again on the other side.

Tricep Dips – Place hands on a chair, gently push the hips away from the chair, bend the elbows, lowering the hips down until the arm creates 90-degree angle and then straighten the arm.

Leg Raises - Lie on the floor, hold the feet 6 inches off the floor for the time given.

Shuttle Walk/Jog – have three distances in your space, walk/jog to each distance and return to start distance.

Crunches – Lay on your back, bend the knee, place hands on the thighs, raise the shoulders off the ground and reach the hands to the knees, lower the shoulders back and repeat.

Fire Hydrants - Start on all fours, lift the leg out to the side to a comfortable height and bring down to the floor.

Wall Climbers – Face the wall, put your hands on the wall and do a high knee march/jog with your feet.



Cool Down:

- Quadricep Stretch
- Hamstring Stretch
- Chest Stretch
- Shoulder Stretch

Hold all stretches for a minimum of 20 seconds on each side.

These stretches should be done lightly and not to the point of over stretching/causing discomfort.

Training Disclaimer: As with any form of exercise there is a risk of injury that may and could occur. By following this exercise plan, you acknowledge that you are happy and fully agree to take part in this exercise routine. In addition, by following this exercise plan you agree to take part in any activities at your own risk and Derby County Community Trust will not be liable for any injuries that may occur during any session.

Shoulder Press - Start with the hands at the top of your shoulders, straighten the hands above the head, keep a slight bend in the elbows and repeat.

Leg Extension - Sit on the floor, extend legs out in front keeping feet of the floor then bend them 90 degrees and repeat.

Balance Leg Lift – Lift one leg at a time and stay still, alternate legs after the allocated time.

Heel Flicks - Jog on the spot, alternate lifting the heels behind you.

Upright Row – Stand up tall, place the hands in front of the body, then pull the hands up towards the chin, leading with the elbows, then lower the arms back down.

Side steps/Shuffle - Two side steps/skips and reach for the floor, repeat other way.

Quadricep Stretch - Stand up, lift your right foot, and grasp it with your right hand. If this is too much you can hold the lower leg or shoe. Pull the foot toward your butt, hold, and repeat with the left foot.

Hamstring Stretch – Take a big step forward, make sure the leg at the front has a slight bend and the back leg is straight. You should feel this stretch in the hamstring of the back leg, if you can't feel it, bend the front leg slightly more.

Chest Stretch – Place the palm of your hands on to the base of your back then look up, chest out and squeeze the shoulders blades together.

Shoulder Stretch – Bring the right arm straight out in front then bring it across the front of the body. Grab hold of the arm with your left arm so it doesn't move and pull the arm close, so you feel the stretch in your shoulder.