

Strength and Balance Exercises

Exercise can improve your mood and help with managing diabetes. If you have medical problems or have been inactive, check with your provider before beginning a physical activity program. He or she can help you find a program suited to your needs and physical condition.



Arm Raise



Purpose: Strengthen shoulder muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

1. Breathe in slowly. Slowly breathe out as you raise both arms to the side until they are parallel to the ground, shoulder height
2. Hold for one second. Then, breathe out as you slowly lower your arms so that they are straight down by your sides again
3. Repeat six to eight times. Rest, then complete another set

Walking Heel-to-Toe



Purpose: Improve balance.

Starting Position: Stand close to a wall for balance.

Action:

1. Choose a spot ahead of you and focus on it to keep you steady as you walk
2. Walk by placing the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch
3. Repeat for 20 heel-to-toe steps

Side Leg Raise



Purpose: Strengthen hip, thighs and buttocks.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Breathe in slowly.

Action:

1. Breathe out and slowly lift your right leg out to the side until your feet are 12 to 18 inches apart. Keep your back and legs straight, and your toes pointing forward. The leg you are standing on should be slightly bent
2. Hold for one second. Then, slowly lower your leg back to starting position
3. Repeat six to eight times with each leg. Rest, then complete another set

Plantar Flex



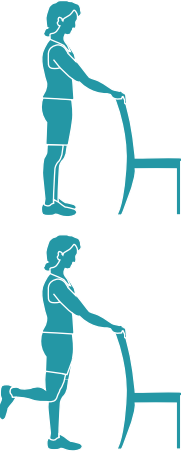
Purpose: Strengthen ankle and calf muscles.

Starting Position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action:

1. Breathe out and slowly lift both heels and stand as high up on tiptoe as you can
2. Hold for one second
3. Breathe in as you slowly lower your heels to the floor
4. Repeat 6 to 8 times. Rest a minute, then do another set of six to eight lifts
5. Note: Work your way up to 15 repetitions per set

Hamstring Curl



Purpose: Stretch quadriceps muscles on front of thigh. Strengthen hamstring muscles on back of thigh.

Starting position: Stand behind a straight-backed chair, with both hands on the back of the chair for balance. Place your feet slightly apart. Keep your upper body straight.

Action:

1. Shift your weight onto your right leg, keeping your leg slightly bent. Slowly bend your left knee, keeping both knees together
2. Breathe in slowly and lift your left foot behind you about 10 to 12 inches off the floor. Bend only at the knee
 - a. Slowly return to starting position. Repeat
3. Repeat six to eight times with each leg. Rest, then do another set



If you have questions, please call
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