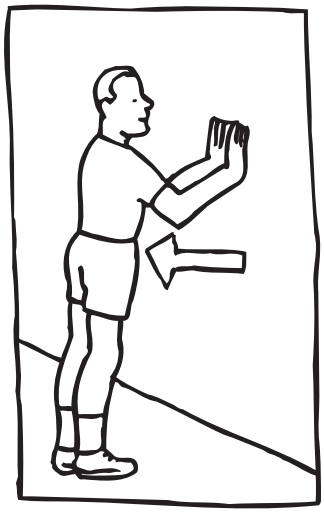
LEG EXERCISES AND DIABETES

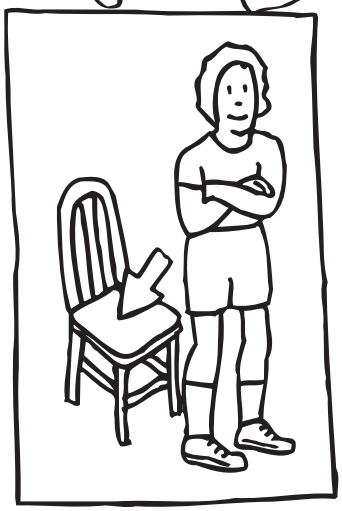
Being active every day is important for people with diabetes. Daily leg exercises are a safe way for almost everyone to exercise. Talk to your doctor before you start, or stop, any exercise program.

Take a "brisk" or quick walk every day for 30 minutes or more. Walk for 45 to 60 minutes if you need to lose weight.

Stair Exercise: Holding a handrail for support, walk quickly up stairs on the balls or front part of your feet 5 or 10 times.



Calf stretch: Keep your legs stiff and feet flat on the floor. Put your hands on the wall and step back slowly until your arms are straight. Bend your arms 10 times (to stretch your calf or upper leg muscles).



Chair exercise: With your arms crossed, sit down and stand up from a strong, straight chair 10 times.

Tiptoe exercise: Hold the back of a chair with both hands and raise and lower yourself on the toes of one foot 10 or more times. Then do the same exercise with the other foot.

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Leg bends: Hold chair with one hand. Put one foot forward and lower your body straight down, and then up. Do this 10 times with both feet flat on the floor.

Heel raises: Standing straight, go up on your toes and then down on your heels about 20 times.

Leg swings: Holding on to a strong chair or table with one hand, stand on a large book and swing your leg back and forth 10 times. Then do the same thing with the other leg.

Shake your feet: Sit on the floor and lean back with both hands on the floor. Shake your feet (one at a time) until they feel relaxed and warm.

Be Your Best! Try to be active or exercise every day.

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family health
303.650.4460 www.clinica.org

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