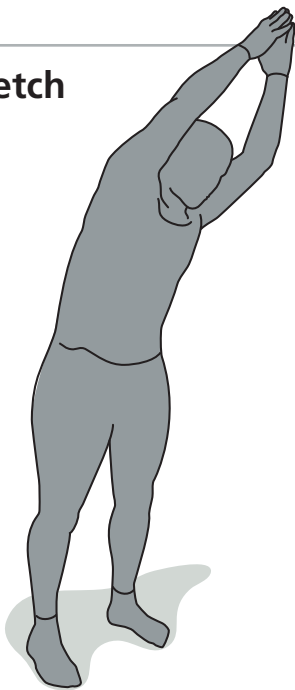




Whatever your size or shape, get physically active now and keep moving for a healthier life.

Stretch



Stretching and flexibility exercises may:

- Keep joints and muscles flexible
- Help prevent soreness from other activities and exercise

Simple things to get started:

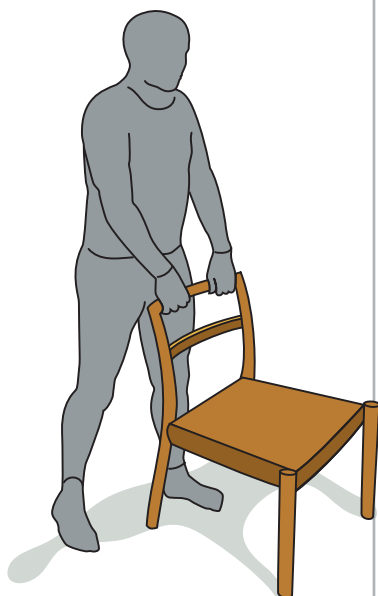
> Stretch anytime, anywhere

1. At home or at work, stand up, push your arms toward the ceiling, and stretch.
2. Stretch slowly and only enough to feel tightness — not until you feel pain.
3. Hold the stretch, without bouncing, for about 30 seconds.
4. Repeat 3–5 times each day.

> Take a class

Your local fitness center may offer yoga or other stretching classes. You may want to start with gentle classes, like those aimed at seniors.

Improve Balance



Balance exercises may:

- Help prevent falls
- Lead to ongoing independence, especially for the older adult

Simple things to get started:

> Use what's available

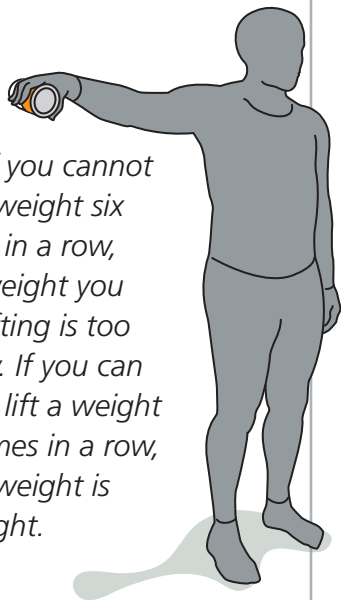
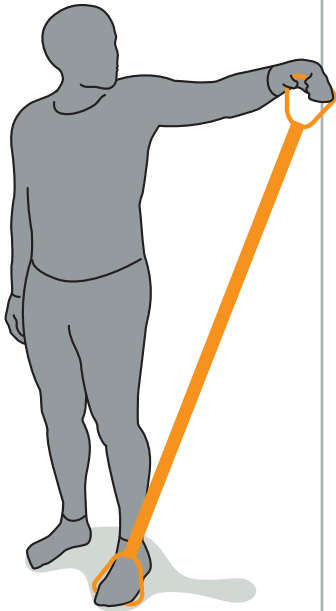
1. Stand behind the back of a kitchen chair, placing both hands on top of the chair back.
2. Shift your weight to standing on just one foot. Hold that position for 10 seconds.
3. Shift your weight to the other foot.
4. Repeat 3–5 times each day.

> Consider a Tai Chi class

This form of exercise is focused on balance. Tai Chi is an activity for all ages.

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Strength Training



TIP *If you cannot lift a weight six times in a row, the weight you are lifting is too heavy. If you can easily lift a weight 15 times in a row, your weight is too light.*

Strength training exercises may:

- Help build and maintain muscles, which helps burn more calories
- Help maintain bone mass
- Keep the strength you need to keep up with your usual, independent activities

Simple things to get started:

> Use resistance bands

Resistance bands are hollow, elastic tubes, made in a variety of resistance levels. The heavier and thicker the band, the more resistance it produces. Consider taking a class or watching a video to learn the right techniques. Start with one set of 8–16 repetitions of these exercises:

1. Chest press

Wrap the band around something stable behind you and hold handles in both hands, tubing along the inside of the arms (under the armpits), palms facing each other. Pull bands to your chest. Then press arms out in front of you. Return to start and repeat.

2. Rear deltoid row

Wrap band around a stable object and sit (or stand) facing it, holding the handles with arms out in front, palms down. Pull the elbows back until level with torso, squeezing the shoulder blades and keeping arms parallel to ground.

3. One-armed lateral raise

Sit (or stand) with one end of tube under foot and the other end in one hand. Keeping elbow slightly bent and fixed, lift the arm out to side, to shoulder level.

> Lift weights

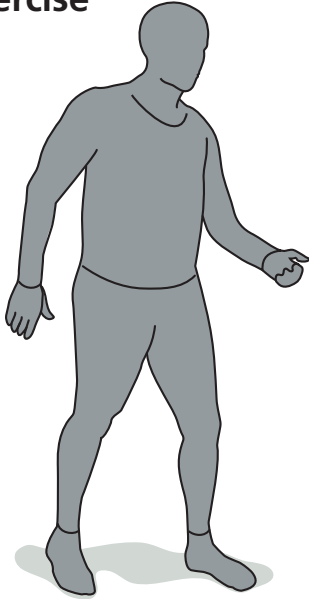
You don't need benches or bars to begin weight training at home. You can use a pair of hand weights or even full cans of soup.

Make sure you know the correct posture and that your movements are slow and controlled.

1. Lift weights out to side to shoulder level (shown), repeating 10–12 times.
2. Lift weights from shoulder to above head 10–12 times.
3. With hands at your side, bend elbows to bring weights up to shoulder level (bicep curls) 10–12 times.

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Aerobic Exercise



Aerobic exercise may:

- Increase heart rate and heart pumping power
- Work your large muscles
- Make you breathe harder

Simple things to get started:

> Walk

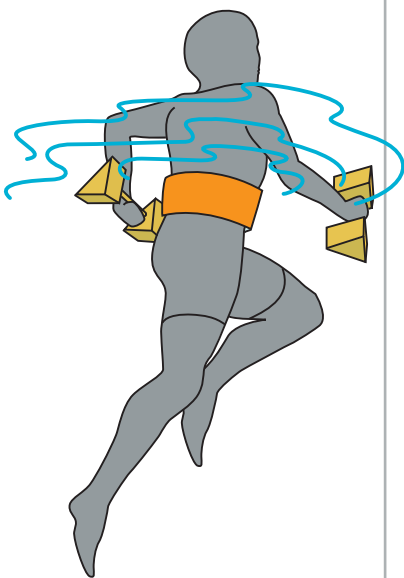
Any walking you do during the day (like doing chores around the house or in the yard) can help you become more fit. But regular, steady walking that makes you breathe heavier can help you to be healthier. Brisk walking is an aerobic activity.

1. If you are not active now, start slowly.
2. Walk 5 minutes a day for the first week.
3. Walk 8 minutes the next week. Stay at 8-minute walks until you feel comfortable.
4. Then increase your walks to 11 minutes.
5. Slowly lengthen each walk by 3 minutes, or walk faster.
6. Consider getting and using a pedometer to keep track of your progress. You can monitor yourself with many online programs.
7. Wear socks and comfortable walking shoes with a lot of support.
8. Wear garments that prevent inner-thigh chafing, such as tights or spandex shorts.
9. Make walking fun. Walk with a friend or pet. Walk in places you enjoy, like a park or shopping mall.

> Water workouts

You don't need to know how to swim to work out in water; you can do shallow-water or deep-water exercises without swimming. A water workout can help your flexibility, reduce risk of injury, and keep you refreshed. You can keep cool in water – even when you are working hard.

1. Start slowly, working out 10–20 minutes once or twice a week.
2. Gradually increase the length and intensity of your workout as you feel stronger.



(Aerobic exercise continued on next page)

Whatever your size or shape, get physically active now and keep moving for a healthier life.

Aerobic Exercise



> Dance

You can dance in a health club, in a nightclub, or at home. To dance at home, just put on some lively music!

Dancing on your feet is a weight-bearing activity. Dancing while seated lets you move your arms and legs to music while taking the weight off your feet. This may be a good choice if you cannot stand on your feet for a long time.

1. Start slowly, dancing 10–20 minutes once or twice a week.
2. Gradually increase the length and intensity of your workout as you feel stronger.

> Bicycle

You can bicycle indoors on a stationary bike, or outdoors on a road bike. Biking doesn't stress any one part of the body — your weight is spread among your arms, back, and hips.

You may want to try a recumbent bike. On this type of bike, you sit low to the ground with your legs reaching forward to the pedals. The seat on a recumbent bike is also wider than the seat on an upright bike.

1. Start slowly, cycling 10–20 minutes once or twice a week.
2. Gradually increase the length and intensity of your workout as you feel stronger.

Always consult with your physician before starting an activity or exercise program.



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12 Tips for Success

Remember:

Physical activity doesn't have to be hard or boring to be good for you. Anything that gets you moving around even for only a few minutes a day is a healthy start to getting more fit.

- 1. Start slowly.** Consult with your physician before starting a new activity. Incorporate more physical activity into your daily routine and gradually work up to 30 minutes.
- 2. Warm up.** Shrug your shoulders, tap your toes, swing your arms, or march in place. You should spend a few minutes warming up for any physical activity — even walking. Walk slowly for the first few minutes.
- 3. Set goals.** Set short-term and long-term goals and celebrate every success.
- 4. Set rewards.** Buy a new CD to motivate you, new walking shoes, or a new outfit.
- 5. Track progress.** Keep an activity log, noting when you worked out, what activity you did, how long you did the activity and how you felt. Seeing your progress is positive reinforcement that helps you continue.
- 6. Think variety.** Choose a variety of physical activities to prevent boredom and keep your mind and body challenged.
- 7. Listen to your body.** If you feel fatigued or sick, take time off from your routine to rest. You can ease back into your program as you start feeling better.
- 8. Cool down.** If you have been walking fast, walk slowly or stretch for a few minutes to cool down. Cooling down may protect your heart, relax your muscles, and keep you from getting hurt.
- 9. Eat nutritious foods.** Eat nutritious foods. Remember that your health and weight depend on both your eating plan and physical activity.
- 10. Get support.** Form exercise groups with friends or neighbors. When your children or grandchildren come to visit, rather than just sit and chat, suggest activities that involve group participation.
- 11. Appreciate yourself.** If you cannot do an activity, don't be hard on yourself. Feel good about what you can do.
- 12. Have fun!** Try different activities to find the ones you really enjoy.

Sources: www.win.niddk.nih.gov/publications/active.htm; www.cdc.gov; www.diabetes.org; www.mayoclinic.com; www.about.com



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