

VIRTUAL CARDIAC REHABILITATION

PROGRAM MATERIALS

FOR PATIENTS AND CAREGIVERS

Presented by
UNIVERSITY HEALTH NETWORK



**DELIVERY: TELEPHONE/ONSITE
V1.10.2020**

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YOUR VISION

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Your Vision

As you begin your journey to develop new healthy habits, it's a good idea to develop your vision and set goals. A vision is about how you want to see yourself in the future. Once you have a clear vision, you need goals. Goals will help you get to your vision.

Answer the 4 questions below to develop your vision.



1. What do you see yourself doing in the future?

Examples:

- I will do all the things I need to do each day
- I will be able to play with my grandchildren
- I will be able to play sports
- I will volunteer
- I will travel



YOUR VISION

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2. How will you be feeling in the future?

Examples:

- I will feel good
- I will feel healthy
- I will have more energy
- I will feel happy
- I will feel closer to family and friends



3. Who are the people you are surrounded by in the future?

Examples:

- Family
- Friends
- Colleagues



YOUR VISION

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SMALL CHANGES FOR BETTER HEALTH



4. Are you healthier in the future? And how do you know?

Examples:

- I am healthier because my blood sugar and blood pressure are lower
- I am healthier because I feel happy and motivated
- I am healthier because I can golf again
- I am healthier because I have enough energy to take care of my grandkids

Goals

Set 1 to 3 goals that will help you achieve your vision. A vision to have more energy and travel with friends, for example, can be achieved by setting goals to:

- Sleep better
- Eat healthy
- Exercise regularly



YOUR VISION

VIRTUAL CARDIAC REHABILITATION
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Goal 1:



Goal 2:



Goal 3:

Choose one goal to work on first.
Create an action plan each week to help you reach your goal.



WEEKLY REFLECTION

VIRTUAL CARDIAC REHABILITATION
SMALL CHANGES FOR BETTER HEALTH

Your Reflection

Answer the 2 questions below to reflect on your action plan each week.

1. What went well with your action plan? What felt good?

2. What did not go as planned with your action plan? What challenges or problems got in the way? Follow the steps to solve problems in your patient guide.



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Dynamic Stretches

moving

**BEFORE
EXERCISE**

Do these stretches **BEFORE** you do your walking/biking or resistance training program.

1 Standing March



2 Shoulder Rolls



3 Leg Swings



4 Ankle Rolls



Static Stretches

not moving

**AFTER
EXERCISE**

Do these stretches **AFTER** you do your walking/biking or resistance training program. **Hold each stretch for 15 to 30 seconds. Breathe normally.**

1

pectoral
muscle

Chest
Stretch



2

Shoulder
Stretch

deltoid
muscle



3

Standing
Leg
Stretch

hamstring
muscle



4

Calf
Stretch

calf
muscle



ACTIVITY LEVEL

Physical activity can be a lifesaver – literally. To dramatically lower your risk of heart disease and stroke, you should accumulate at least 150 minutes of moderate-to-vigorous-intensity physical activity each week. Activity can be in bouts as short as 10 minutes and should be spread out throughout the week.

► Find out more at heartandstroke.ca

TYPE	WHAT IS IT?	YOUR LEVEL/TYPE	YOUR TARGET
Activity Level	Minutes per week you are active and type of activity		

SMOKING

Smoking contributes to the buildup of plaque in your arteries, increases the risk of blood clots, reduces the oxygen in your blood, increases your blood pressure and makes your heart work harder.

Do you smoke?

YES

NO

► Find out more at heartandstroke.ca

ASK YOUR DOCTOR

- What is my risk for heart disease and stroke?
- What other screening or diagnostic tests for heart disease or stroke do I need? Do I need an electrocardiogram or stress test?
- What can you do to help me quit smoking and manage my cravings?
- What is a heart-healthy eating plan for me? Should I see a registered dietitian or a qualified nutritionist to learn more?
- How can I tell if I am having a heart attack or a stroke?
- How often should I return for check-ups?

Developed by Dr. Mike Evans in association with the Heart and Stroke Foundation

For more of Dr. Mike's favourite health information resources go to myfavouritemedicine.com



KNOW YOUR NUMBERS

You can't control your family history, age, gender or ethnicity. But, you can do something about other factors that could increase your risk of heart disease or stroke. Use this worksheet to discuss with your doctor what your numbers are and what your targets should be for cholesterol, blood pressure, blood sugar level, waist circumference and physical activity level.

Are you at risk? Find out at heartandstroke.ca/risk

CHOLESTEROL

Cholesterol and triglycerides are types of fat in your blood. High levels of low-density lipoprotein (LDL) in the blood promote the build-up of plaque in the artery walls. High-density lipoprotein (HDL) helps carry LDL cholesterol away from the artery walls. High triglycerides are associated with excess weight, excess alcohol consumption and diabetes.

► Find out more at heartandstroke.ca

TYPE	WHAT IS IT?	YOUR READING	YOUR TARGET
TC : HDL	Your total cholesterol (TC) level divided by your HDL		
HDL Cholesterol	Your good cholesterol A high reading is good		
LDL Cholesterol	Your bad cholesterol A high reading is bad		
Triglycerides	Often measured at the same time as cholesterol. Can be genetic. High readings often monitored.		

BLOOD PRESSURE

Blood pressure involves two measurements: systolic and diastolic. An optimal blood pressure is below 120/80. When your pressure is too high it makes your heart work harder. Go to heartandstroke.ca for more information.

TYPE	WHAT IS IT?	YOUR READING	YOUR TARGET
Systolic	Higher number represents the pressure when the heart is contracting		
Diastolic	Lower number represents the pressure when the heart is relaxed between beats		

► To track your blood pressure online, try out the heartandstroke.ca/BP etool.

BLOOD SUGAR

The two most common ways to measure blood sugar levels are: Fasting Blood Sugar (FBS) and A1C tests.

FASTING BLOOD SUGAR: *a blood test completed after an eight hour fast*

NORMAL Fasting Blood Sugar or Glucose	PRE-DIABETES*	DIABETES* Needs to be Confirmed
4 to 6	6.1 to 6.9	7+

*If your reading is in this range, your healthcare provider may repeat this test or perform another test to confirm diagnosis.

A1C: *a blood test that measures your last three months of sugar control*

A1C can be expressed as a percentage or as a number. Canadian guidelines suggest a normal range is up to 6.0% (0.06). Higher than normal A1C readings may indicate diabetes. Generally, individuals with diagnosed diabetes will have an A1C target below 7%.

WAIST CIRCUMFERENCE

Where you carry your weight is just as important as how much weight you carry when it comes to your health. Too much fat stored around your middle increases your risk of heart disease or stroke. If your waistline measurement is within 8 cm/3 in. of, or greater than, the cutoff according to your ethnicity and gender, you are at increased risk.

ETHNICITY*	MALE	FEMALE
European/Caucasian, Sub-Saharan Africans, Eastern Mediterranean and Middle Eastern	102 cm (40 in.)	88 cm (35 in.)
South Asian, Malaysian, Asian, Chinese, Japanese, Ethnic South and Central Americans	90 cm (35 in.)	80 cm (32 in.)

*Waist circumference measurement does not apply to pregnant or nursing women, people under the age of 18 or over the age of 65. Persons of ethnicities not listed here should speak to their healthcare provider.

► You can measure this yourself. Find out how at heartandstroke.ca

TYPE	YOUR READING	YOUR TARGET
Waist Measurement		

TO HELP YOU PREPARE FOR YOUR DOCTORS VISIT

Appointment Date: _____ Time: _____

Doctor: _____ Location/Address: _____



1. Bring a list of all your medicines, including vitamins, herbs and over-the-counter medicines.
2. Ask for a copy of test results or reports about procedures (such as ECG).
3. When filling out this form and at your appointment, remember the PACE method for communicating with your healthcare professionals:
 - **P = Provide information about how you feel**
 - **A = Ask questions if you don't have enough information**
 - **C = Clarify what you hear**
 - **E = Express any concerns you may have**

Reasons for the appointment: _____

Describe your symptoms and concerns: _____

What you hope doctor will do: _____

Questions about your condition: _____

Questions about tests, procedures: _____

Questions about medicines: _____

Questions about other treatments: _____

During the visit, clarify what you hear:

- If you don't understand something, ask the doctor to explain.
- Repeat the doctor's instructions in your own words.
- At the end of the visit, review what you and the doctor agreed upon.

Used with permission from Donald J. Cegala, Professor of Communication and Family Medicine, Ohio State University

Resistance Training Program

How to do Resistance Training:

- Warm up for 5 minutes before resistance training e.g., walk or cycle slowly
 - Avoid stretching before resistance training
- Do all exercises in the order prescribed
- Breathe normally. Do not hold your breath
- Lift the weight to a count of 2 and lower the weight to a count of 3
- Keep your rating of perceived exertion (RPE) between 11 and 16

Rating of Perceived Exertion (RPE)	
6	
7	Very Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very Very Hard
20	

Safety Alert!

Stop and talk to your Diabetes Team if you have any symptoms such as pain or shortness of breath

- Take at least a 30 to 60 second rest between exercises
- Cool down for 5 minutes after resistance training e.g., walk or cycle slowly
 - Your cool down can also include stretching exercises
- Do resistance training at least 2 times a week with at least one day of rest in between workouts
- Track your progress on your exercise diary. Your Diabetes Team will review your exercise diary and help you progress your resistance training program

How Much Weight Should You Lift?

To find out if you are using the correct weight or exercise band, answer these questions:

- 1) After doing the last repetition, do you feel that you can do 5 to 10 more repetitions?

If you answer yes, the weight or exercise band is **too light or easy**

- 2) Are you struggling to do the last repetition?

If you answer yes: the weight or exercise band is **too heavy or hard**

- 3) After the last repetition, do you feel as if you could do 2 to 3 more repetitions and no more?

If you answer yes, this is a **good starting weight or exercise band to use**

What is a repetition?

A repetition is one complete motion of an exercise

e.g., 1 bicep curl

What is a set?

A set is a group of repetitions done without stopping

e.g., 1 set of 10 bicep curls



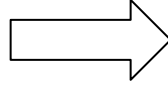
A dumbbell



An exercise band

How to Progress Your Resistance Training Program

When you are ready, slowly increase the number of repetitions you do from 10 to 15



Once you can do 15 repetitions with ease:

- Increase the weight you lift by 2 to 5 pounds

OR

- Change your exercise band for one that has more resistance

Use the chart below to help you select the next correct weight or band colour

Safety Tips

- Report any symptoms to your Diabetes Team
- Not all exercises progress at the same rate
- Not all muscle groups will be ready to progress at the same time
- Not all muscles use the same weight

Tool to Help You Increase the Weight You Lift or Band You Use

When progressing your dumbbells, follow this order												
Lightest Heaviest												
1 lb	2 lbs	3 lbs	5 lbs	8 lbs	10 lbs	12 lbs	15 lbs	20 lbs	25 lbs	30 lbs	35 lbs	40 lbs

When progressing your exercise bands, follow this order				
Lightest Heaviest				
Yellow	Red	Green	Blue	Black

Getting Up Off the Floor

Many people feel light-headed or dizzy if they get up off of the floor too quickly. This can lead to a fall or injury. The following is a demonstration of how to get up off of the floor safely. Take your time.



Step 1: Bend your knees and place your feet flat on the floor



Step 2: Roll onto your right side, knees bent, right arm supporting your head and your left hand on the floor



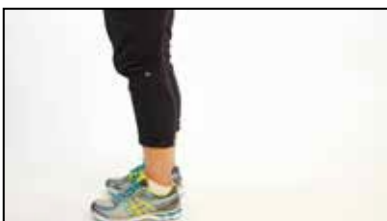
Step 3: Place both hands on the floor and push your upper body off of the floor



Step 4: Come up onto your hands and knees as shown



Step 5: Bend your right leg and place your right foot flat on the floor. Place both hands on your right leg for support and push yourself up to a standing position



Step 6: Slowly stand up

Getting Up Off the Floor (using a chair for support)

Many people feel light-headed or dizzy if they get up off of the floor too quickly. This can lead to a fall or injury. The following is a demonstration of how to get up off of the floor safely using a chair for support. Take your time getting up off the floor.



Step 1: Bend your knees and place your feet flat on the floor



Step 2: Roll onto your right side, knees bent, right arm supporting your head and your left hand on the floor



Step 3: Place both hands on the floor and push your upper body off of the floor



Step 4: Come up onto your hands and knees as shown



Step 5: Place both hands on the seat of a sturdy chair



Step 6: Bend your right leg and place your right foot flat on the floor. Push yourself up to a standing position



Step 7: Slowly stand up

Resistance Training Exercises

1) Semi-Upright Dumbbell Rows (back muscles)



Equipment: Dumbbell, chair

Step 1: Stand facing the back of a chair. Hold your dumbbell in your right hand. Step forward with your left leg. Keep the right leg straight behind you

Step 2: Keeping your back straight, bend forward and place the palm of your left hand on the back of the chair. Draw your belly button in toward your spine. Keep your back straight

Step 3: **Start** with your right arm straight and the dumbbell directly beneath your right shoulder. Keep your right palm facing in. Pull the dumbbell straight up, keeping it in line with your right shoulder. As you lift the dumbbell squeeze your shoulder blades together

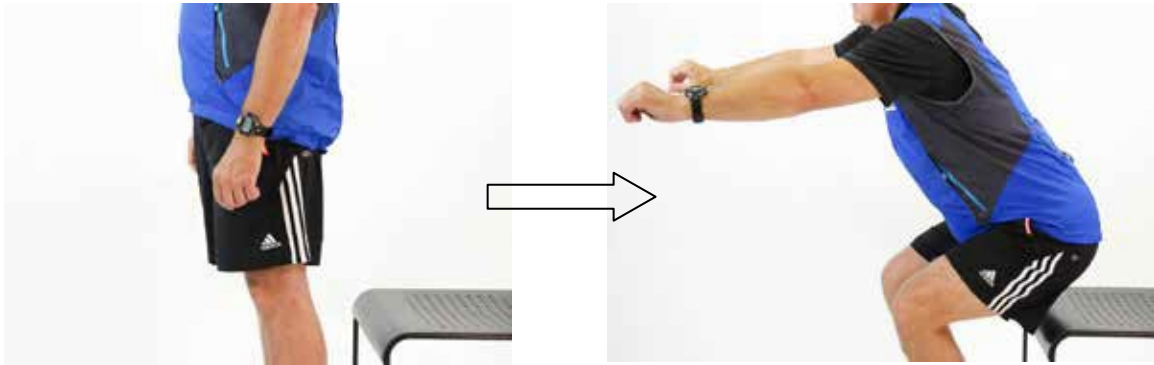
Step 4: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left arm

My Diabetes Team Prescribed: _____set(s) of _____repetitions using_____pounds

Health club alternatives: Seated rowing with cable, seated row machine

2) Half-Squat (thigh muscles)

For an alternative see exercise **2A**



Equipment: Chair, as you get stronger add dumbbells for added resistance (see next page)

Step 1: Stand with feet shoulder width apart, arms at your side and draw your belly button in toward your spine. Keep your feet flat on the floor and toes slightly pointed out

Step 2: Start by pushing your buttocks back and flexing your hips to slowly lower your body to a half-squat position. Make sure you can see your toes when you lower yourself down. At the same time, raise your arms straight out in front of you

Note: This movement should feel like you are sitting back into a chair

Step 3: Return to an upright position and bring your arms back down to your sides. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed: ___set(s) of ___repetitions

Health club alternative: Leg press, hack squat machine, smith machine squat

2) Half-Squat with Dumbbells (thigh muscles)

This is a progression to the Half-Squat without Dumbbells



Equipment: Dumbbells, chair

Step 1: Stand with feet shoulder width apart, arms at your side and draw your belly button in toward your spine. Hold 1 dumbbell in each hand with your palms facing toward your sides. Keep your feet flat on the floor and toes slightly pointed out

Step 2: Start by, pushing your buttocks back and flexing your hips to slowly lower your body to a half-squat position. Make sure you can see your toes when you lower yourself down. Keep your arms straight at your sides

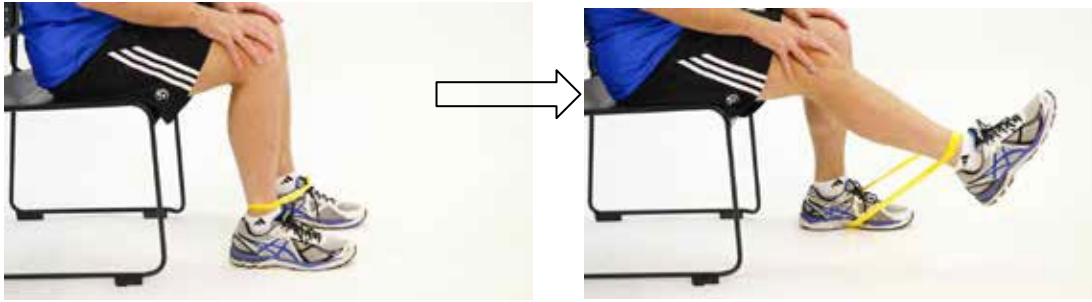
Note: This movement should feel like you are sitting back into a chair

Step 3: Return to an upright position with your arms at your sides. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed: _____set(s) of ___repetitions using____pounds

Health club alternative: leg press, hack squat machine, smith machine squat

2A) Seated Leg Extension (thigh muscles)



Equipment: Exercise band (tie band to form a loop), chair

Step 1: Sit back in a chair and place one end of the loop under your left foot and the other end around your right ankle

Step 2: Sit with a straight back. Draw your belly button in toward your spine. Keep your hands on your thighs to keep yourself stable

Step 3: Start by flexing your right foot towards you and straightening your right leg. Do not completely straighten your right leg or lock your right knee. Keep your right thigh on the chair

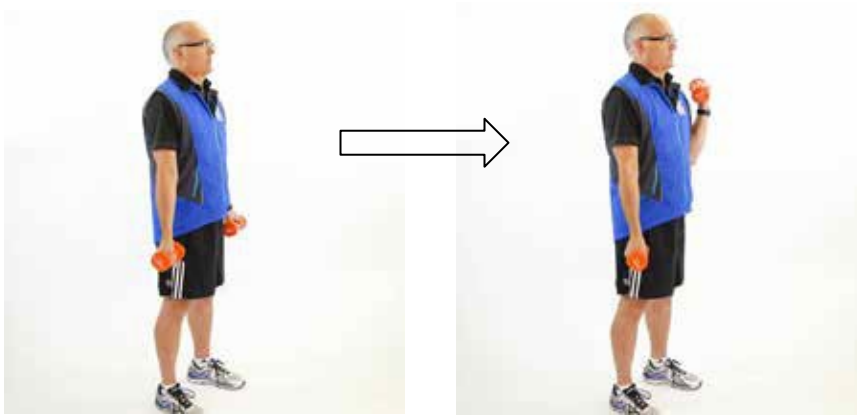
Step 4: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left side

My Diabetes Team Prescribed:

___ set (s) of ___ repetitions using _____ (colour) band

Health club alternative: Leg extension machine

3) Bicep Curls (arm muscles)



Equipment: Dumbbells, a chair if you need to sit during this exercise

Step 1: Stand with feet shoulder width apart, knees slightly bent and draw your belly button in toward your spine. Hold a dumbbell in each hand, with your arms at your side and palms facing forward. Roll your shoulders back and down before starting

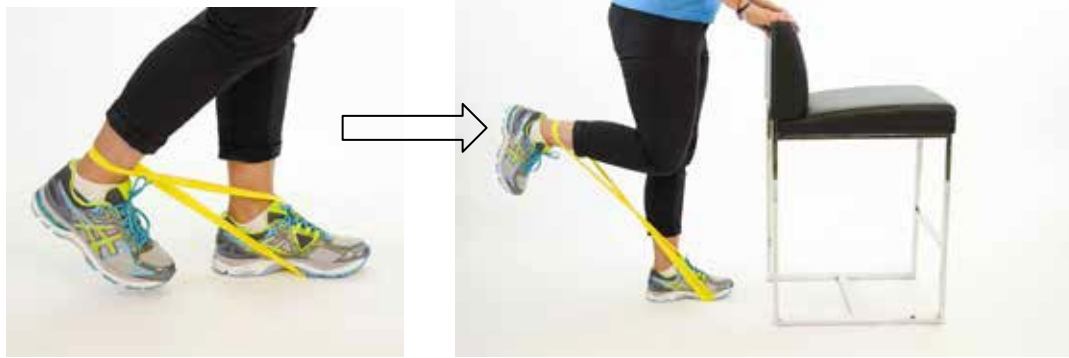
Step 2: Start by curling your right arm up to your right shoulder, keeping your elbow close to your body

Step 3: Slowly lower to the starting position. Repeat with your left arm and continue switching between your two arms. Start with about 10 repetitions on each arm and build up slowly to 15

My Diabetes Team Prescribed: ___set(s) of ___repetitions using___pounds

Health club alternative: Seated bicep curl machine or bicep cable curl

4) Leg Curl (leg muscles)



Equipment: Exercise band (tie band to form a loop), chair (for balance)

Step 1: Begin by placing the band on the floor. Place your hand on a chair to help keep your balance. Place the exercise band around the arch of your left foot so that you are standing on the exercise band. Now place the exercise band around your right ankle

Step 2: Hold on to the chair to help keep your balance. Stand tall and draw your belly button in towards your spine

Step 3: Start by lifting the heel of your right leg towards your buttocks. Keep your knees together and do not let them move forward

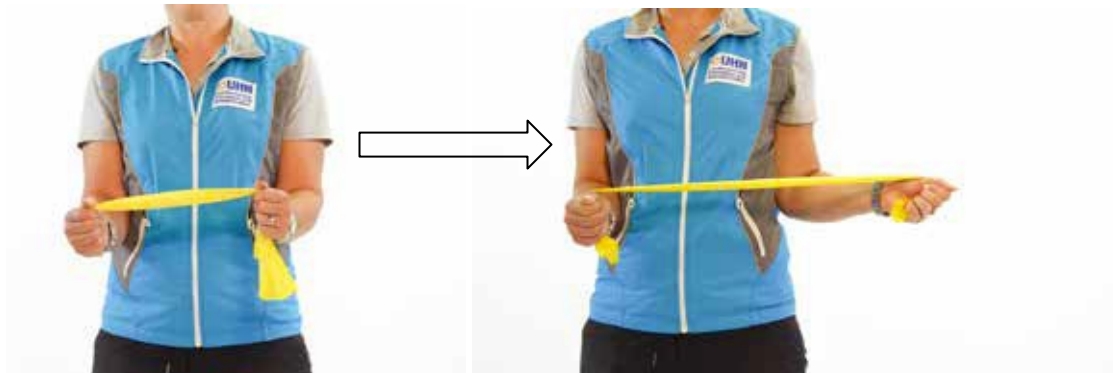
Step 4: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left side

My Diabetes Team Prescribed:

__ set (s) of __ repetitions using _____ (colour) band

Health club alternative: Seated or lying leg curl machine

5) External Rotation (shoulder muscles)



Equipment: Exercise band, a chair if you need to sit during this exercise

Step 1: Stand up straight, knees slightly bent and draw your belly button in towards your spine

Step 2: Hold your elbows close to your sides. Bend your lower arms to form a 90 degree angle. It should look like you are forming the capital letter “L” with your arm. Hold one end of the exercise band in each hand

Step 3: Start with your right hand and pull the exercise band away from your left hand. Slowly rotate your right forearm outward two or three inches. During this exercise, only your lower arm is moving

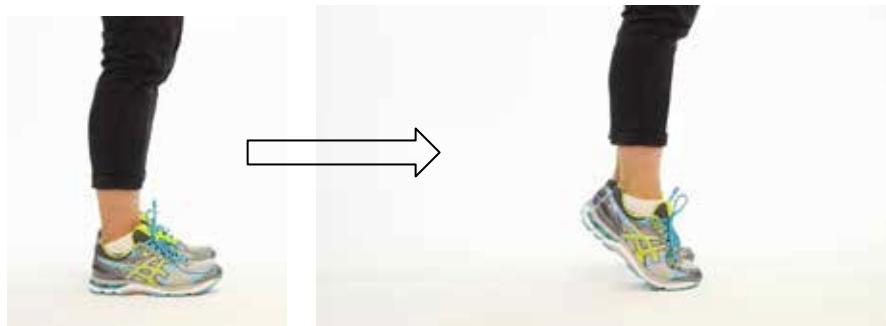
Step 4: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left side

My Diabetes Team Prescribed:

__ set (s) of __ repetitions using _____ (colour) band

6) Heel Raises (calf muscles)

For an alternative see exercise **6A**



Equipment: Chair for balance (if needed), as you get stronger add dumbbells for added resistance

Step 1: Hold a dumbbell in each hand and your arms at your sides. Stand with your feet hip width apart, heels on the floor and draw your belly button in towards your spine

Step 2: Start by slowly raising your heels so you are standing on your toes

Step 3: Slowly return to the starting position. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed:

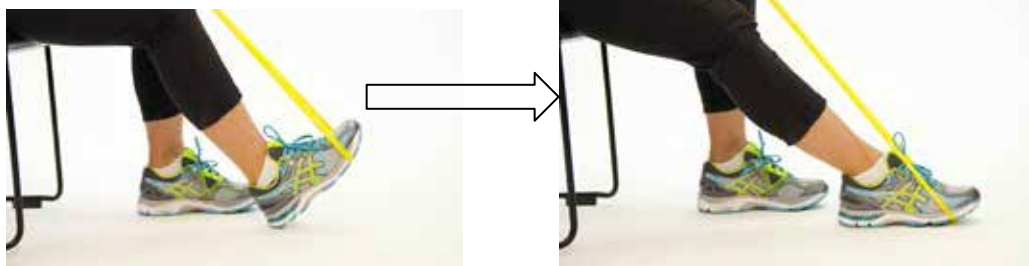
___ set (s) of ___repetitions (no added dumbbells)

OR

___set(s) of ___repetitions using___pounds

Health club alternative: Seated calf raise or standing calf raise machine

6A) Toe Press (calf muscles)



Equipment: Exercise band (tie band to form a loop), chair

Step 1: Sit in a chair. Loop the middle of the band around the ball of your right foot and grasp the ends of the band with both hands. Wrap the ends of the band around your hands. This will help you hold onto the band during the exercise

Step 2: Extend your right leg out in front of you resting your right heel on the floor and your toes pointing up. Sit with a straight back. Draw your belly button in toward your spine

Step 3: Start by pushing your right foot down against the resistance of the band pointing your toes forward towards the floor

Step 4: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left side

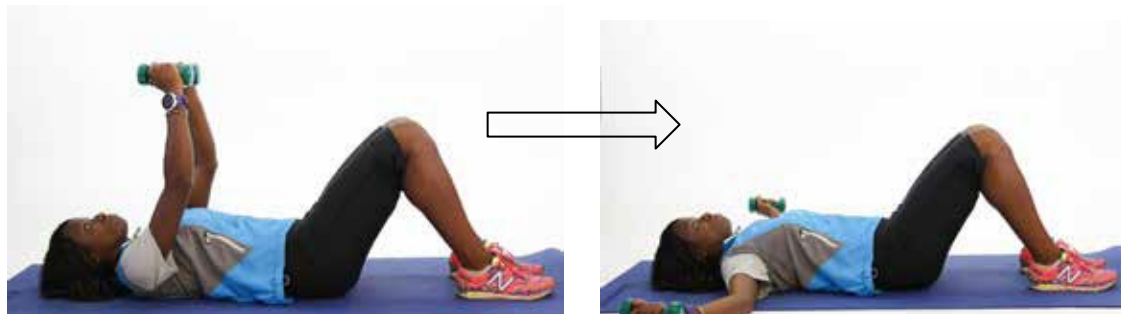
My Diabetes Team Prescribed:

__ set (s) of __ repetitions using ____ (colour) band

Health club alternative: Seated calf raise or standing calf raise

7) Chest Fly (chest muscles)

For an alternative see exercise **7A**



Equipment: Dumbbells, exercise mat

Step 1: Bend your knees and place your feet flat on the floor

Step 2: Grab 1 dumbbell in each hand. Extend your arms straight up (over your chest) towards the ceiling. Draw your belly button in toward your spine

Step 3: **Start** with your palms facing in and elbows slightly bent, lower the dumbbells to the floor, extending your arms straight out sideways from your shoulders. Palms should be about 1 to 2 inches off of the floor

Step 4: Slowly return to the starting position. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed: _____set(s) of ___repetitions using____pounds

Health club alternatives: Seated fly machine or cable fly

7A) Wall Push-Up (chest muscles)



Equipment: Wall

Step 1: Stand facing a wall, then take one step back

Step 2: Place your palms against the wall directly in front of you and in line with your shoulders. Next, move your hands across the wall so they are slightly wider apart than your shoulders. Draw your belly button in toward your spine

Step 3: Start by bending your elbows and leaning your whole body towards the wall

Note: to make this exercise more difficult, place feet further away from the wall

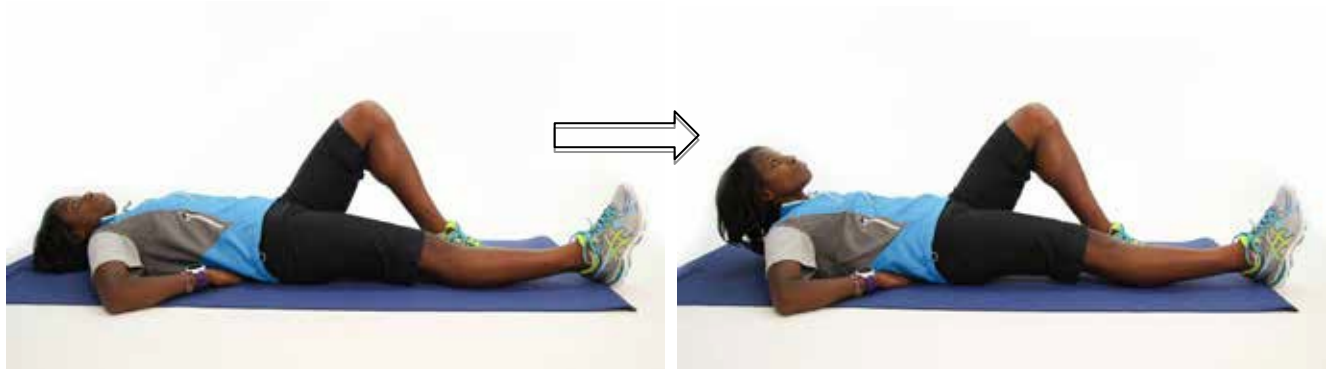
Step 4: Gently push against the wall until you are back to your starting position. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed: ___set(s) of ___repetitions

Health club alternative: Chest press

8) Curl-Up (stomach muscles)

For an alternative see exercise **8A**



Equipment: Exercise mat

Step 1: Place your hands under your body at the lower end of your back to keep the spine comfortable and prevent straining your back

Step 2: Bend your left leg and place your left foot flat on the floor. Keep your right leg stretched straight out. Draw your belly button in towards your spine

Step 3: Start by slowly raising your head, neck and shoulders straight up off of the floor to the point that you feel your stomach muscles working

Step 4: Slowly return to the starting position. Start with about 10 repetitions and build up slowly to 15

Note:

- Halfway through your repetitions switch legs, so that the left leg is now straight and the right leg is now bent
- When this exercise is done properly you should only feel your stomach muscles working. You should not feel a strain or pain in your neck muscles
- Avoid using your elbows to help move your shoulders off of the floor

My Diabetes Team Prescribed: ___set(s) of ___repetitions

Health club alternatives: Seated abdominal curl

8A) Seated Forward Curl (stomach muscles)



Equipment: Chair

Step 1: Sit towards the middle or front of a chair and lean back so you are in a half-reclining position (do not touch the back of the chair). Keep your back and shoulders straight, your knees bent, feet flat on the floor and draw your belly button in towards your spine

Step 2: Start by bringing your back forward so that you are sitting upright. Keep your hands on your legs

Note: Keep your back straight as you come forward, so that you feel your stomach muscles working. Do not lean forward with your shoulders

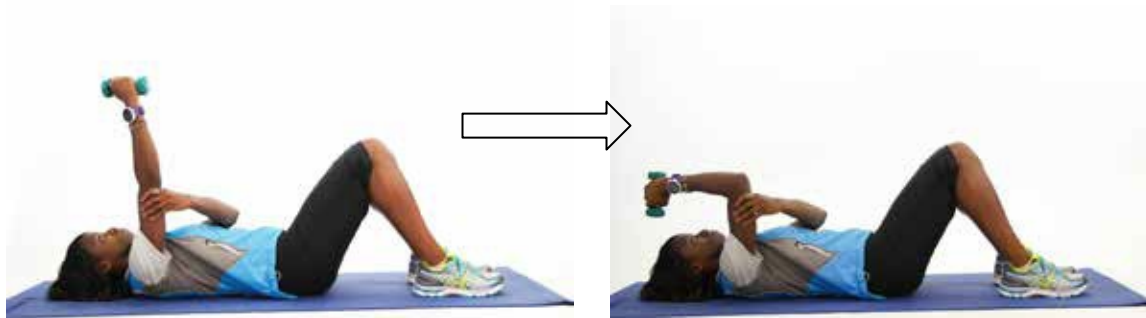
Step 3: Slowly return to the starting position. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed: ___set(s) of ___repetitions

Health club alternatives: Seated abdominal curl

9) Supine Triceps Extensions (arm muscles)

For an alternative see exercise **9A**



Equipment: Dumbbell, exercise mat

Step 1: Bend your knees and place your feet flat on the floor. Hold a dumbbell in your right hand and straighten your arm up above your right shoulder. Place your left hand below your right elbow for support. Draw your belly button in towards your spine

Step 2: Start by slowly lowering the dumbbell down until your right elbow is bent at a 90 degree angle. This is like forming the capital letter “L” with your right arm

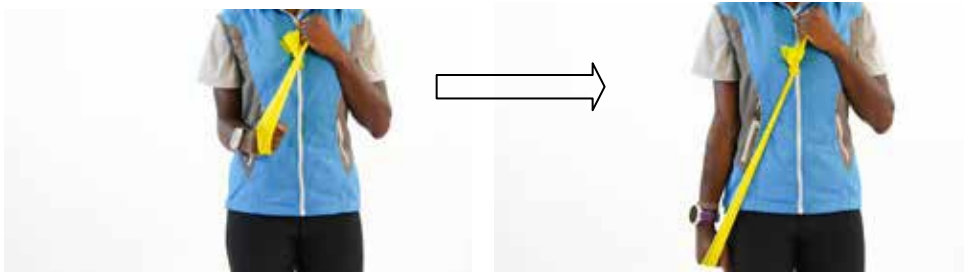
Note: When lowering the dumbbell, keep it away from your face

Step 3: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left side

My Diabetes Team Prescribed: _____set(s) of ___repetitions using____pounds

Health club alternative: Triceps extensions using cables/pulleys, triceps extension machine

9A) Triceps Extension (arm muscles)



Equipment: Exercise band (tie band to form a loop)

Step 1: Tie your exercise band to make a loop. Stand with your feet shoulder width apart and knees slightly bent. Draw your belly button in towards your spine

Step 2: Hold one end of the loop in your left hand against your chest (or left shoulder). Hold the other of the loop in your right hand and rest your right elbow against your right side. Bend your elbow to make a 90 degree angle. This is like forming the capital letter “L” between you upper and lower right arm

Step 3: Start by extending your right hand downwards until your right arm is almost straight. Your right hand should now be by your right hip

Step 4: Slowly return to the starting position. When you are done 10 to 15 repetitions, switch to your left side

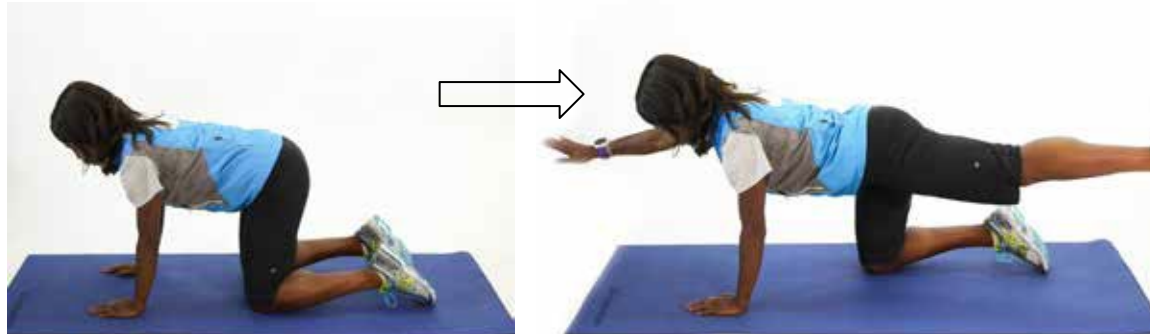
My Diabetes Team Prescribed:

__ set (s) of __ repetitions using _____ (colour) band

Health club alternative: Triceps extensions using cables/pulleys, triceps extension machine

10) Bird Dog (back muscles)

For an alternative see exercise **10A**



Equipment: Exercise mat

Step 1: Get onto your hands and knees on an exercise mat. Draw your belly button in towards your spine

Step 2: Start by slowly raising your right arm and left leg off of the floor

Note: If it is too difficult, lift only one arm or leg individually

Step 3: Slowly lower to the starting position. Repeat the same movement now with your left arm and right leg. Alternate back and forth. Start with about 10 repetitions and build up slowly to 15

My Diabetes Team Prescribed: ___set(s) of ___repetitions

10A) Standing Bird Dog (back muscles)



Right Leg



Left Leg

Equipment: Wall

Step 1: Stand facing a wall. Place your hands on the wall to help keep your balance. Draw your belly button in toward your spine

Step 2: Start by slowly lifting your right leg behind you. Extend from the hip, keeping your right leg straight

Note: You only need to pull your leg out a small distance behind you

You can also alternate your arms with this exercise

Step 3: Slowly return to the starting position. Repeat with your left leg. Alternate legs back and forth. Start with about 10 repetitions and build up slowly

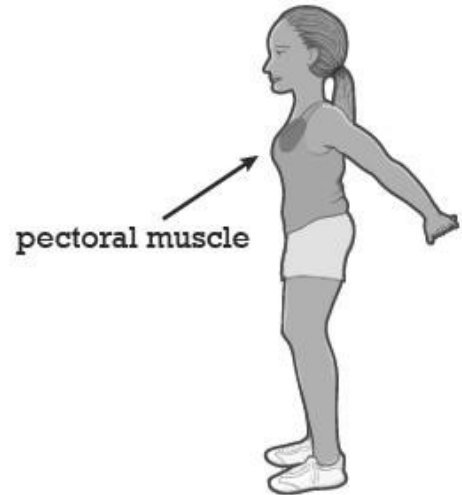
My Diabetes Team Prescribed: ___set(s) of ___repetitions



Stretches

1) Chest Stretch (Pectoral Muscle)

- Stand with your feet shoulder width apart
- Relax your shoulders and make sure they are not hunched up
- Clasp your hands behind your back (if you cannot clasp them, then place them behind your back)
- Looking straight ahead, open up the chest and squeeze your shoulder blades together
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort



2) Shoulder Stretch (Deltoid Muscle)

- Stand with your feet shoulder width apart, arms by your side
- Relax your shoulders and make sure they are not hunched up
- Take one arm and bring it across your chest
- Take the other arm and place it on your elbow to help hold it in position
- Ensure your arm is across your chest and not across your neck
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite shoulder



3) Thigh Stretch (Quadricep Muscle)

- Using a wall for support, stand sideways to the wall
- Take hold of your ankle, foot, sock, or pant leg as you bend your leg back from the knee (see figure)
- The knee should be facing down toward the floor and in line with the leg that is planted on the floor
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite thigh



4) Hamstring Stretch

- Using a wall or table for support, stand sideways to it
- Put all of your body weight on one leg and bend that leg
- Take the opposite leg and place the heel on the floor or on a small step with the toes pointed up. Keep this leg straight
- From this position, bend forward from the waist – you will feel a stretch in the back of the upper leg that is straight
- Hold the stretch while continuing to breathe for 15-30 seconds.
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite hamstring



5) Calf Stretch

- Using a wall for support, face the wall standing with both feet close to it. Place your hands on the wall at chest height
- Take a step back with one leg keeping that leg straight and lean into the wall keeping the front leg bent
- Ensure both feet are facing forward
- As you lean into the wall, you will feel a stretch in the calf of the back leg
- Hold the stretch while continuing to breathe for 15-30 seconds
- Ensure you feel a stretch, not pain/discomfort
- Repeat to stretch the opposite calf

