A man and a woman are walking outdoors, smiling. The man is wearing a grey t-shirt and black shorts, and the woman is wearing a purple t-shirt and black pants. They are holding hands. The background is a solid red color. The text "Kelsey-Seybold Prediabetes Workshop Class 2: How Exercise Helps to Prevent Type 2 Diabetes" is overlaid on the red background.

Kelsey-Seybold Prediabetes Workshop Class 2: How Exercise Helps to Prevent Type 2 Diabetes

Presented by:

Objectives

- Define Prediabetes
- Review My Plate
- Discuss how exercise helps prevent Type 2 Diabetes
- Define and provide examples of all types of exercises for all fitness levels



What is Prediabetes?

- Your blood sugar is higher than normal, but Type 2 Diabetes has not fully developed.
- This is the time to make lifestyle changes to prevent the onset of Type 2 Diabetes.



My Plate Planner



Please refer to methods of use, meal planning guidelines, and portion tips on the back of this plate planner.



9-inch plate



My Plate Planner

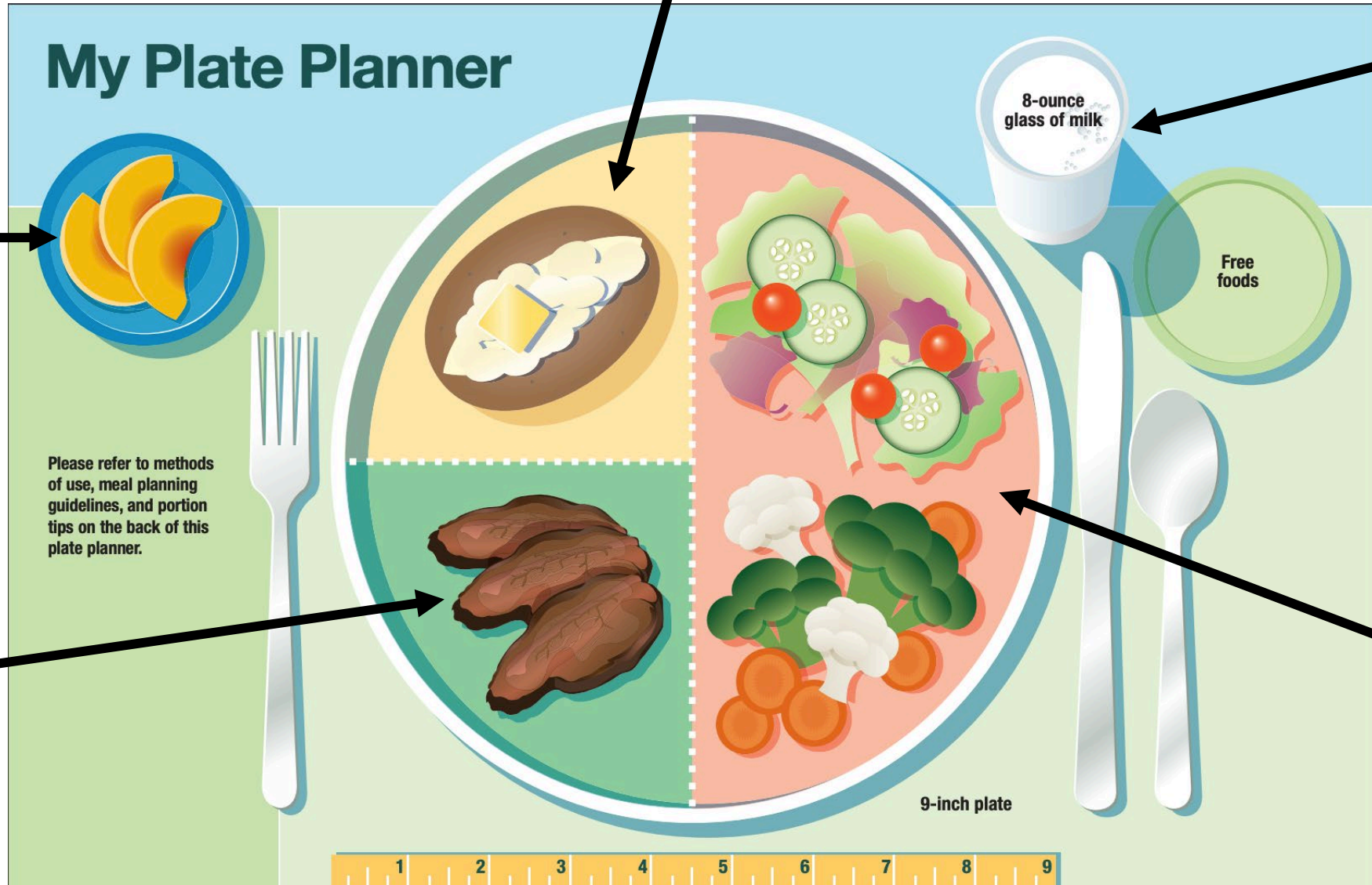
Fruit

Protein

Grains/Starchy Vegetables

Dairy

Non-Starchy Vegetables



How does exercise help prevent Type 2 Diabetes?

- The more active you are, the better your body responds to blood sugar levels.
- Exercise also aids in weight loss which helps prevent Type 2 Diabetes .



Before you exercise...

- Check with your doctor to find out what kind of exercise is optimal for you or if you have any limitations.
- Remember to perform exercise that is within your body's own limitations and to start small.



Equipment

- Shoes
- Socks
- Resistance bands
- Jump rope
- Weights
- Mat
- Water bottle

Cardiovascular Exercise

- These are activities that raise your heart rate.
- Examples are brisk walking, jogging, biking or dancing.
- Aim for 150 minutes a week of cardio exercise. Can be done 10 minutes at a time.



Chair Exercises

Cardio

Start by choosing an aerobic activity that you can do almost daily, such as taking 5-minute walks throughout the day or parking farther away so you will take more steps. You don't even have to break a sweat or change clothes.

■ Seated March

- Start by sitting upright and marching your feet in place.
- Lift right foot up; place right foot down. Lift left foot up; place left foot down.
- Swing your arms back and forth with your elbows bent while you march.
- March for about 1 minute.



■ Seated Foot Drill

- Sit upright and pick up the pace by tapping your feet faster.
- Keep tapping for 45 seconds.

Chair Exercises

Cardio

■ Seated Arm Curls

- Start with your fists beside your legs.
- Move your fists up toward your shoulders.
- Bring your fists back down to your legs.
- Repeat the arm curls for 30 seconds (about 30 arm curls).



■ Seated Overhead Punches

- Start with our fists in front of our shoulders.
- Punch your right fist up overhead and bring it back down.
- Then punch your left fist up overhead and bring it down.
- Switch from right- to left-side punches for 45 seconds (about 20 times for each arm).

■ Standing March

- If you are able to stand up, march in place for 45 seconds.
- It's fine to stay seated if you need to.



Resistance Exercise

- This involves using your own body weight, weights, or resistance bands to build muscle and strength.
- This helps your body burn more calories at rest. Goal is at least 2 times a week.



Chair Exercises

Resistance

To build some strength and muscle, add some resistance training at least 2 days per week. It is fine to start with wall push-ups and other easy activities that you can do during work breaks, at your desk or at home using household items.

■ Sit to Stand

- Push the back of a chair against a wall for stability.
- Sit toward the front of our chair.
- Keep your back and shoulders straight and lean forward slightly. Practice using only your legs to stand up slowly and to sit back down.
- Repeat 15 to 20 times.



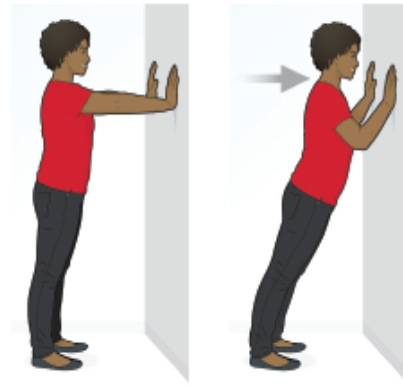
■ Chair Push-Ups

- Push the back of a chair against a wall for stability.
- Next, let's use your hands and grasp the arms of your chair.
- Slowly push your body as far as you can up off the chair.
- Hold your weight and then slowly lower yourself back down.
- Repeat 15 to 20 times.

Note: If you don't have a chair with arms, you can hold on to the sides of your chair.

Chair Exercises

Resistance



■ Wall Push-Ups

- Stand about 2 feet from a wall and place your hands on it about shoulder-width apart.
- Keep your body in a straight line and start to bend your elbows, bringing your head and shoulders toward the wall while keeping your back and legs straight.
- Now push your body back from the wall.
- Repeat these 20 times.

■ Standing Leg Curls

- Place your hands on the back of a chair.
- Keep your knees close together and bend your knee, lifting your right heel up toward your bottom.
- Hold your heel as close to your bottom as you can lift it for a few seconds before returning your foot slowly to the floor.
- Repeat 15 times.
- Now switch to your left leg and repeat 15 times.



■ Standing Calf Raises

- Stand behind a chair with your feet about shoulder-width apart.
- Keep your fingertips on the chair for support as you slowly raise your heels off the ground.
- Then, slowly lower your heels back to the ground.
- Repeat 20 times.

Balance Exercise

- Helps with daily activities such as walking and going up and down the stairs.
- Balance exercises can also help prevent falls.
- Yoga and Tai Chi are examples of balance exercises.



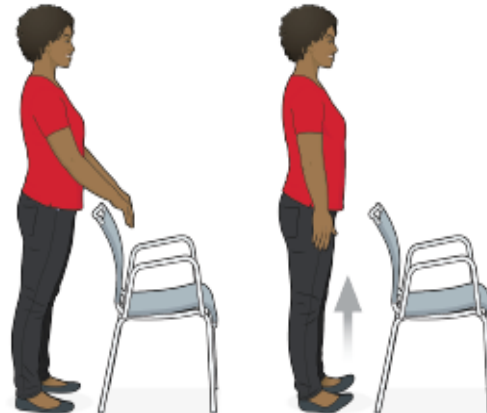
Chair Exercises

Balance

Start your balance training by holding on to something stable and trying to stand on one leg at a time several times per day. Add in some other exercises along the way to help you get more balance and avoid falls.

■ Single Leg Balance

- Stand with a chair in front of you to hold on to for balance, if needed.
- Raise your right foot off the ground.
- Hold it there for 10 to 20 seconds.
- Put your right foot back on the ground.
- Raise your left foot.
- Hold it up for 10 to 20 seconds.
- Repeat for one minute.

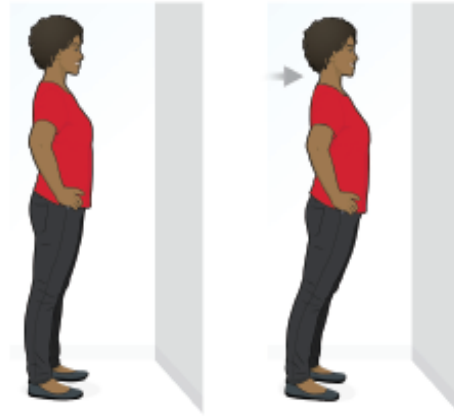


■ Toe Raise

- Rock back on your heels while standing up.
- Repeat this 20 times.

Chair Exercises

Balance



■ Forward Lean

- Stand in front of a wall for the with your hands on your hips.
- Lean forward.
- Hold 10 to 15 seconds.

■ Three-way Leg Swing

- Stand on one foot, with your hands on your hips or, if you need to, hold a chair or wall.
- Keeping your leg straight, move your raised foot forward and hold it there for 5 seconds.
- Put your foot back on the ground.
- Repeat the forward lift 10 times.
- Now lift it sideways 10 times.
- And finally, backwards 10 times.
- Repeat with other foot.



Stretching/Flexibility

- Gives you more freedom of movement for other exercise as well as your daily activities.
- Stretch after exercise, not before. Hold for 10-30 seconds- without pain.



Chair Exercises

Flexibility

Stretch 2 to 3 days per week as well. Break up periods of sitting with easy stretches. This is a great way to work stretching into your day, and you will feel better.

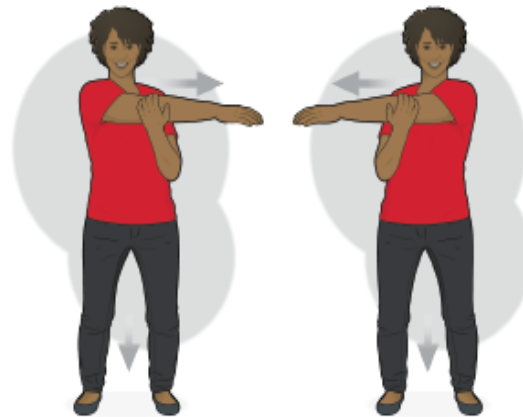
■ Neck Stretch

- Stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and gently bend your head toward your right shoulder.
- Hold it there for 5 seconds.
- Repeat on the left side and hold it for 5 seconds.
- Now tip your head forward toward your chest and hold it for 5 seconds.
- Then tilt your head back, looking up toward the ceiling for 5 seconds.



■ Shoulder/Upper-Back Stretch

- Stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and stretch your right arm across your chest by pulling your right elbow with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.

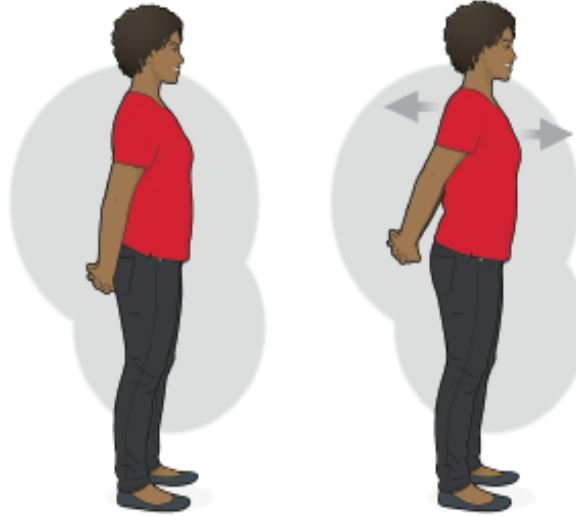


Chair Exercises

Flexibility

■ Chest/Shoulder Stretch

- Bend your knees slightly, tense your stomach muscles, and relax your shoulders. If you need to sit, sit forward in your chair so your arms can go slightly behind you.
- Move your hands behind your back as close as you can behind you, holding them together if you can.
- Now bring your shoulders back and push your chest forward.
- Hold the stretch for about 10 seconds.



■ Upper-Back/Back of Arm Stretch

- Stand with your feet a little apart. You can also do this exercise while seated in a chair.
- Your stomach muscles should be slightly tensed and, if standing, your knees should be slightly bent.
- Relax your shoulders and stretch your right arm up reaching behind you by pulling to your right elbow up with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.

Chair Exercises

Flexibility

■ Back of Upper-Leg Stretch

- Stand behind a chair with your legs straight.
- Hold the back of the chair with both hands.
- Bend forward from your hips, keeping your legs and back straight.
- Hold this position for 10 seconds, relax, and repeat the stretch again.



■ Calf Stretch

- With straight arms, put your hands on the wall in front of you.
- Place your feet shoulder-width apart.
- Move your right foot back from the wall about 12 inches while bending your left knee and holding your back and right knee straight.
- Bend your elbows slightly and lean in a few inches toward the wall to stretch your right calf.
- Hold the stretch for about 10 seconds.
- Repeat this stretch with the other leg.



Goals for Activity and Exercise

- Aim for 10,000 steps/day
- Move for a few minutes every hour to avoid prolonged sitting
- Exercise goals:
 - Cardio/aerobics: 150 minutes/week or 30 minutes 5 days/week
 - Strength training 2-3 days/week working major muscle groups
 - Stretching or balance exercises daily, or 3x/week


Resources for Activity and Exercise

- YouTube is a great resource!
 - Silver Sneakers program
 - Sit and Be Fit
 - Walking at Home with Leslie Sansone
- Exercise Apps:
 - Map My Walk (free)
 - SilverSneakers GO (free)
 - 7-Minute Chi (free)
 - Sworkit (free)
 - C25K (free)
 - Daily Burn (paid)

Walking Schedule for Beginners

Use this walking schedule as a guideline to help you plan your workouts and reach your fitness goals.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Kick-off workout: Walk a total of 30 minutes at an easy pace outdoors, breaking it into three sessions of 10 minutes each.	Treadmill trek: Take it indoors, and walk 30 minutes on a treadmill at 3 MPH.	Rest day	Build-up: Walk a total of 30 minutes easy, breaking it into two sessions of 15 minutes each.	Rest day	Incline treadmill: Back to the gym, but this time use a slight incline (10%) on your treadmill. Set your speed at 2.5 to 3.0.	Recovery walk: Walk 30 minutes easy on a flat course.
Week 2	Rest day	Outdoor intervals: On the sidewalk, walk 5 minutes easy, 5 minutes harder for 30 minutes.	Partner walk: Call a friend or family member and invite them on your 30-minute walk.	Rest day	Hill walk: Pick a neighborhood with some small rolling hills, and walk briskly for 30 minutes.	Indoor intervals: On the treadmill, walk 5 minutes easy, 5 minutes harder for 30 minutes.	Recovery walk: Walk 30 minutes easy on a flat course.
Week 3	Rest day	Endurance: Stretch your walk to 45 minutes. If needed, rest for 2 minutes every 15 minutes.	Treadmill recovery: Walk easy for 20 minutes (2.5 MPH), then slightly faster for the last 10 minutes (3.0 MPH).	Sightseeing: Pick a local park or trail and walk briskly for 30 minutes over varied terrain.	Rest day	Hill climb: Pick a route with a steeper hill, walk up and down the hill for 30 minutes. Try to walk briskly up, and relax your pace on the way down.	Recovery walk: Walk 30 minutes easy (2.5-3.0 MPH) on the treadmill.
Week 4	Partner walk: Call a friend or family member and invite them on your 30 minute walk.	Rest day	Outdoor intervals: On the sidewalk, walk 10 minutes easy, 10 minutes harder for 30 minutes.	Rest day	Stairs: Incorporate a staircase into your 30 minute walk. Try to walk up and down the staircase 5-10 times during your workout.	Recovery walk: Walk 30 minutes easy on a flat course.	Rest day
Week 5	Endurance: Try to walk 1 hour without stopping!	Recovery walk: Walk 30 minutes easy (2.5-3.0 MPH) on the treadmill.	Celebration laps:	<div>  <div> CONGRATULATIONS! The finish line is <i>just the beginning</i> of a whole new race. </div> </div>			

Join us for Class 3: Healthy Eating Habits

- Meal planning tips
- Recipe resources
- Grocery shopping advice
- Eating better when eating out

Questions?