

Chair Exercises and Lifting Weights

Why are chair exercises and lifting weights important?

Physical activity is one of the most important things you can do to maintain your diabetes control as well as your mental health and quality of life. You should include different types of activity in your daily life.

Research has shown that muscular strength and endurance activities help you in many ways. Some benefits include:

- helps to build muscle which supports bone
- helps to manage conditions such as osteoarthritis and osteoporosis
- improves balance and coordination

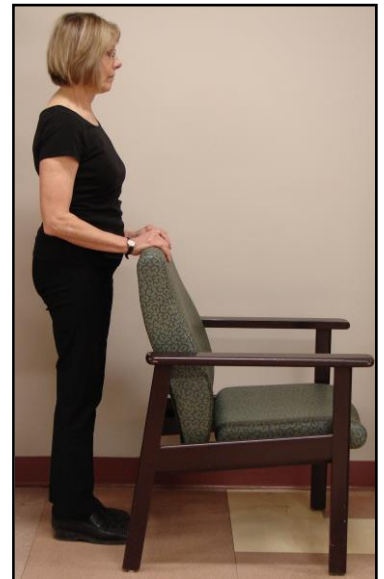
If you have medical problems, you should contact your doctor or health care provider who can advise the right kind of activity for you.

How much does this cost?

You do not need to join a gym. For these exercises, you need a steady chair with a flat seat. The top of the chair should come to your waist when you stand behind it as shown in the picture.

For your arms, you can use barbells or fill plastic bottles with water or sand to the weight you want to lift. Start with light weights: about 3 pounds for a woman and 5 pounds for a man. Increase the amount by 1 to 2 pounds as you get stronger.

You can buy ankle weights to improve leg strength. These are generally sold in increments of 2, 4, and 5 pounds.



How many exercises should I do?

It is helpful to think about **FITT** when talking about an exercising program:

F	Frequency
I	Intensity
T	Time
T	Type

For the exercises in this hand out, here is a FITT guide:

Frequency	<ul style="list-style-type: none">• 2 to 4 times a week
Intensity	<ul style="list-style-type: none">• Weight should feel challenging but not so hard that you compromise your form.• Your muscles should feel tired at the end of each set.
Time	<ul style="list-style-type: none">• Do 3 sets of 8 to 12 repetitions working toward 3 sets of 15 repetitions.• Rest 1 minute in between sets.
Type	<ul style="list-style-type: none">• Do exercises that are tailored to your goals and the muscles you are trying to work.

Tip: Avoid using momentum with muscular strength activities. Slow and controlled movements are best.

Muscles in the front of upper arms (Biceps)

- Sit straight in the chair with your arms at your sides.
- Bend one arm at the elbow and lift weight toward your shoulder.
- Avoid moving your upper arm or shoulder while you bend.
- Slowly lower your arm to the starting position.
- Repeat 12 repetitions and then alternate to your other arm for 12 repetitions.
- Complete 3 sets.



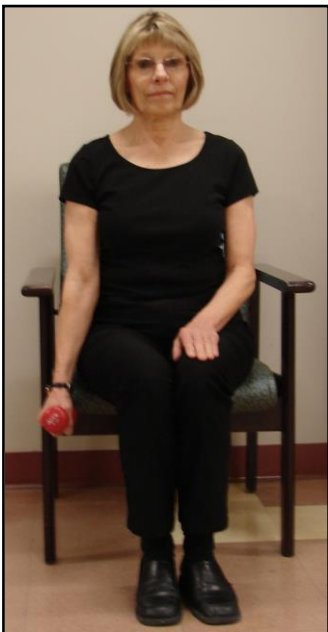
Muscles in the back of upper arms (Triceps)

- Sit straight in the chair with your arms at your sides.
- Bring one arm to chest making sure the elbow is at shoulder height.
- With palm facing down, extend the same arm out only moving your forearm until your arm is straight.
- Repeat 12 repetitions and then alternate to your other arm for 12 repetitions.
- Complete 3 sets.



Muscles in the upper arms / shoulders (Deltoids)

- Sit straight in the chair with your arms at your sides.
- Raise one arm out to the side to shoulder height.
- Lower your arm to starting position.
- Repeat 12 repetitions and then alternate to your other arm for 12 repetitions.
- Complete 3 sets.



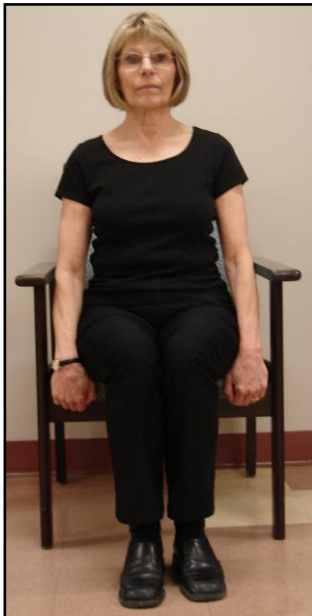
Muscles in the front thigh (Quadriceps)

- Raise one foot in front of you until your leg is as straight as you can get it. Point your toes up.
- Slowly lower your leg to the starting position
- Repeat 12 repetitions and then alternate to your other arm for 12 repetitions.
- Complete 3 sets.



Muscles in the core/ abdomen (Rectus Abdominus)

- Bring bum to the edge of chair so that your back is not resting. Sit tall.
- Raise your left arm to shoulder height, and your right knee at the same time. Hold for 15 seconds.
- Alternate to the opposite knee and arm.
- Complete 3 sets.



Muscles in ankles and back of calves (Gastrocnemius and Soleus Muscles)

- Stand straight behind chair holding onto chair.
- Raise your body on your toes as high as you can.
- Lower your body slowly to the starting position.
- Make sure you do not thrust forward as you lift onto your toes.
- Complete 15 repetitions and then take a rest. Complete 3 sets.
- Weights are optional.



Start with feet flat on floor



Lift heels up.

Muscles in back of thighs (Hamstrings)

- Stand straight behind chair holding onto chair.
- Without moving your upper leg, bend one knee, bringing your knee towards your buttox (bum) so that your heel is as close to the back of your thigh as you can get it.
- Repeat 12 repetitions and then switch legs.
- Complete 3 sets.
- Try not to arch your back when doing this exercise.
- Lower your leg to the starting position and repeat with your other leg.



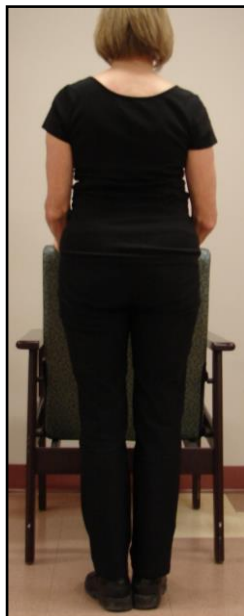
Stretch for muscles in front of hip (Hip Flexors)

- Hip flexor muscles are often tight in people who are sedentary or work at a desk.
- Stand straight behind chair holding onto chair.
- Take a small step back with your left foot.
- Bend your left knee slightly and lean back.
- Hold the stretch for 20 to 30 seconds and then switch sides.



Muscles at sides of hips and thighs (Abductors)

- Stand straight behind chair.
- Hold onto back of chair.
- With your leg straight, move one leg out to the side.
- Keep your toes pointing forward.
- Lower your leg to the starting position and repeat 12 repetitions.
- Switch legs and complete 3 sets.



Muscles in buttocks/bum (Gluteus Maximus)

- Stand straight and hold onto the back of the chair.
- Bend forward slightly from chest.
- Lift one leg straight out behind as high as you can. Avoid bending your knee or moving your upper body.
- Lower your leg to the starting position.
- Repeat 12 repetitions and the switch to other leg.
- Complete 3 sets.

