

strength training

20-30 minutes of strength training 2-3 times per week can improve your health dramatically.

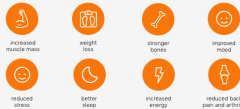


Strength Training

Strength training uses weight or resistance to increase muscle mass.

You don't need to go to the gym to build muscles. Plenty of exercises build muscle using your own body weight!

Benefits



Lower Blood Glucose

Keeping your blood glucose as close to normal as possible (70-140 mg/dL) reduces your risk of developing diabetes complications and empowers you to live a long, healthy, active, happy life.

Exercise lowers blood glucose in 2 ways:



When muscles contract during exercise, they take up glucose and use it for energy even when insulin is not available.

Exercise also increases insulin sensitivity, allowing all cells to take up more glucose to use for energy.



The more muscle you have, the more calories you burn — even when your body is resting.

Guidelines



Listen to your body. Your muscles should be tired out after 2-3 sets. If not, add more weight / resistance.

If an exercise causes sharp pain, stop. Try less weight or rest those muscles for a few days.

Mix it up and keep your body guessing by adding some of these moves to your fitness routine:

Squats

Strengthens the lower body.



1. Feet shoulder-width apart
2. Hands at chest level
3. Bend knees
4. Stick butt out & repeat down

Lunges

Strengthens the lower body and core, and improves balance.



1. Stand straight
2. Take one step forward
3. Lower hips and bend both knees to 90 degrees

Plank

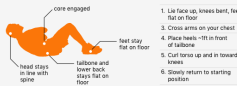
Strengthens the core and back, reduces back pain, and improves flexibility.



1. Get into push-up position
2. Place forearms on the ground
3. Line up elbows underneath shoulders
4. Hold for 30 seconds

Sit-up

Strengthens the core.



1. Lie face up, knees bent, feet flat on floor
2. Cross arms on your chest
3. Place hands "V" in front of torso
4. Lift up elbows
5. Curl torso up and in towards knees
6. Slowly return to starting position

Push-up

Strengthens arms, chest, and core.



1. Place hands on floor, slightly wider than shoulders
2. Align wrists with shoulders
3. Align arms
4. Breathe and lower to the floor
5. Exhale and push up

Side Plank

Strengthens obliques.



1. Lie on side with legs stacked
2. Place elbow under shoulder
3. Hold for a 30 seconds
4. Release and switch sides



Navigating diabetes, together.

www.onestep.today

