Choose To Move

Art by Mary Hight

Taking control of their diabetes and other chronic diseases.

Promote innovative ways to help people experience the benefits of a partnership of rural health centers and churches working to

Diabetes Self-Management Grant.

Johnson Foundation Advancing

With thanks to the Robert Wood

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Developed By
Activity Pyramid

Follow the activity pyramid to have a lifestyle filled with fun and fitness.

Exercise does not have to include hours of painful, sweat-soaked activities. It is important to develop an active lifestyle and move throughout the day.

- Strength building exercises
- Recreational or aerobic exercises
- Flexibility/stretching exercises
- Each week try to increase your level of activity by doing some thing you enjoy.

A complete and balanced exercise plan for each week would include:

- Watching TV, sitting for more than 30 minutes at a time.

These activities on the pyramid are only suggestions. Be creative in finding ways to stay active.
**Strength Building Exercises**
- Do chair exercises
- Walk
- Take them out for a walk and grandchildren
- Play with your children
- Do household chores
- Sew
- Mow the lawn, garden, rake the leaves
- Take the stairs
- Walk to the mailbox
- Walk while talking on the phone
- Get up and walk around the house

**2-3 Times a Week**
- Try the Chair Exercises in this booklet
- As it feels comfortable (10-30 seconds)
- Gradually ease into a stretch and hold only as long as you can
- Stretch smoothly and never bounce
- Stretch shoulders and arms
- Stretch major muscle groups, such as legs, back

**Flexibility/Stretching**
- 2-3 Times a Week
- Involves your whole body such as walking, moving
- Activities to get your heart and lungs pumping
- Throughout the Week

**Recreational/Aerobic**
- 3-5 Times a Week
- Don’t hold your breath, always exhale on exerrion
- Use smooth, controlled movements
- Perform 1-2 sets of 8-12 repetitions
Welcome to Chair Exercise Class

Flexibility

Improve Your

During and after activity, plenty of water before, remember to drink.

Warm-up and cool-down before and after sure.

Make sure you have the right walking exercises or stretching, try chair.

If you have trouble walking, try chair.

Taking more steps each day.

If you can walk without pain, begin by.

Determine what exercises are right for you.

Gradually—especially if you have been inactive.

Begin slowly. Build up gradually.

Tips for Getting Started.
Repeat with opposite knee.
Repeat 10 times.
Now, lift up your knees.
Repeat 10 times.

Wiggle those toes.

Now, let's exercise those feet.
Stomp those feet.
Forward and back 10 times.
Keep your back straight and lean.

Leg.
Note: Switch to opposite leg. Repeat 10 times. Place your feet on the floor. Then point your toes up towards the ceiling.
Repeat 10 times.

Now, let's work the lower body.
Move your hand down your leg towards your foot, and back up again—as if putting your hand down your leg.

Hold for 10 seconds.
Then lean to the left and hold for 10 seconds.
Then lean to the right and hold for 10 seconds.
Place both hands above your head, lean to the right, and touching your shoulders.

Flexibility
Improve your

Welcome to Chair Exercise Class (continued)
Wall Push-up

Body movement: Repeat 8-12 times.
Stand in front of chair. Place feet hip-width apart and toes pointed out.
Bend your hips and loop your arms crossed over chest. Lean forward slightly—
with shoulders back and back straight. Show slowly tight. Keep your
wrist slightly from the hips. Keeping your back straight and
arms crossed over chest. Lean forward slightly—
Bend at the hip, slowly lower your body movement upward using the same
to the chair. Pause, then push

Modified Squat

Stand up to 10 times as well.

Exercise Examples: Build Your Strength

Welcome to Chair Exercise Class (continued)
**Lower Back Extension**

Lie face down with your hands at your side—this can be done in bed. Slowly raise your shoulders and chest about five inches by contracting your back muscles. Keep your lower body relaxed and your head in line with your upper body. Hold for one second, then slowly lower your upper body to within one inch of the surface you are lying on.

Repeat 8–12 times.

**Standing Bicep Curl**

Stand upright with your arms at your sides, your feet about shoulder-width apart and your knees slightly bent. With a weight in your right hand, slowly bend your arm and bring your hand to your shoulder, keeping your elbow still and your back straight. Hold for one second. Slowly return to the starting position. Perform 8 to 12 repetitions, then repeat on your left side.

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**Make an Action Plan!**

1. Decide what you want to accomplish.
2. Start making short-term plans by making an action plan for this week.
3. Carry out your action plan.
4. Check the results.
5. Make changes as needed and repeat each week.
6. Remember to reward yourself.

**I Choose to Move...**

**How do I begin?**

**I am Ready.**
How confident are you?

(How many?)

(When?)

(How much?)

(What?)

This week I will:

Action Plan Form

0 = not confident, 10 = totally confident

5 Days

After lunch each exercise 5-10 times

Do chair exercises

Action Plan Example