



# MORE THAN ABLE

Having limited mobility does not have to mean exercise is out of the question. For the person with diabetes, able-bodied or not, exercise is essential.

**Exercise has many benefits. It can help keep weight down and build muscle. It can strengthen bones and improve circulation. Exercise can also help:**

- Stabilise blood sugar levels
- Increase insulin sensitivity
- Lower blood pressure
- Slow the progression of neuropathy (nerve disease)

### ADA Exercise Recommendations

For a person with limited mobility caused by neuropathy, the American Diabetes Association (ADA) recommends the following activities:

- Swimming
- Bicycling
- Rowing
- Chair exercises
- Arm exercises
- Other non-weight-bearing exercise, such as yoga or tai chi

**Remember to practise proper foot care during exercise. An air or silica gel midsole inside shoes will provide protection. Polyester or cotton-polyester socks will help keep feet dry.**

### Warming Up Before Exercise

No matter the exercises or level of ability, a warm-up period is essential. Even those with extremely limited mobility can do slow and gentle range-of-motion exercises with their unrestricted body parts. Their doctors can demonstrate these exercises.

Here's an example of a good warm-up routine. Each of the following exercises should be repeated six to 10 times. Those who are unable to stand should talk to their doctors about accommodations.

- Neck rolls: Tuck chin into chest and roll chin from side to side by trying to touch ear to shoulder. Can be done standing or sitting.
- Shoulder circles: Stand with feet apart. Raise right shoulder toward right ear; lower shoulder back down in a smooth motion. Repeat on the other side.
- Overhead arm swings: Stand with feet slightly wider than shoulder-width apart. Keep back straight and knees slightly bent. Swing both arms up overhead, then back down past hips.
- Crossover arm swings: Stand as for overhead arm swings. Swing both arms out to side at about shoulder height and then across chest.
- Side bends: Stand as in overhead arm swings. Rest hands on hips. Lift torso up and bend smoothly to left, then back up straight, then to the right. Try to keep a smooth slow rhythm and spread out while bending to the side. Inhale while returning to the upright position.

#### Sources:

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