



K Kelsey-Seybold Clinic®
Changing the way health cares.™

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

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REGISTERED DIETITIAN



Objectives

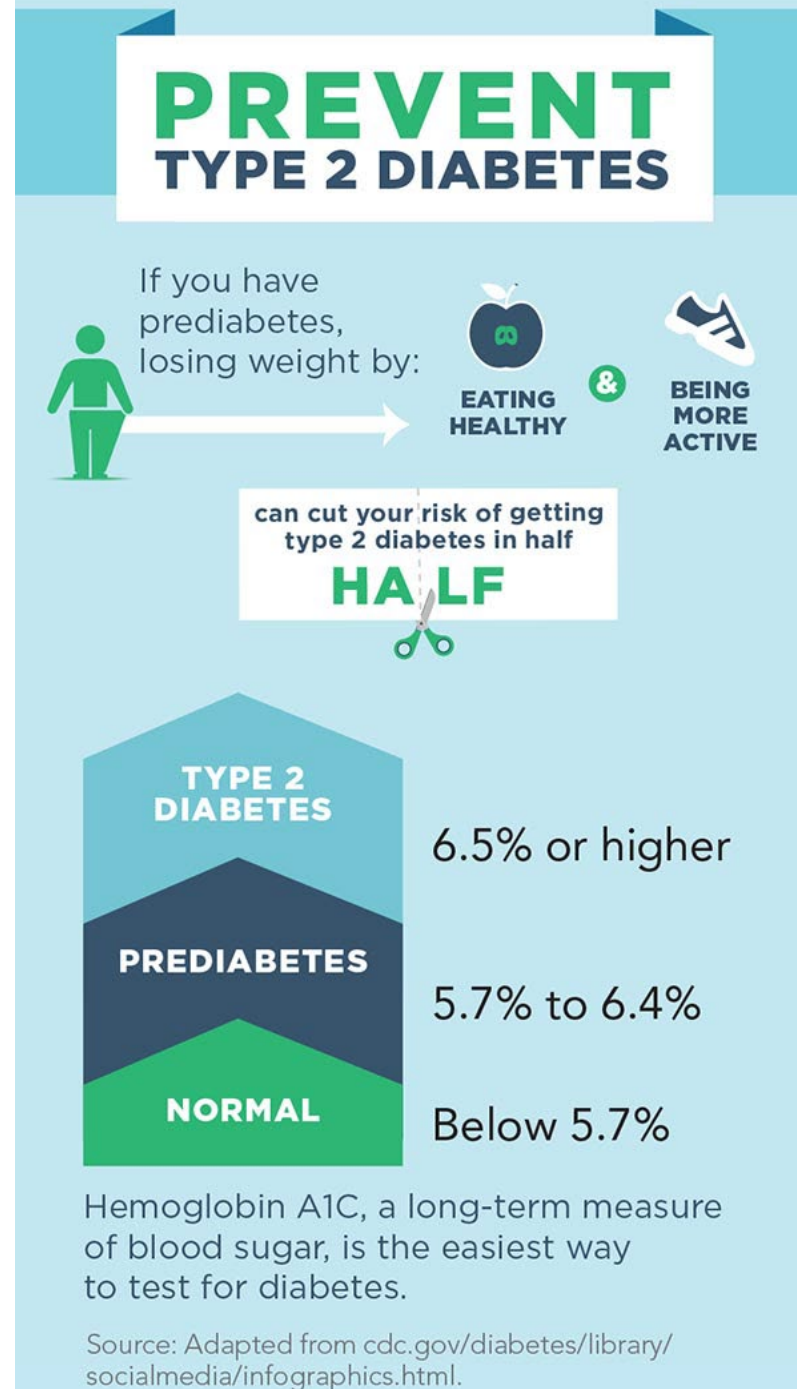
- Define Prediabetes
- Review My Plate
- Stacking habits with SMART goals
- Discuss how exercise helps prevent Type 2 Diabetes
- Define and provide examples of all types of exercises for all fitness levels

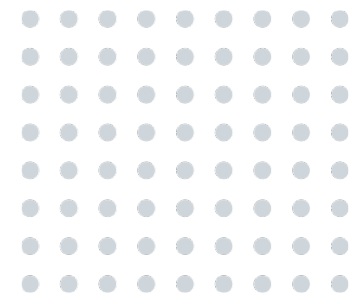
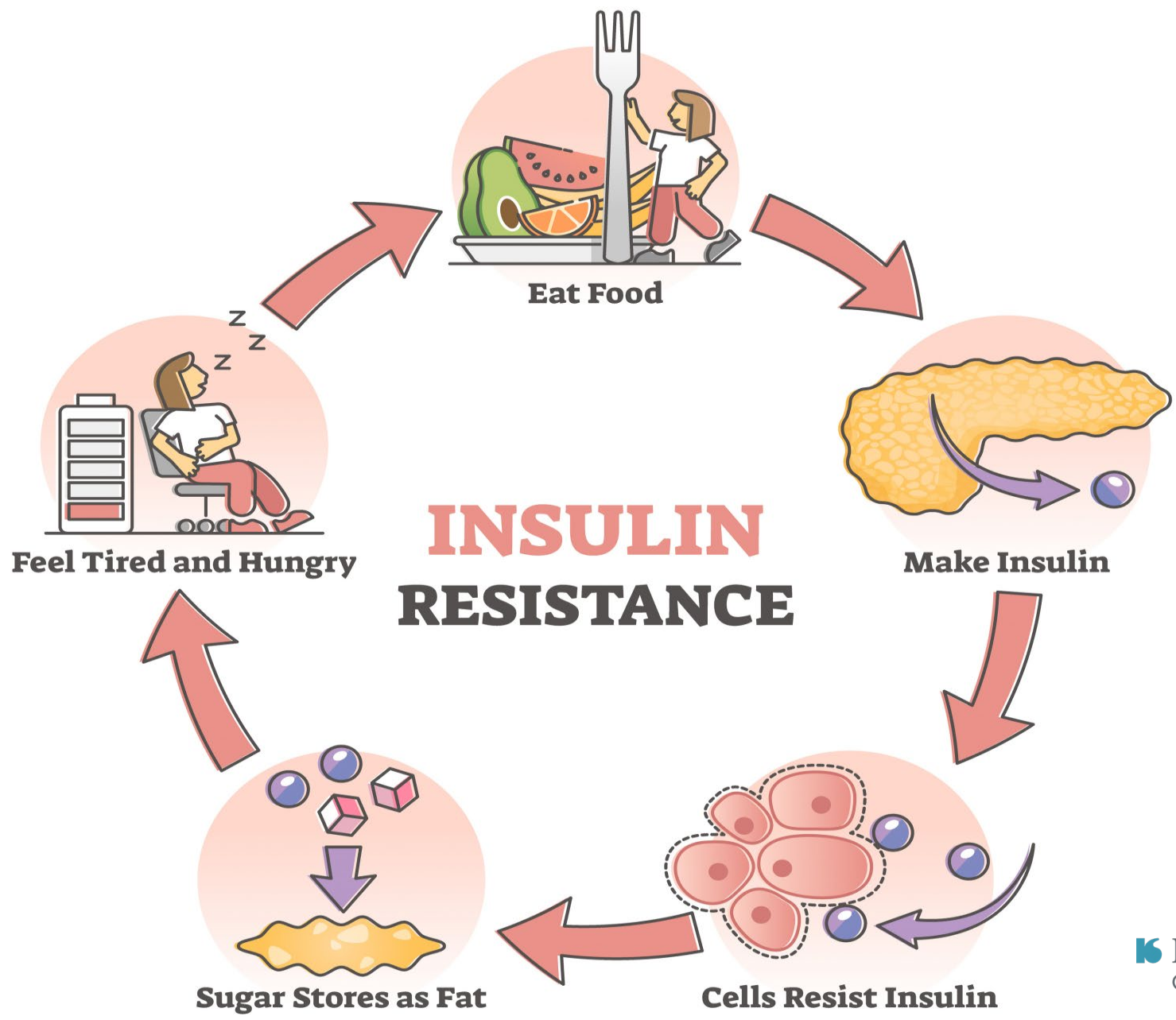




What is Prediabetes?

- When your blood sugar is higher than normal but not high enough to be considered Type 2 Diabetes.
- The good news is that if you have prediabetes, you can make lifestyle changes to prevent or delay Type 2 Diabetes and other serious health problems.
- This is the time to make lifestyle changes to prevent the onset of type 2 DM

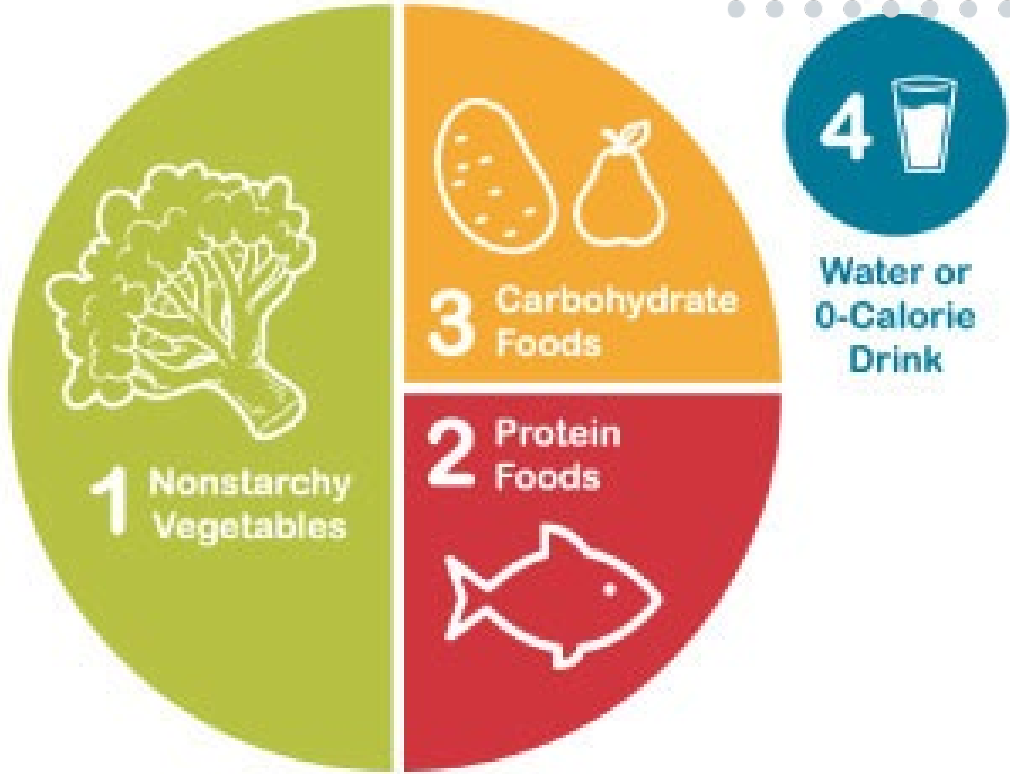


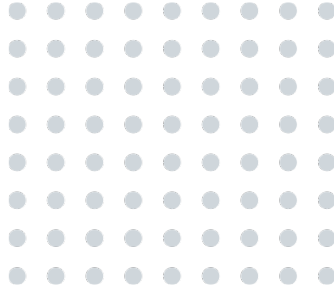




Meal Planning with The Plate Method

- Fill half of your plate with non-starchy vegetables
- Fill ¼ plate with 1 cup of starch/grain/fru
- Fill ¼ plate with 3-4 ounces of protein
- Drink water or another beverage without sugar





SMART Goals

- Assess plate/activity goal
- Add new goal



Specific



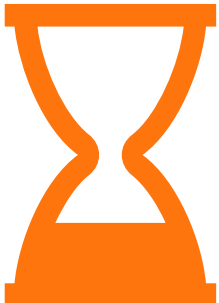
Measurable



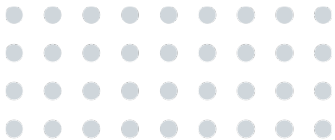
Action Oriented



Realistic



Timed





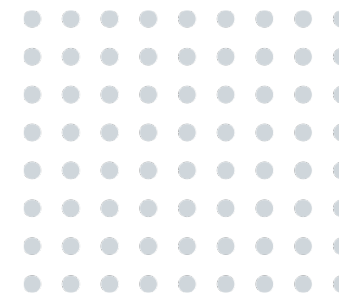
Activity Vs. Exercise

Exercise: Planned, intentional, consistent and over a period of time

- Goal of walking 30 minutes, 5 days a week for the next 3 months
- Goal of doing 30 minutes of yoga, 3 times a week for the next 3 months



Activity: Moving more throughout the day



Activity: Moving more throughout the day



Activity: Moving more throughout the day



Activity: Moving more throughout the day





How Does Exercise Help Prevent Type 2 Diabetes?

- Blood sugar control
- Improves insulin sensitivity
- Increased muscle mass
- Promotes weight loss





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

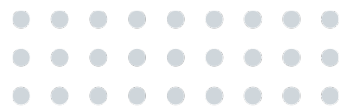
- Positive attitude
- Supportive shoes
- Well fitted socks
- Water bottle
- Optional equipment:
 - Resistance bands
 - Jump rope
 - Weights
 - Mat





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.





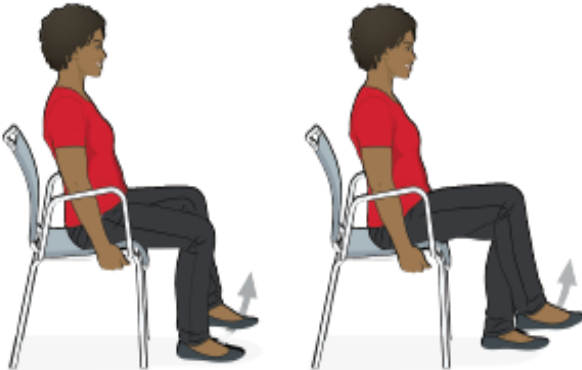
Chair Exercises

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

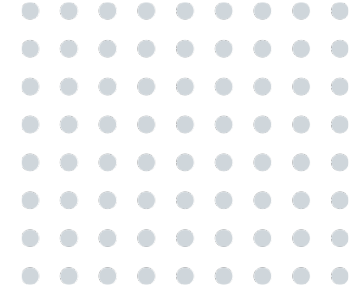
■ Seated Arm Curls

- 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).



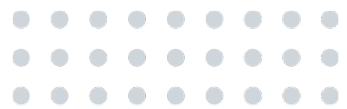
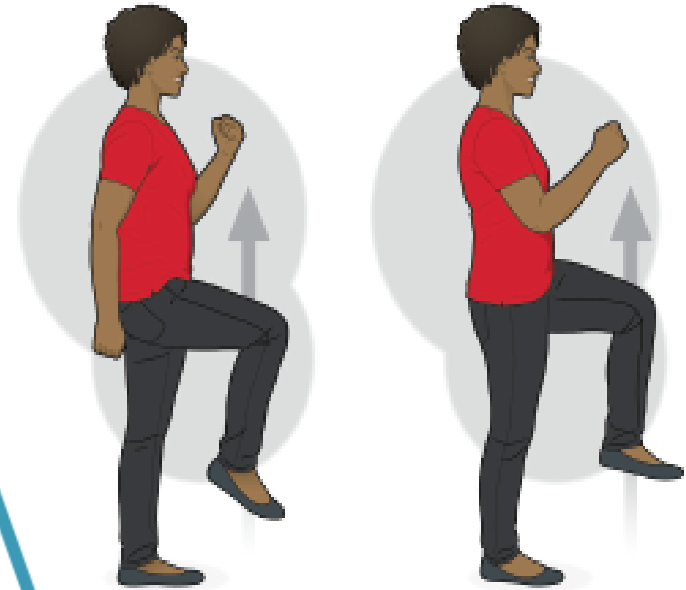
■ Seated Overhead Punches

- 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.



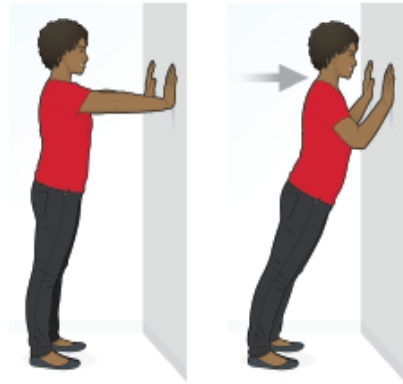
Chair Push-Ups

- 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

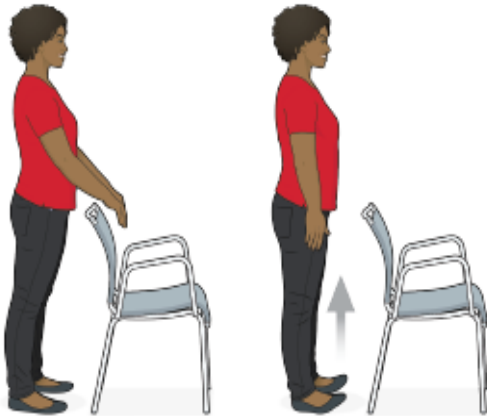
Balance

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

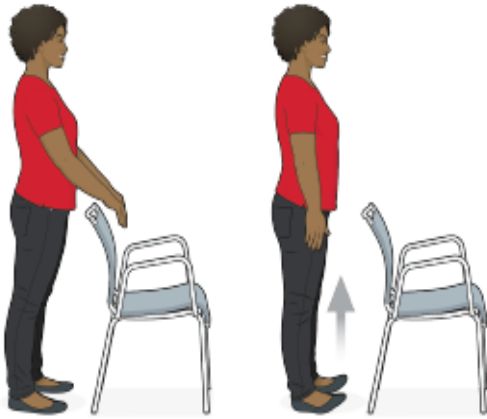
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■ Toe Raise

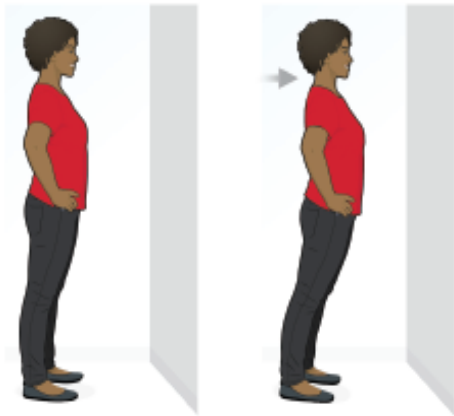
- Rock back on your heels while standing up.
- Repeat this 20 times.

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

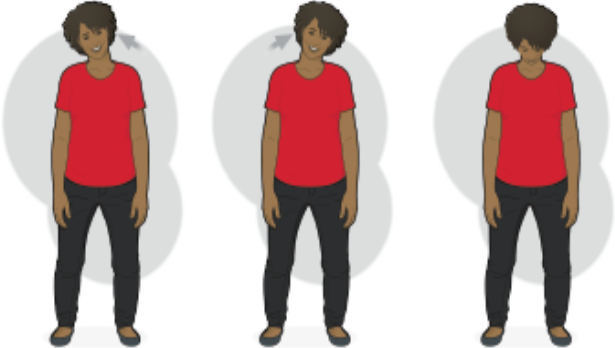
Flexibility

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.



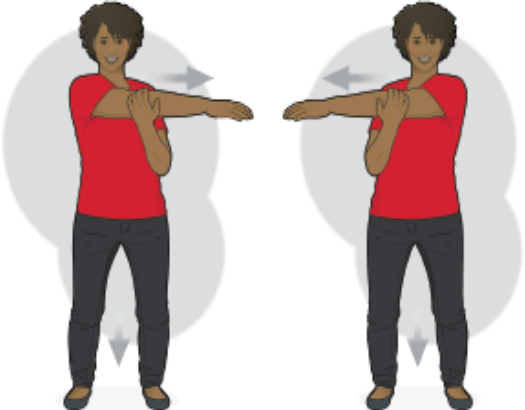
■ Neck Stretch

- 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:

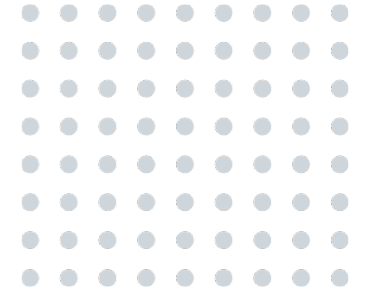
Cardio/aerobics: 150 minutes/week or 30 minutes 5 days/week

Strength training 2-3 days/week working major muscle groups

Stretching or balance exercises daily, or 3x/week



Resources for Activity and Exercise



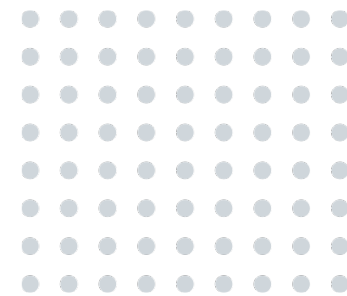
YouTube is a great resource!

- 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)





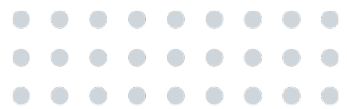
Join us for Class 3: Healthy Eating Habits

Meal planning tips

Recipe resources

Grocery shopping advice

Eating better when eating out





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THANK YOU

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