



**Are You
Ready?**



**Choose
to MOVE**

Developed by
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With thanks to the Robert Wood
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A partnership of rural health centers and churches working to
promote innovative ways to help people experience the benefit of
taking control of their diabetes and other chronic diseases.

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Activity Pyramid

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

CUT DOWN ON

Watching TV. Sitting for more than 30 minutes at a time.



THROUGHOUT THE WEEK



Balance & Flexibility

Stretching
Chair Exercises

Recreational Activities

Brisk walking
Bowling
Golf



Muscle

Strengthening
Using your body weight or lifting 1-2 lb. hand weights or cans.

EVERY DAY

Walk with a friend, grandchild or dog. Walk around the house. Make extra steps in your day - walk to the mailbox - take the stairs - do household chores - garden or work in the yard - do chair exercises.

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.

These activities on the pyramid are only suggestions. Be creative in finding ways to stay active.



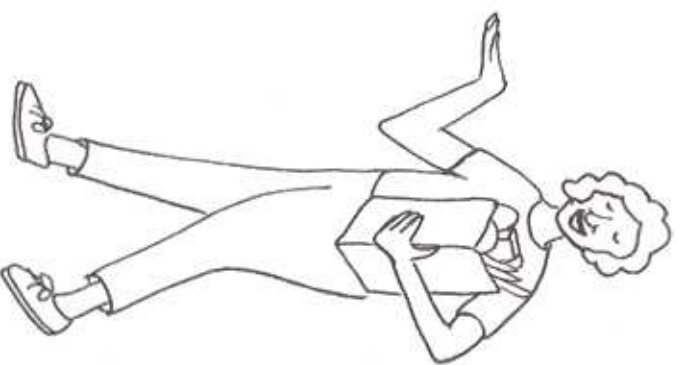
A complete and balanced exercise plan for each week would include:

- Recreational or aerobic exercises
- Flexibility/stretching exercises
- Strength building exercises

Each week try to increase your level of activity by doing something you enjoy.

Everyday Activities

- Get up and walk around the house
- Walk while talking on the phone
- Walk to the mailbox
- Take the stairs
- Mow the lawn, garden, rake the leaves
- Do household chores
- Play with your children and grandchildren — take them out for a walk
- Do chair exercises



Throughout the Week

Recreational/Aerobic

3-5 Times a week

- Activities to get your heart and lungs pumping
- Involves your whole body such as walking, mowing the lawn, dancing, and so on

Flexibility/Stretching

2-3 Times a week

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

Strength Building Exercises

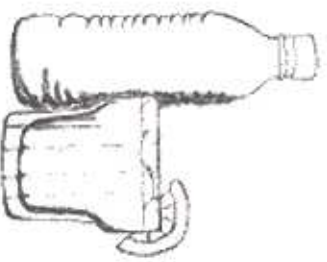
2-3 Times a week

- Perform 1-2 sets of 8-12 repetitions
- Use smooth, controlled movements
- Don't hold your breath, always exhale on exertion

Tips for Getting Started



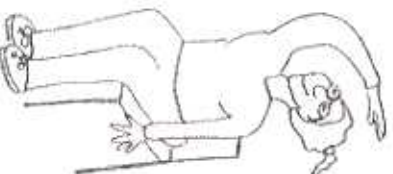
- Begin slowly. Build up gradually —especially if you have been inactive
- Determine what exercises are right for you and adjust to your ability
 - If you can walk without pain, begin by taking more steps each day
 - If you have trouble walking, try chair exercises or stretching
- Make sure you have the right walking shoes and cotton socks...ask if you're not sure
- Warm-up and cool-down before and after your regular activity



- Remember to drink plenty of water before, during and after activity

Improve Your Flexibility

Welcome to Chair Exercise Class



Lets start by pulling up a chair, sitting down and taking 3 big deep breaths.

Great! Now take one hand over your head, hold it for 10 seconds. Repeat with the other hand.

Relax your shoulders.

Move your arms in circles— 10 times forwards and 10 times backwards.

Make sure your shoulders are still relaxed.

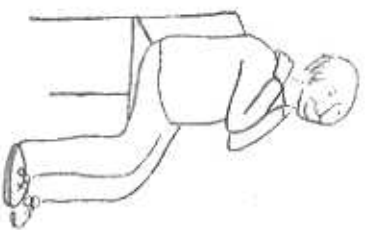
Place you hands on your shoulders and roll them forward 10 times, then backwards 10 times.



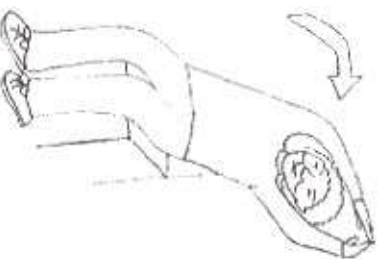
Improve Your Flexibility

Welcome to Chair Exercise Class (continued)

Keeping your shoulders relaxed, and your hands on your shoulders, touch your elbows together 10 times.

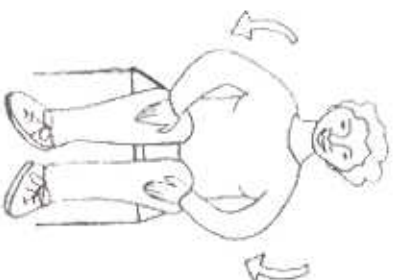


Place both hands above your head, lean to the right and hold for 10 seconds, Then lean to the left and hold for 10 seconds.



Now, lets work the lower body!

Move your hand down your leg toward you foot, and back up again—as if putting on your socks. Repeat 10 times. Switch to opposite leg.



Place your hands on your thighs, keep your back straight and lean forward and back 10 times.



Stomp those feet.



Wiggle those toes, don't forget both feet.



Now, lets exercise those feet and leg muscles. Place your feet flat on the floor. Then point your toes up towards the ceiling. Repeat 10 times.



Now, lift up your knees one at a time. Repeat 10 times.

Repeat with opposite knee.

Improve Your Flexibility

Welcome to Chair Exercise Class (continued)



Don't stop at your knee, touch hand to opposite toe. Hold for 10 seconds. Repeat with opposite hand.

You may repeat this movement up to 10 times as well.



Wiggle your fingers, as if playing the piano. Also, use your hands to trace the letters of the alphabet in the air.

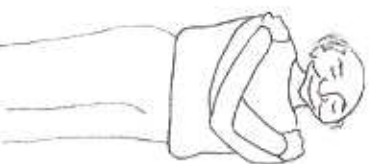


Silently scream! Open your mouth wide as if to yell, but don't make any sound. Try saying the vowels out loud —A E I O U.

Cool down by taking three deep breaths.

You did a GREAT JOB.

Go ahead...Give yourself a hug.

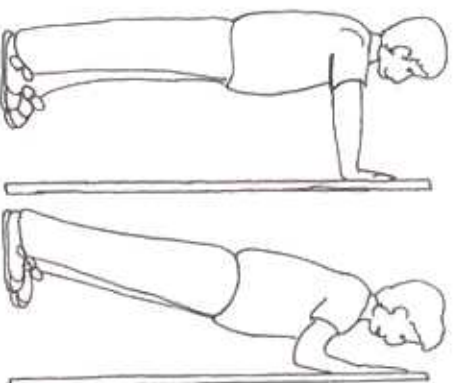


Build Your Strength Exercise Examples



Modified Squat

Stand in front of chair. Place feet hip-width apart, and toes pointed out slightly—with shoulders back and arms crossed over chest. Lean forward slightly from the hips, keeping back straight and stomach tightened. Bending at the hip, slowly lower buttocks toward chair. Pause, then push up from the chair using the same body movement. Repeat 8-12 times.

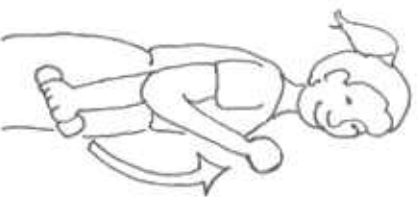


Wall Push-up

Stand facing a wall. Put both palms on the wall about shoulder height. Lean forward, bending at the elbows, until your nose almost touches the wall. Push away from the wall with your arms until you are standing straight up. Repeat 8-12 times.

Build Your Strength

Exercise Examples



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.

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.



I Choose to Move...



How do I begin?

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.

Action Plan Example

This week I will:

Do chair exercises _____ (What?)

Each exercise 5-10 times _____ (How much?)

After lunch _____ (When?)

5 days _____ (How many?)

How confident are you? _____ 9

0 = not confident 10 = totally confident

Action Plan Form

This week I will:

_____ (What?)

_____ (How much?)

_____ (When?)

_____ (How many?)

How confident are you? _____

0 = not confident 10 = totally confident

