



EXERCISE AND DIABETES

LET'S GET YOU FEELING BETTER!

MOBILITY AND GENERAL FITNESS



NeuroMotion Wellness

www.neuromotionwellness.com





The Program

Movement, whether organized in an exercise class or simple physical activity, like gardening, cleaning, or playing with your grand children is an integral part of life. Moving regularly has many benefits for the human body, including controlling blood sugar levels, lowering blood pressure and cholesterol, keeping the heart healthy, relieving pain, improving sex, and keeping a healthy weight.

Diabetes mellitus is a chronic disease that, if left untreated can result in high blood sugar levels which can cause heart disease, strokes, and nerve damage that can result in blindness and pain or numbness in the hands and feet among other symptoms. Type 2 diabetes or pre-diabetes affects 11 million Canadians and its prevalence increases with age. However, if you have diabetes or pre-diabetes, you can get it under control and potentially reverse its effects by finding the motivation to exercising regularly and follow a healthier diet.

At NeuroMotion Wellness, in addition to this program, we offer weekly live virtual exercise classes which can further motivate you to keep getting healthier. By doing these classes, you can get a sense of community, which can be difficult to maintain during the pandemic.

After a few months of consistent exercise, you can then consider doing the next program (which will focus on improving balance and will be available in May 2021) or join the live virtual fitness classes on Zoom which are available at <https://www.neuromotionwellness.com/virtual-classes>. Virtual classes promote a sense of community and will empower you further on your health journey.



So why should someone with type 2 diabetes exercise?

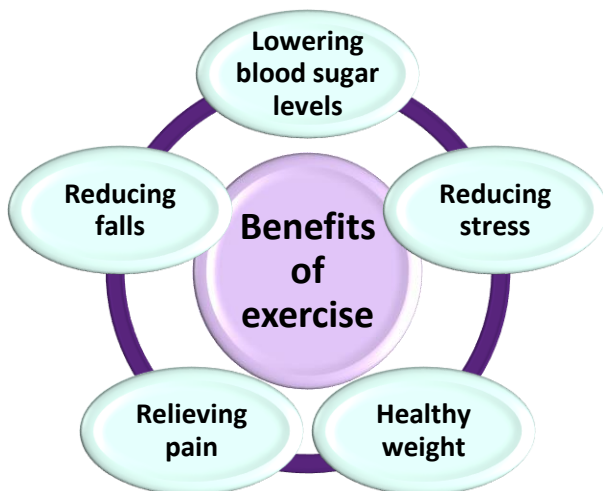


Figure 1. Benefits of exercise for people with Type 2 Diabetes.

What will I get from this program?

The program is composed of a warm-up, work-out and cool-down. Do it once a week to get in shape, twice a week to get mobility benefits and three times a week to improve your posture and general fitness further.

Other benefits of doing this program regularly include lowering your blood glucose levels and cholesterol and feeling like you are doing something great for yourself.

You can also make the warm-up part of your morning routine and do the cool-down before going to bed at night.



Warm-up

YouTube video link: coming soon

The purpose of the warm-up is to get your body and your mind ready to exercise safely and to get you in the right mindset for exercising. The mind-body connection is often undervalued but it can make the difference between feeling good and getting injured after exercising.

The focus of this warm-up is to improve mobility at the shoulders, hips, and spine, so that you can move and feel better.

Exercises

Sitting

- | | |
|------------------------------------|----------------|
| 1. Head: yes/no/head rolls | 20 sec each |
| 2. Shoulder rolls forward and back | 20 sec each |
| 3. Side leans alternating | 6 x 3 sec hold |
| 4. Cat/cow | 5 x 3 sec hold |
| 5. Around the world | 3 each arm |
| 6. Wrist and ankle circles | 20 sec each |

Standing

- | | |
|--------------------------|-------------|
| 1. Hugs | 30 sec |
| 2. Washing machine | 30 sec |
| 3. Marionettes | 30 sec |
| 4. Hip circles | 30 sec/side |
| 5. Hip external rotation | 30 sec/side |



Work-out

YouTube video link: coming soon

This workout focuses on general mobility and fitness, including cardiovascular endurance, strength and balance.

Equipment:

- a chair
- a pillow
- part of a wall
- enough space to hold both arms out freely

You are encouraged to go through all **6 exercises at least twice** (for a 45 minutes workout) or three times (for a 1 hour workout).

You should aim for **20-60 seconds active rest** (marching or walking) **between exercises**. If you can, avoid sitting down after a hard exercise because movement helps the blood return to your heart and prevents you from getting light headed (low blood pressure because not enough blood gets to the heart).

Exercises

- | | |
|-------------------------------|-----------|
| 1. Side taps with arm reaches | 1 min |
| 2. Squats | 20 |
| 3. Wall push ups | 1 min |
| 4. Pillow slams | 10 |
| 5. Shoulder squeezes | 1 min |
| 6. Walk the line | 2 x 1 min |



Cool-down

YouTube video link: coming soon

The purpose of the cool down is to bring the heart rate and blood pressure down and prepare the body for recovery. Stretching can have healing benefits after a workout in that it can help muscles recover faster and will reduce muscle soreness. Stretching will also make you feel better and more relaxed physically as well as mentally, similar to meditation.

You should go through the cool-down exercises at least once. If you feel tight and/or stressed, you can go through it two or three times. You can also use the cool down on its own, in the morning after you wake up or at night before going to bed.

Exercises

Sitting

- | | |
|---------------------------|-----------------|
| 1. Cat/cow | 5 x 5 sec hold |
| 2. T-spine rotations | 4 x 10 sec hold |
| 3. Side leans alternating | 6 x 5 sec hold |
| 4. Hamstring stretches | 45 sec/leg |

Standing

- | | |
|-----------------------------------|------------|
| 1. Quadriceps stretch | 45 sec/leg |
| 2. Overhead reach to forward fold | 3 reps |



Conclusion

This program is a great way to start getting back into shape, increase your general fitness level or get your diabetes or pre-diabetes under control. Because of the focus on mobility and general fitness, any (older) adult will benefit from this program. The key to improving fitness is consistency, which means that moving a little every day will get you and keep you healthier for longer.

Information on virtual classes can be found at <https://www.neuromotionwellness.com/virtual-classes>. Virtual classes are happening on Tuesdays at 9 am ET (Toronto time) and are free for the next 4 weeks. After that, the Winter session start on March 16th and goes until April 27th with a suggested donation of \$55.

If you are interested in learning more about this program, the virtual classes, Dr. Loïse or Neuromotion Wellness, visit www.neuromotionwellness.com or send an email at loisehp@gmail.com. I hope to see you in class this Tuesday!



Take care and stay healthy!

Dr. Loïse