

DIY Fitness Equipment

You don't need a gym membership to improve your fitness. There are plenty of every day items at home that you can use as DIY equipment. Diabetes magazine contributor Craig Wise has devised this easy plan.

If you lack motivation when doing physical activity at home, invite a friend or family member to do it with you. Maybe put on some music with a good tempo to get you into a rhythm.

All you need are **two plastic bottles** – such as medium or large milk bottles, and **two cans** such as baked beans or soup.

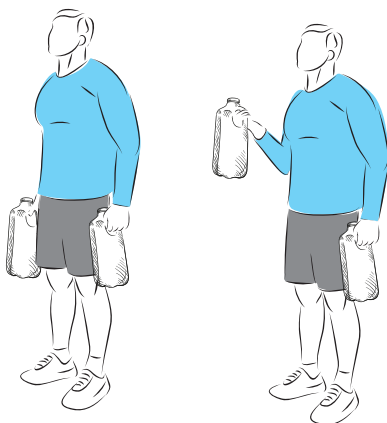
THE MILK BOTTLE



To start, a very easy classic: **the milk bottle**. We all have plenty of them around the home. Fill them up with water, sand or stones and they become a weight. If it's too heavy full, empty some of the contents out, and as your fitness improves, you can add extra weight into them.

1 Single bicep curls

Stand up straight, feet hip distance apart and weight evenly on both feet. Hold the milk bottles by your side, thumbs facing up. Bend at the elbow and lift the milk bottle towards your shoulder 8-10 times with each hand.



2 Arm raises

Stand up straight, feet hip distance apart and weight evenly on both feet. Hold the milk bottles by your side, with straight arms, thumbs facing up. Lift your arm out to the side until your hand lines up with your shoulder then lower gently back to your side, 8-10 times with each hand.



COUPLE OF CANS



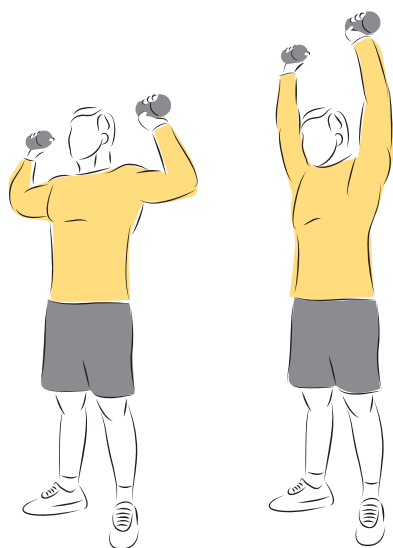
You can then go and raid the pantry: **a couple of cans** from the pantry make excellent weights, fit nicely in your hands, and they don't weigh too much if you're starting out.

3 Overhead press

Stand up straight, feet hip distance apart and weight evenly on both feet. Let your knees relax and bend a little so they're not locked in place, and bend your arms so the cans are above each of your shoulders and your thumbs are near your ears. Straighten your arms, bringing the cans up high above your head, then lower back to your shoulder height, 8-10 times.

This gives a bit of movement in your arms, a bit of resistance, and is a great starter exercise.

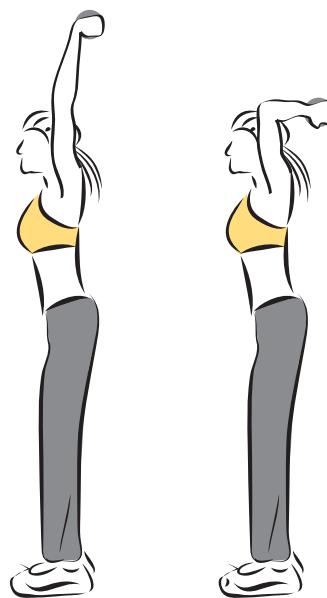
If you want something slightly heavier try small water bottles with water, stones or sand.



4 Tricep extension

Stand up straight, feet hip distance apart and weight evenly on both feet. Holding one can in each hand, with the cans facing each other and hands on the outside. Carefully bend your arms behind your head, then straighten above again 10-12 times. Great exercise for those triceps

The cans add that little bit of resistance and, again, putting some sand in there makes them a bit heavier.



THE BAG



Another simple weight that you can use at home is a **small sports or weekend bag** filled with a few hardback books.

With this we can look at doing:

5 Double bicep curls

Stand up straight, feet hip distance apart and weight evenly on both feet. Hold the bag with both arms straight, elbows in nice and close to your sides, bend at the elbow, lifting the bag towards your chest and back down 8-10 times.



6 Squats

Stand up straight, feet hip distance apart and weight evenly on both feet. Hold the bag with both hands, close to your chest. Bend at the knees, as if going to sit on a chair. Make sure your knees are in line with your toes, not knocking together or pushing out to the sides. Just squat until your knees line up with your hips then go back up, keeping a slight bend in your knees, then repeat 8-12 times.



7 Bag lifts

Stand up straight, feet hip distance apart and weight evenly on both feet. Hold the bag with both hands, lift the bag up nice and high in front of you until your arms are nearly straight above your head, then bend your arms to lower back down to hip height. Repeat 8-12 times.

If you want it be a bit lighter, take out a book and it's too light, add more.

TIP

After each exercise, move on to something else, keep moving different body parts and you'll get a great workout.

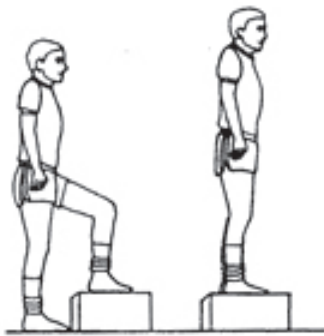
THE PARK



If you find yourself out and about **in the park**, there's plenty of great things you can do here, whether it's just somewhere you can do some steps or find something to lean on to do some press-ups.

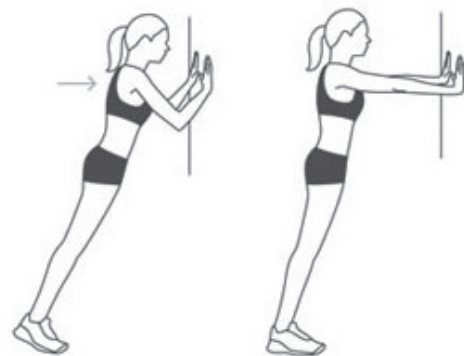
8 Step ups

Find a step that is not too high, step up with your right foot then your left, then step down with your right foot and then step down with your left. Repeat for 30 seconds. Then do it again, but alternate so you start by stepping up with your left foot and then your right.



9 Press ups

Find a post that is roughly chest height or a wall. Place your hands on the post and stand as if your body is a plank, with your feet behind you. Make sure your back is straight. Try a few press ups, bending the arms and moving your chest close to your hands then pushing back up again.



Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.