

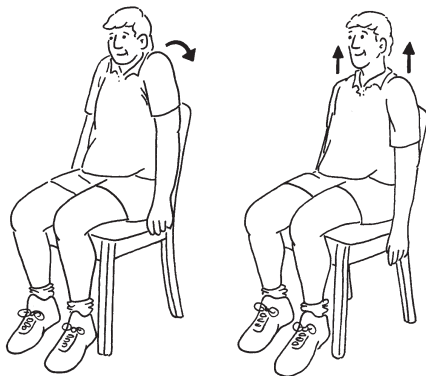
## Being active sitting down

Spend a lot of time sitting - at work or at home? Here are some easy exercises to do - and these are great if you are not able to do a lot aerobic activity. They're also good for circulation when flying on a plane.

Spend about 4-5 minutes warming up, if it is cold you may need a little bit longer.

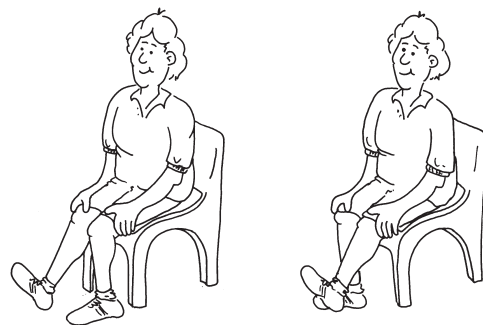
### 1 Shoulder circles

- > Circle both shoulders forwards or backwards, slowly and smoothly.
- > Do 6-8 circles in each direction.



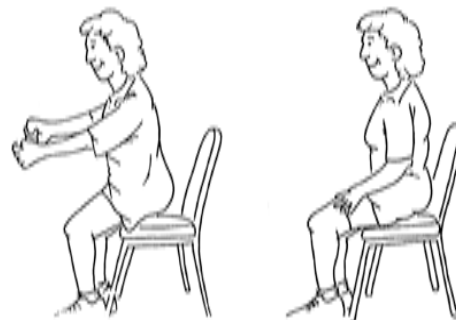
### 2 Heel digs

- > Sit tall with good posture - feet and knees hip width apart and knees in line with ankles - feet placed flat on the floor.
- > Lift the leg slightly off the ground then place the left heel on the floor just in front of the body.
- > Replace the LEFT foot beside the RIGHT foot, repeat the movement with the other leg.
- > Hands can be placed on the hips or knees
- > Sounds like - "heel - together - heel - together".



### 3 Seated lift off

- > This is like a 'jump' – use your arms as if doing a jump and at the same time push downwards with your legs.
- > Come up to almost standing position, then sit down again.
- > This is quite a small movement .
- > Repeat 10, 12 or 16 times or until legs get tired.



### 4 Leg swings

- > Extend one leg out until almost straight – then bend again.
- > Repeat with the other leg.
- > Try to do about 10-12 on each leg.



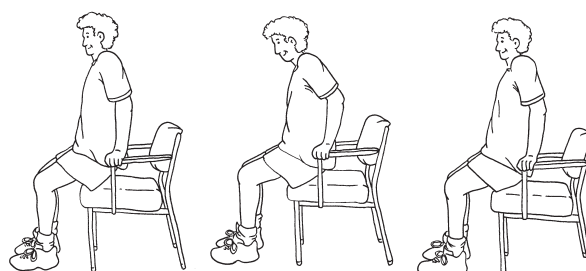
### 5 Side taps

- > Sit tall, then tap one foot out to the side and back.
- > Repeat with the other leg.
- > Try to do 20-30 on each leg.



### 6 Chair dips

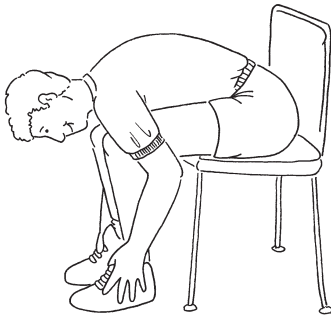
You need a sturdy chair – place it against a wall so it doesn't slip. The easy version is shown here – the harder version is to put your hands on the seat of the chair and dip down towards the floor and back. Try to do this 8, 12 or 16 times.



## 7

**Chair stretch**

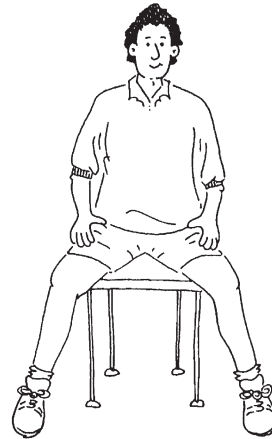
- > Sit with bottom well back on the chair.
- > Slowly bend the upper body forward at the hips.
- > Support yourself as you lower your body by walking or sliding your hands down the legs.
- > As you relax into the stretch your body may rest on your thighs.
- > When you can go no lower hold the position for 8 to 10 seconds.
- > As you release, walk or slide your hands back up your legs.
- > Relax for a few moments and repeat.



## 8

**Seated astride jumps**

- > Sit tall, hold onto the seat of the chair with both hands, make sure you have 'braced' your abdominal muscles (holding abs and back tight).
- > Jump both feet outwards so they are a little more than hip width apart, then bounce them back together again.
- > The faster you go the easier it is so to make it harder, slow down and really lift your knees up.
- > Try to do between 20 and 30

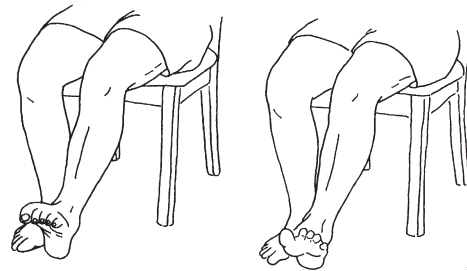


## 9

**Toe clench and spread**

- > Squeeze the toes up in a ball – hold for 1 or 2 seconds then relax and open out the toes – trying to spread your toes apart and make the toes as long as possible .
- > Do up to 8 or 10 squeezes.

Caution: This exercise sometimes causes cramp. Push the affected foot hard down into the floor or massage the foot to relieve the cramp.



## 10 Torso twister

- > Sit tall with good posture, feet remain flat on the floor and both thighs stay on the chair – avoid twisting so far that one leg lifts off the chair.
- > Lift arms bent at the elbows and cross them in front of the chest, one arm resting lightly on the other arm
- > Pull your arms behind you along with your head and shoulders – turn your head to look behind you.
- > Return to the starting position – you may need to lower the arms and give them a shake before repeating on the other side.
- > Try not to twist at the hips but in the 'trunk' or mid region of body. Start with 2 sets of 2 to 3 twists and work up to 2 sets of 4 to 6 twists.



## 11 Soft shoe shuffle

- > This activity gives you a chance to enjoy your favourite piece of music.
- > As this is an individual choice activity the starting position may vary – whatever type of movements you are going to use check that your posture is good.
- > Use a variety of arm and foot movements that are in time with the music and have some fun, the variations are endless!



Thanks to Sport Waikato for the use of images from the 'Easy Exercise Manual'.

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.

© Diabetes New Zealand Inc.

DIABETES NEW ZEALAND | 0800 DIABETES (0800 342 238) | [www.diabetes.org.nz](http://www.diabetes.org.nz)