

DCH Diabetes and Nutrition Education Center
5 minute Home Workout

Before you start, take a deep breath:

Inhale ... Exhale
Inhale ... Exhale
Inhale ... Exhale
Inhale ... Exhale
Inhale ... Exhale

Stomach should be tucked in throughout the w

1



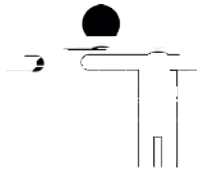
Stretch your back by moving your upper body to the right (INHALE) pause for 15 seconds, go back to standing position (EXHALE) and then do it again for the same side for 15 seconds. Repeat same exercise for the other side

2



March for 1 minute

Stomach



- inhale ... exhale

4



Stand up straight, lift your right leg up, knee at 90° angle then put it down again, repeat 10 times for each leg. *If you cannot balance you can hold a chair or wall or the table next to you.*

Stomach in - inhale ... exhale

5



Lay on the floor on your right side and lift your right leg at a 30°-45°

Inhale ... Exhale
Inhale ... Exhale
Inhale ... Exhale

Congratulations! You're done... OR you can do it again!