## DCH Diabetes and Nutrition Education Center

## **5 minute Home Workout**

Before you start, take a deep breath:

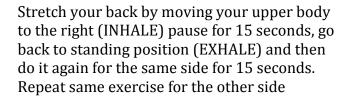
Inhale ... Exhale



Stomach should be tucked in throughout the workout

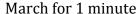


















Stand up straight, lift your arm to both side of your body and move them in circular motion to the front for 30 seconds. Repeat same exercise by moving them to the back for 30 seconds.

## Stomach in - inhale ... exhale

4



Stand up straight, life you 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 you right side and lift you right leg at a 30°-45° angle and put it down again, repeat for 15 times.

Repeat same exercise for the left side.

Stand up, Stomach in:

Inhale ... Exhale

Inhale ... Exhale

Inhale ... Exhale

Inhale ... Exhale

Inhale ... Exhale