

Lake County Tribal Health DIABETES EXERCISE PACKET



CREATED BY: CERRA HINCHCLIFF
Diabetes Lifestyle Coach

For more information, please call
(707) 263-8382 x1620

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Lake County Tribal Health

Modern Medicine  *Personalized Care*

707-263-8382 • 1-800-750-7181 • 925 Bevins Ct., Lakeport • www.lcthc.com

STANDING SQUAT

INSTRUCTIONS: Stand with feet shoulder width apart and toes turned out slightly (starting position). Bending at the knees, squat down like you are going to sit in a chair. Keep your knees behind your toes as you squat and your chin parallel to the ground. Come back up to starting position and repeat as recommended.

VARIATION: To increase difficulty, hold a dumbbell in each hand.

MUSCLES WORKED: Quadriceps, Hamstrings, and Glutes.

STARTING POSITION



ENDING POSITION



VARIATION



Darlene Wilson of Robinson Rancheria Band of Pomo Indians

BICEP / HAMMER CURL

INSTRUCTIONS: Start in a standing or seated position w/ shoulders back and chest lifted for good posture. Begin w/ weights in hands, arms extended down and palms turned out (bicep curl) or palms facing in (hammer curl). Exhale as you slowly curl both arms up toward your shoulders; breathe in as you slowly lower back to starting position and repeat as recommended.

VARIATION: Use a theraband instead of dumbbells.

MUSCLES WORKED: Biceps.

STARTING POSITION



HAMMER CURL



BICEP CURL



Nick Jack of Big Valley Rancheria Band of Pomo Indians

STANDING HIP ABDUCTION

INSTRUCTIONS: Stand with a counter or chair in front of you tall enough to hold onto without leaning forward. Shift your weight onto your left leg keeping your knee NOT locked out. Slowly lift your right leg straight out to the side keeping your toes facing straight forward and not turned out. Keep your upper body standing tall and chin parallel to the ground. Return to starting position and repeat on other leg as recommended.

VARIATION: Wrap a theraband around your working leg at the ankle and stand on the other end of the band with your standing leg to add resistance (as shown in picture).

MUSCLES WORKED: Outer Thigh.

STARTING POSITION



ENDING POSITION



VARIATION



Rose Steele, Elem / Yokayo Band of Pomo Indians

ROW EXTENSION

INSTRUCTIONS: Stand with feet hip width apart, knees slightly bent, and your upper body leaning forward. Keep your back straight and stomach pulled in to support your lower back. Begin by holding a weight in each hand and arms extended in front of you (starting position). Slowly raise both arms behind you, leading with your elbows, until your upper arms are parallel to the ground. Next, extend both forearms straight out behind you until both arms are parallel to the ground. Bend elbows and lower arms back down to the ground to return to starting position. Repeat as recommended.

VARIATION: Stand in the middle of a theraband with both ends in your hands.

MUSCLES WORKED: Upper Back and Triceps.

STARTING POSITION



ENDING POSITION



TRICEP EXTENSION



Ronald Arnold of Scotts Valley Band of Pomo Indians

LUNGE

INSTRUCTIONS: Stand next to a wall or sturdy piece of equipment like a chair for support. Place one foot in front of the other, about 3- to 4-feet apart and keep your balance by lightly touching the wall. Keep your torso upright and contract your stomach muscles and all the muscles in your legs to support your joints (starting position). Bend both knees until the front knee is at a 90-degree angle and the back knee is a few inches off the ground. If this is too intense, only lunge as far down as you feel comfortable. Squeeze your leg muscles to come back up to the starting position and repeat as recommended.

VARIATION: If this is too difficult for you, lower into the lunge and hold the position for five to 10 seconds.

MUSCLES WORKED: Quadriceps, Hamstrings, and Glutes.

STARTING POSITION



Yvonne Quintero of Sherwood Valley Band of Pomo Indians

ENDING POSITION



SEATED CRUNCHES

INSTRUCTIONS: Sit on the edge of a chair with your hands behind your head keeping your back straight and stomach pulled in. As you exhale, slowly crunch down and twist your upper body bringing your right elbow to your left knee. Return to starting position and repeat to the other side. Repeat as recommended.

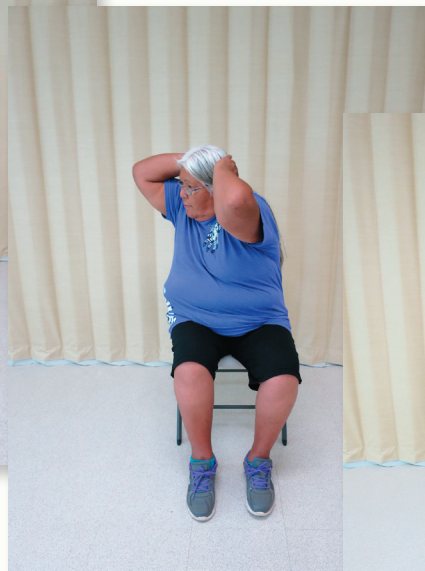
VARIATION: To increase difficulty, lift your knee up at the same time you are crunching down (as shown in picture).

MUSCLES WORKED: Superficial Abdominals.

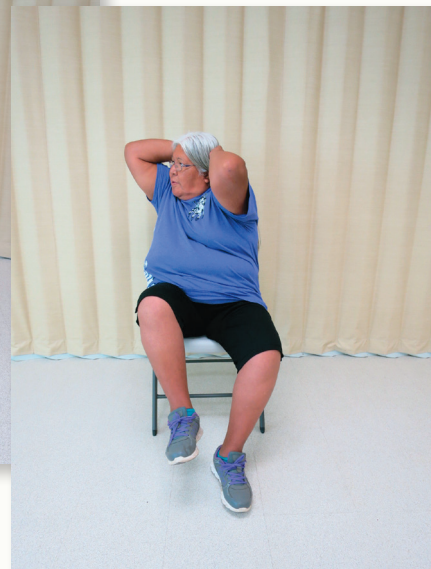
STARTING POSITION



ENDING POSITION



VARIATION



Millie Simon of Middletown Indian Rancheria

BRIDGES

INSTRUCTIONS: Lay face up on a flat surface with knees bent and feet flat on the ground. Slowly raise your hips up until you create a straight line from your knees to your shoulders. Pause for a couple seconds and lower back to starting position and repeat as recommended.

VARIATION: To increase difficulty, you can put one ankle over the opposite knee and lift your hips up with only one foot to add resistance.

MUSCLES WORKED: Glutes and Hamstrings.

STARTING POSITION



Leora Treppa of Habematolei Pomo of Upper Lake

ENDING POSITION



BIRD DOG

INSTRUCTIONS: Begin on your hands and knees on a flat surface with your back straight and stomach pulled to support your lower back (starting position). Slowly lift your right arm and left leg straight out until you create a straight line from your fingers to your toes. Lower back down to starting position and repeat with your left arm and right leg. Repeat as recommended.

VARIATION: If this exercise is too difficult, you can lay face down flat on the ground and extend opposite arm with the opposite leg in the same movement as above.

MUSCLES WORKED: Lower Back.

STARTING POSITION



Jack Inong of Big Valley Rancheria Band of Pomo Indians

ENDING POSITION



MODIFIED PLANK

INSTRUCTIONS: Start in a push up position on a flat surface with your arms bent 90 degrees and your weight resting on your forearms and knees. Position your body so that you form a straight line from your head to your knees. Keep your stomach muscles pulled in tight and back flat while you hold this position as long as you can. Do not hold your breath! Rest after you can no longer hold the position and repeat as recommended.

VARIATION: To increase difficulty, lift your knees off the ground and hold this position resting only on your forearms and toes keeping your body straight.

MUSCLES WORKED: Deep Abdominals.

MODIFIED



VARIATION



Jessica Gonzalez of Robinson Rancheria Band of Pomo Indians



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