

**Warm Up.** 5 minutes. Get your heart rate up a bit and maybe sweat a little. Walk/jog in place, pedal a bike, go up and down the stairs, swing your arms, legs, etc.

**Squats.** 20 reps. Start where you can. Build up each week until you can do 20.

**Push Ups.** 10 reps. Start where you can. Wall pushups, desk pushups, chair pushups, knee pushups. Build up as it gets easier.

**Lunges.** 10 reps. Keep your back straight and your head forward. Once this is easy, add a twist, touching your elbow to your opposite knee.

**Dumbbell Rows.** 10 reps. Use a hand weight or milk jug. Start with something smaller if needed.

**Plank.** 15 seconds. When that is easier, do 30 seconds.

**Jumping Jacks.** 30 reps. Start where you can. Build up each week until you can do 20.

**TIPS:** It is better to rest when needed than to do an exercise incorrectly and cause an injury. Keep working on this until you can perform each exercise. Then try to go through the circuit two times. Then three times! Rest between circuits. **STRETCH** when completed! Hydrate!

**You cannot outrun your fork! So be smart about food. Protect your progress!**

*Adapted from NerdFitness.com*

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**Questions? Call: 712.542.8263**

**DISCLAIMER:** Before starting any new exercise program, it is important to consult with your healthcare provider to determine whether exercise is safe for you based on your individual health conditions, medications, and physical limitations. If you experience any pain, discomfort, or unusual symptoms while exercising, stop immediately and seek medical attention. The exercises outlined in this guide are designed to promote general wellness and mobility, but participation should be based on your personal health status and abilities.