

Move Happy @ Home

Kei roto i te whare

The fab
5

Sit to stand or squat

Lower yourself slowly into a chair and stand up again faster. Alternatively squat as low as you can. Hold onto extra weight across your chest if this is easy.



High march (low impact) or jog on the spot

As an alternative try half star jumps (one side at a time and low impact) or full star jumps.



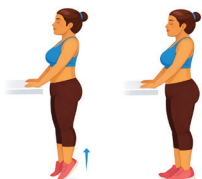
Reverse lunges

Hold the countertop or the back of a sofa and take one leg behind you keeping the heel off the ground. Lunge low and then return.



Heel raises

Holding something for balance work the calf muscles by lifting your heels as high off the ground as possible.



Press up

Use the countertop or wall to press away. Keep the body in a strong plank position. A harder version is off the floor with knees on the ground.



How long? Pēhea te roa?

Aim to do 60 seconds of each exercise. Then repeat.

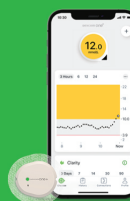
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Fitting more movement into your day will help you improve your:



HEART HEALTH
(cardiovascular)



MOOD
(mental health)



JOINT HEALTH
(osteoarthritis)



METABOLIC HEALTH
(insulin resistance)



BONE HEALTH
(osteoporosis)



MUSCLE HEALTH
(sarcopenia)

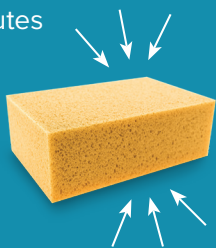
The powerful impact of moving after meals

Ne ke i muri i te kai

The science tells us...

Moving after food can significantly shift your insulin resistance dial in a positive direction. Much like a sponge, your muscles like to 'suck up' the glucose moving it out of the blood stream and into your muscles.

Aim to move within 10 minutes of putting your fork down and do something for around 5-10 minutes minimum. It doesn't have to be energetic or intense – just move!



I could try this

Ka taea e au

(tick below)



Walk after your evening meal

Stroll outside or around the house



Do the 'Fab 5' (see the green panel)



Dance like no-one is watching

Put your favourite music on and move your body anyway you like



Do some **household or garden chores** after dinner



Simple ideas to help you move more

Ētahi whakaaro

- **Park in the first space you come to** at the mall or the supermarket so that you walk a little further to the entrance.
- **Stand up and walk around when on the phone** (if safe to do so).
- Schedule **'walk & talk' meetings** or catch-ups.
- **Position things inconveniently** so you have to get out of your chair to use them e.g. mobile phone, remote control.
- **Walk around the pitch when watching sport** rather than standing in one place.
- **Get off the bus a stop or two early.**
- **Adopt the 3 in 30 rule.** Every 30 minutes of sitting get up for 3 minutes of movement. Set a timer.
- Take the kids or grandkids to the park or beach **and play with them.**

Mauri tu, mauri ora
An active soul is
a healthy soul.



Hacks to motivate yourself to move more

Kia tu, kia pakari

Don't go it alone. We are more likely to let ourselves down than other people so ask whānau, friends or colleagues to make a date with you and stick to it.

Remember your 'why'. Think about why it is important to you to manage your diabetes as well as possible. Who is important to you that needs you to be well?

Book in for a group or class. The accountability of committing to a set time and day is very powerful. Put it in your calendar just like any other appointment.

Make it super easy to get moving in the morning by laying out your clothes, shoes and kit bag the night before. That way you just need to get dressed and get going without thinking about it.

Have realistic expectations of what you can do. Life has a habit of throwing curve balls our way and when this happens don't abandon your plan. Start with a small action to get going again.

Use the community you already know. Look to your marae, church, school or other community group who are probably full of people that would welcome the opportunity to exercise as a group.

Make it public. Tell people around you what you plan to do to move more and that you would love their support. Even better, ask if they would join you.

Commit to an event. Sign up for something in the future – it may be a 5-10km walk or run but something that takes you a little bit out of your comfort zone.

Go for it! Tēnā karawhiua