

STRENGTH TRAINING AT HOME



We know that exercise does wonders for body, mind, and spirit, but it's not all about the cardio. Strength training is important, too, especially if you have blood glucose management problems.

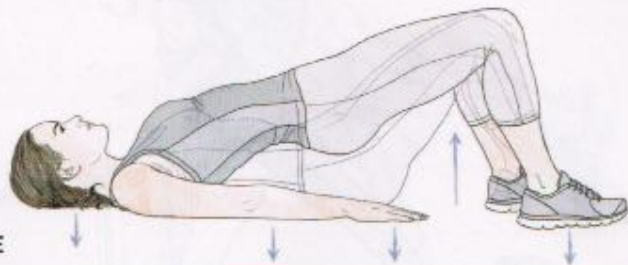
"Think of your muscular system as a huge storage tank for the carbohydrate you get through your diet," says Sheri Colberg, Ph.D., professor of exercise science at Old Dominion University. As a normal part of aging, muscle mass diminishes, and the muscles you lose fastest are the ones you don't recruit daily.

The best way to engage those disappearing muscle fibers? Strength training, which both

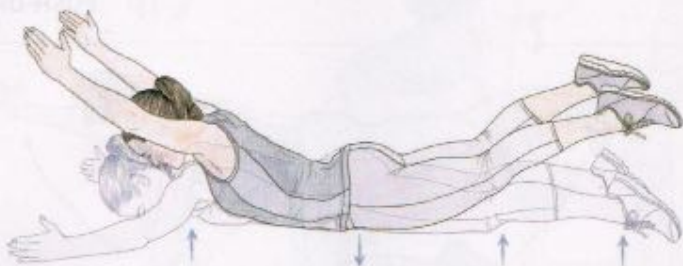
maintains and builds muscle mass. "With more muscles in your tank, your body can then store more carbohydrate," Colberg says.

Newbies can start at home, says Atlanta-based personal trainer Jonathan Kolowich, who created Diabetes Strength Fitcamps. "Then you'll gain confidence to join a gym or class if you want." There are many ways to train at home using DVDs, books, or online fitness sites. You can buy equipment, but your body weight is all you need.

Kolowich designed this at-home program to give your muscles some well-deserved attention. Don comfy shoes and clothes, and get moving.



HIP BRIDGE



SUPERMAN

HOW TO DO THIS WORKOUT

If you're new, start at Level One. Otherwise, begin at Level Two. Do the first move for 30 seconds, rest for 30 seconds, then go to the next move. Continue this pattern through all six moves. Repeat a circuit 2-5 times, three times a week on alternating days. When the workout begins to feel too easy, move up. For more challenge, cut rest periods each week from 30 seconds to 25, 20, then 15 or less.

LEVEL ONE: LOW-IMPACT

1 CHAIR SQUAT

Stand about a foot in front of a chair with feet shoulder-width apart. Keeping chest up and arms in front of you, slowly sit into the chair. Pushing through your heels and squeezing glutes, return to standing. Repeat.

2 WALL PUSH-UP

Stand about a foot from a wall, facing the wall with hands on it in push-up position. Keeping your core contracted, lower your chest toward the wall until you're just a few inches away. Return to start and repeat.

3 HIP BRIDGE

Lie face up with knees bent, feet flat on the floor. Let arms rest at your sides. Pushing through your heels, lift hips until body forms a straight line from shoulders to knees. Pause at the top and return to start. Repeat.

4 PULL APART

Stand with feet hip-width apart and arms straight out in front of you and parallel to floor, palms down. Keeping shoulders down and relaxed, pull elbows straight back. Focus on squeezing shoulder blades together. Return to start and repeat.

5 KNEE PLANK

Start on hands and knees on the floor, then lower onto your elbows, body forming a straight line from knees to head (you may have to position arms slightly more forward). Contract your core so your hips stay lifted; hold for 30 seconds.

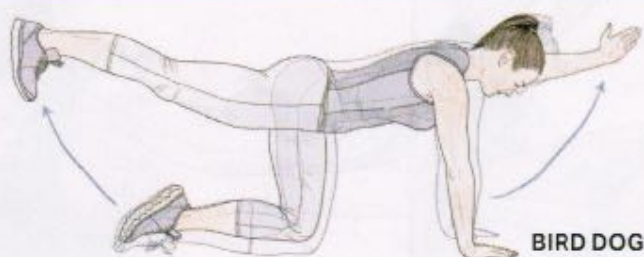
6 SUPERMAN

Lie facedown. Squeeze glutes and lift your arms and legs off the floor a few inches. Hold for a few seconds before lowering. Repeat.

Women who did more than 150 minutes of muscle-strengthening activity every week **lowered their risk of type 2 diabetes by 40%**

HOW OFTEN?

General guidelines recommend at least two days a week (ideally three) to maximize the benefits of strength training, which include building bone density and lowering body fat.



LEVEL TWO: MEDIUM-IMPACT

1 WALKING LUNGE

Stand with feet together and step right foot forward 2–3 feet, bending at knees until thigh is nearly parallel with floor, lifting arms. Step left foot next to the right; lower arms. Repeat on opposite side. Continue alternating.

2 PUSH-UP

Stand at a sturdy hip-high surface with feet hip-width apart. Place hands on surface, wrists under shoulders. Walk feet back until body forms a straight line. Contract core to keep hips from sagging. Lower chest toward surface. Return to start; repeat.

3 BURPEE

Stand a foot in front of a sturdy surface, feet hip-width apart. Place hands on surface shoulder-width apart. Moving quick as you can, walk right foot back, then left, until body

is extended and you're supported by hands and feet. Reverse, walking left foot then right back to start. Stand, extend arms overhead, and repeat.

4 BEAR CRAWL

Get on all fours. Crawl forward, moving opposite knee with opposite elbow as you go.

5 KNEE PLANK & TAPS

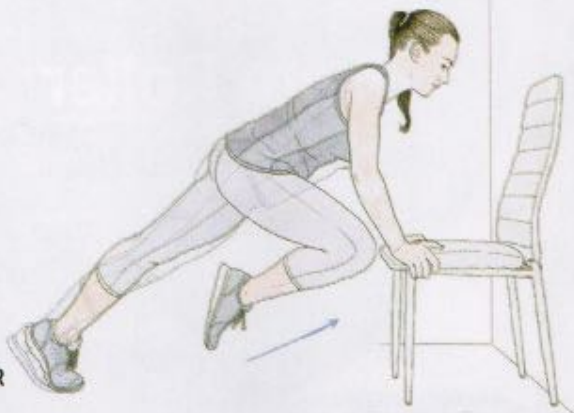
Get in Knee Plank position, as in Level One. Contract core and tap right hand to left shoulder. Return to start and repeat, with left hand tapping right shoulder. Alternate.

6 BIRD DOG

On hands and knees, extend left leg and right arm. Keep hips and shoulders square, back straight. Hold 3 seconds. Return to start; repeat on other side. Alternate.



FULL PLANK



MOUNTAIN CLIMBER

LEVEL THREE: HIGH-IMPACT

1 SQUAT & LEG LIFT

Stand with feet at shoulder width and soft knees. Squat until thighs are almost parallel to floor. Return to start, lifting right leg to side and keeping torso tall. Repeat and alternate legs.

2 FULL PLANK

On hands and knees, wrists under shoulders, lift knees off the floor until body forms a straight line. Hold. Keep core contracted to prevent hips from sagging. Break when you need to by lowering knees to floor.

3 LUNGE & BALANCE

With feet hip-width apart, step right foot back 2–3 feet, landing on the ball of foot. Lower toward floor until left thigh is almost parallel. (Left knee shouldn't extend over left toes; if so, step right leg farther back.) Return to standing, lifting right knee in front of

body (you can hold on to a chair for balance if needed). Return to start and repeat, alternating legs.

4 REVERSE CRAWL

Position in Bear Crawl, as in Level Two, but crawl backward.

5 KNEE PUSH-UP

Get on hands and knees, wrists under shoulders, body in a straight line. Contract core to prevent hips from sagging. Lower chest toward floor. Return to start. Repeat.

6 MOUNTAIN CLIMBER

Stand a foot in front of a sturdy surface. Place hands on surface and walk feet back until body forms a line. Contract core. Bring right knee to chest. Return to start. Repeat with left knee. Alternate quickly as if jogging. Advanced: Do this move on the floor.

BODY WEIGHT BENEFITS

Kolowich says that using your own body weight for strength training targets muscles nicely while saving you money. Plus, body weight exercises are convenient since you can do them anywhere.

When you use only body weight, you have to control your movements more, using more core muscles.