

Moving More

Welcome

As we've learned already, choosing a healthy lifestyle isn't just about making changes to your diet. Whether you need to lose, gain or maintain your current weight, getting more active is beneficial for everyone.

As well as helping you to control your blood glucose and to avoid type 2 diabetes, reducing your time sitting can help you to feel more energetic, positive and can help you to avoid other long-term conditions.

In this section of the programme we will look at different ways that you can become more physically active. It's important to stress that this doesn't mean you have to spend a lot of money buying fancy gear or paying for a gym membership. It also doesn't mean you need to start running or take up any kind of exercise that you don't enjoy. Whenever you move in any way (even doing the housework or gardening) this counts as physical activity.

This handbook, together with the four physical activity sessions included in the programme, aims to encourage you to move more, often and throughout the day. Whether you opt to take up formal exercise, like swimming or cycling, or you start walking to work, or you decide to spend less time sitting on the sofa is up to you.

SMART Goals

SMART describes the essential features of any successful goal. Use it as a checklist to ensure that your goals include these features for maximum success.

Specific

Your goal needs to be clear. 'I want to lose 5 kg' is specific. 'I want to be lighter' is too vague. How will you know when you've got there?

Measurable

This will help you to monitor your progress. 'I will exercise 3 times a week for half an hour' is measurable. 'I want to exercise more' isn't. How will you know if you are exercising more?

Achievable

The goal must be within your current control and realistic for your circumstances. 'I want to be a millionaire' may not be achievable for most of us. 'I would like to save enough money to go on holiday next year's is more achievable.

Relevant (or can also be realistic)

Must be relevant to your current needs, values and motivation. E.g. 'I want to get fit enough to run a half marathon' won't be relevant if you hate running. 'I want to go to a dance class once a week' may be more relevant for some. The chances of achieving a goal will increase if the focus is on something you enjoy.

Timely

Deciding how long it will take to reach your target is important. 'I will lose 5 kg by the end of March' has a clear time frame which helps to boost motivation. Without it, you can drift of course, lose sight of your goal and lose your motivation.

It is a good idea to review your goals regularly. Some will be easy to achieve while others may need to be revisited and updated.

Examples of SMART goals

Long-term goals

In the next two to three months, I would like to:

- Reduce my risk of developing type 2 diabetes by lowering my HbA1c to below 42mmol/mol so it's within the healthy range.
- Lose 3-6kg (1/2 - 1 stone) in weight.
- Quit smoking.
- Learn more about food and how it affects me, my health and the risk of developing type 2 diabetes.
- Develop an understanding about the impact of foods and their relationship to my health, specifically the risk of developing type 2 diabetes.

Why?

- For my general health and wellbeing as I want to be able to do the things I enjoy.
- I have a family history of diabetes so I want to reduce my chances of developing type 2 diabetes myself.
- To improve my quality of life and not be dependent on other people.

Short-term goals

- Walk for 15-20 minutes at a brisk pace every other day i.e. 3-4 times a week.
- Use a health app or a pedometer to monitor step count 2-3 days a week.
- I will walk up and down the stairs 3-4 times at least 2-3 times a week.
- I will incorporate 3-5 minutes of mindfulness meditation on a Monday, Wednesday and Friday.

Top tips

- Make sure your goals are SMART.
- Remember to set smaller short-term targets or stepping stone goals — this will help you appreciate your progress better.
- Reward yourself for achieving goals. Choose rewards that will make you feel positive, like a day out, a haircut, going to the cinema or meeting up with a friend.
- Don't worry if you don't seem to be achieving your goal. Ask yourself if it's something you really want? If so, do you need to set a smaller short-term goal?
- Try working with someone else to set goals. You can encourage each other and give a fresh perspective.
- Focus on one goal at a time so you can give it your full attention without becoming overwhelmed.

Goal setting

Consider what you have learned today.

Can you think of a new goal you could set to help achieve your long-term targets?

Chapter 1: Thinking about getting active?

At the end of this chapter, you should:

- Understand the many health benefits of reducing sedentary time, including reducing the risk of developing type 2 diabetes.
- Be aware of the different types of physical activity and movement that count as exercise.
- Understand the current recommendations about the amount, frequency and types of exercise you should include.
- Be able to recognise personal barriers and start to put steps in place to overcome these and become more active.
- Familiarise yourself with the exercises in the handbook and choose the level you feel comfortable with.

Take a moment to consider the goals that you set previously.

- What has been successful?
- What were the challenges?
- Could you revise these targets to be more effective?

Health benefits of moving more

- Helps reduce stress, anxiety and depression
- Lowers blood pressure
- Burns subcutaneous and visceral fat
- Increases bone density
- Improves sleep
- Reduces chronic diseases
- Increases/maintains strength
- Improves immune system
- Increases blood volume
- Improves balance and mobility
- Reduces risk of developing osteoporosis and osteoarthritis
- Improves gastrointestinal function

What are the benefits of physical activity?

Being active and moving more brings physical and emotional benefits that can improve your mental health and overall wellbeing, as well as reducing your risk of type 2 diabetes.

It can also enable you to meet new people, make friends and enjoy life more. Some of the most important benefits of physical activity are listed below

Physical health benefits

- Improve blood glucose control and reduce insulin resistance, reducing your risk of developing type 2 diabetes.
- Reduce your waist circumference, which in turn supports the prevention of the development of health conditions such as type 2 diabetes and heart disease.
- Build muscle strength and improve balance, this is important as you get older.
- Improve bone strength through weight-bearing exercises such as walking.
- Control blood cholesterol levels which can improve your heart health and reduce the risk of heart attacks and stroke.
- Control blood pressure, helping to protect you against heart disease.
- Encourage digestive health and keep your bowels healthy and regular.
- Reduce the risk of other diseases such as dementia and cancer.

An increase in physical activity can also improve your appetite i.e. for those who are underweight and have a poor appetite, movement like walking can improve digestive function and increase appetite.

For those who are overweight and tend to eat due to boredom, or in response to cravings, the release of feel-good chemicals during physical activity can help to reduce the urge to eat for comfort or boredom therefore helping to lose weight.

Mental and emotional health benefits

- Reduces stress levels.
- Improve feeling of well-being (due to release of feel-good chemicals — endorphins and serotonin) and can reduce symptoms of depression.
- Can help reduce anxiety associated with pain.
- Helps you to feel more energised and focused.

As you can see there are many benefits of being physically active. Which of these is most important to you?

How much physical activity is enough?

Current government guidelines set out how much physical activity we should aim for each week. If you think the guidelines are unrealistic for you, remember they are only there as a guide. You should set your own targets based on what is realistic for you to achieve now. We pace the practical exercises in the sessions at four different levels. Your coach will advise you on the activity level you can safely start at, and how to set home activity goals according to your balance, physical capability and confidence.

If you spend most of the day sitting down and don't include any walking, stair climbing or formal exercise during the day or week, or you have a health condition that limits how much exercise you can do or affects your confidence level, you should start at level one in the group sessions. At home, becoming even a little bit more active than you are now will help and will boost your confidence.

Different types of exercise have different functions as you will learn in the sessions. In the long-term, it would be good to try to include all of these types in your weekly routine but for now start to build on the ones that are realistic for you and will help you to meet your goals.

Current recommended activity levels:

Over a week, activity should add up to at least 150 minutes (2.5 hours) of moderate intensity, in bouts of 10 minutes or more – e.g. 30 minutes on at least 5 days a week.

Alternatively, for those who are already physically active, 75 minutes of vigorous intense activity spread across the week or combinations of moderate and vigorous intensity activity.

Twice a week or more, aim to include an activity that builds muscle strength e.g. carrying shopping by hand, digging the garden.

- Walking briskly, running, cycling and swimming are all examples of cardiovascular exercise, this type of exercise helps maintain and improve the strength of our heart.
- Stair climbing, carrying shopping, yoga and lifting weights are all examples of resistance exercises. This is any form of exercise where you lift, push or pull against resistance with proper technique.
- Yoga, balance exercises and dancing help you to improve your balance. Stretching, yoga, pilates and dancing help to improve your flexibility.

Barriers to moving more

Whatever your reasons, think about what they might be and consider noting them down.

Consider some of the ways you might be able to overcome some of your personal barriers to physical activity. Below are some common barriers that might affect participation in physical activity and suggestions to overcome them:

“I haven’t got time”

Remember that 30 minutes of physical activity only takes up 2% of your day and this can be broken down into 10 minutes or even single minutes of physical activity, whatever suits your lifestyle.

“I can’t afford the gym”

You don’t need to join a gym to be active, there are many great exercises that can be done at home. Putting on a pair of comfortable shoes and going for a walk is always free.

“I always feel bad after exercising”

It’s normal to feel tired or a little achy after physical activity, especially if it’s something new. Your body will adapt to make the exercise easier in future. Make sure to listen to your body and not push yourself too hard.

“I can get through my day just fine, why should I move more?”

We might take our mobility for granted when we’re younger, but staying active is important to maintain this.

“I don’t need to do more exercise, I’ll just eat healthily”

Physical activity is equally important to achieve a healthy lifestyle as good nutrition, do both to achieve the best results.

“My body isn’t what it used to be, I’m not sure I can exercise anymore”

You might not be able to do everything you could when you were younger/healthier, but you can always try something new that is suitable for your needs/health.

Chapter 2: Enjoying my physical activity

At the end of this chapter you should:

- Become aware of what motivates you to move more.
- Be able to find ways to improve your motivation.
- Know how to safely increase the amount and intensity of exercise you do.
- Be confident in completing your 30-minute exercise routine (at basic, intermediate, advanced or established level according to your ability and confidence).

Increasing motivation

Don't start by taking part in physical activity you don't really like. How many people do you know who have bought exercise bikes only to leave them sitting untouched? Instead think about what you'll really enjoy doing. You are much more likely to keep it up if you have fun doing it.

It is not wise to increase your physical activity levels by too much all of sudden. For example, joining a Zumba class on Mondays, taking up yoga on Wednesdays and deciding to join a Nordic walking group on Fridays could be too much if you are not used to being physically active. By the end of the second week, you're likely to ache all over and would soon realize it's too much at once.

Remember to set SMART goals which are realistic. It's much better to introduce small changes gradually and keep it up than to introduce lots of changes at once and give up.

Let's remind ourselves of the different ways we can become more physically active:

1. Reduce your sedentary time.

Breaking those long periods of sitting or lying down that require very low energy expenditure is a great way to increase physical activity levels. Remember all movement matters.

2. Increase the number of activities within your leisure time.

This can often be a fun and informal way of increasing overall physical activity levels.

3. Introduce a type of formal exercise you enjoy.

Depending on the types you choose they will help to further build strength, balance and flexibility.

Consider what motivates you now to become more physically active. Perhaps to reduce the risk of illnesses such as type 2 diabetes, to be able to support your family or just to feel healthier or happier? It can be beneficial to write your motives down and keep them in a visible space to remind you why you are trying to make lifestyle changes.

From the examples above, can you identify aspects of your lifestyle that you could change? Once again, it can be useful to note these down as a prompt, or consider creating a schedule to note where you can add a little extra movement to your usual routine.

Chapter 3: Designing my physical activity plan

At the end of this chapter, you should:

- Understand why you want to become more physically active.
- Create your own physical activity programme. to support you after the programme.
- Be able to progress your physical activity both within the group and at home.

Sometimes we jump into new projects headfirst without too much thought and not enough planning. This can lead to negative outcomes and affect our levels of motivation and willingness to stick to something. You may find it helpful to write a plan to help keep you motivated and on track. Writing your own physical activity plan gives you the power to pick activities you enjoy and the opportunity to work out when you can fit physical activity into your everyday life.

Take a moment to consider the goals that you set previously.

What has been successful? What were the challenges? Could you revise these targets to be more effective?

Here are a few top tips for when you are creating your physical activity plan.

1. Make it enjoyable.

Taking part in physical activity, you find fun will help you sustain your activity levels. Finding physical activity opportunities in your local community or involving your family and friends is a great way of making it enjoyable.

2. Make it realistic.

When planning your activity make sure it's something you know is achievable. If you're not used to being physically active, we recommend gradually building up the intensity and not taking part in something too vigorous until you have developed a baseline level of fitness.

3. Fit it into your schedule.

There are many ways to squeeze a little physical activity into your day. Think of ways you can make physical activity a regular part of your life, for example gardening or taking a brisk walk to the shops are useful everyday activities which contribute towards our physical activity.

4. Stick to it.

Your body benefits from an increase in physical activity almost immediately, however we don't tend to see these benefits straight away. Not giving up and remembering why you have chosen to become more physically active will ensure you see the rewards.

Pros and cons of becoming more physically active

It is also important to consider how we can fit more physical activity into our routines. A great way to consider how it fits into our lives is to weigh up the pros and cons associated with our physical activity. For a lot of us, the benefits associated with moving more will most likely outweigh the cons of doing so.

Consider making a note of your pros and cons for increasing or maintaining your physical activity.

Resources to support your physical activity check list:

- Health & Wellbeing app
- Physical activity video link
- Physical activity coaching
- Pedometer
- Local physical activity links: www.preventing-diabetes.co.uk/signposting

My physical activity plan

Try creating a weekly plan, note down each day of the week, what type of exercise you will do and how long for. Make sure it is something you think you really can manage and include rest days where your only focus is reducing sedentary time. When planning your cardiovascular exercise, remember a moderate intensity is recommended.

Try to do strength exercises for all of your major muscle groups on two days a week, not on two consecutive days, you need time for the muscles to recover before your next session. Don't forget to include a few balance and flexibility exercises. Remember to consider the top tips on the previous page when creating your physical activity plan. Some examples of each activity are included here, but it might look quite different for yourself.

Rate of Perceived Exertion (RPE)

What is RPE?

Using the Rate of Perceived Exertion (RPE) scale is a simple and effective way to measure the intensity of our physical activity. The current guidelines recommend we perform either 150 minutes of physical activity a week at a moderate intensity, or if we're already used to being physically active, 75 minutes a week of vigorous activity as an alternative.

The RPE can help us work out if we're working at the recommended physical activity intensity. An RPE between 4 and 6 is considered to be of moderate intensity, this means during your physical activity you are breathing heavily and you are still able to hold a short conversation. An RPE between 7 and 8 is

considered to be a vigorous intensity, working at this level of the RPE means you feel borderline uncomfortable, short of breath and only able to speak a short sentence.

How do I know if I am exercising at a moderate intensity?

- 2-3 - Easy to breathe and carry a conversation.
- 4-6 - Breathing heavily, can hold a short conversation.
- 7-8 - Breathing heavily, unable to hold a short conversation.
- 9-10 - Completely out of breath and unable to talk.

Safety first

Recognise your limitations and any underlying health conditions.

- Check the equipment and surrounding area.
- Wear the correct attire (loose fitting clothing and preferably gym trainers).
- Drink plenty of fluids before and during exercise.
- Warm up at the start of your session.
- Cool down/stretch at the end of your session.

It is advisable to avoid certain exercises if you have certain health conditions:

Cardiovascular disease / High blood pressure

Avoid holding your breath whilst exercising and avoid holding stationary contractions — begin exercise at a moderate intensity.

Arthritis / Osteoporosis

Limit motions that cause repetitive impact on the joints i.e. jogging and jumping.

Fibromyalgia

Avoid vigorous exercise, keep it at a moderate intensity.

Chronic obstructive pulmonary disease

Avoid vigorous exercise, keep it at a moderate intensity.

When should I progress my exercise?

- You are pain free when performing the movements.

- It is too easy, or you don't feel challenged.
- You do not have any conditions that prevent you from increasing the complexity or intensity of the exercise.
- Your RPE or heart rate is lower than desired.

If you are unsure about any of these points, please ask your coach.

Chapter 5: Exercise routines

The following section of this handbook describes a physical activity routine you can do at home. You will need a sturdy chair and ideally a resistance band although there are options for completing the routine without a band. For each movement there are different levels that can be performed with level 1 being the easiest version of the movement. If you are unsure about how to perform any of the exercises then please discuss this with your coach before attempting the routine.

Part 1 – The Warmup - Duration: 5 minutes

It is important to warm up gradually to help prevent injury whilst exercising.

The warmup increases your heart rate and circulation gradually and helps to loosen your joints and increase blood flow to your muscles. The warmup should last about five minutes. It can be carried out at different levels — we recommend that you start at level one and increase steadily to level four. During the warmup ensure you keep the correct posture all the way throughout.

1. Marching

Keep good posture, breathing throughout.

Level 1: Seated, only moving legs

Level 2: Seated, with leg and arm movement.

Level 3: On the spot, march with or without arm movement.

Level 4: Marching around the room, with arm movement.

2. Shoulder circles

5 times forward, 5 times back.

Level 1: Seated, hands on shoulders and rotate in circular motion.

Level 2: Seated, arms extended and rotate in circular motion.

Level 3: Seated, increase size of rotation.

Level 4: Standing, with arms extended and rotate in circular motion.

3. Spinal twists

5 times each side, hold the last one on each side in stretch position.

Face towards the right, rotating your shoulders/head and feeling the stretch in your back and neck muscles. Look behind as much as you can comfortably. Hold this position for as long as you like and

remember to breathe. Return back to normal position and look straight ahead. Then turn to the left rotating the shoulders/neck.

Tip: Keep your back straight, stomach tucked in and hips facing forwards.

Level 1: Sitting, half twist.

Level 2: Sitting, full twist.

Level 3: Standing, full twist.

4. Toe taps

20 times.

Keep your back straight and extend your legs, tap your toes up and down. You can exercise one ankle and then move to the other, or you can alternate feet with each tap. Add in some arm movements and hold light weights to increase the level.

Level 1: Seated, no arm movement.

Level 2: Standing.

Level 3: Standing, with bicep curl arms.

5. Neck rotation

5 times each side, hold last one on each side in stretch position.

Rotate neck from side to side and feel the stretch on the side of muscles.

Level 1: Sitting, half rotation.

Level 2: Sitting, full rotation.

Level 3: Standing, full rotation.

6. Side bends

5 times each side, hold the last one on each side in stretch position.

Sit straight in a chair or stand with feet hips width apart. Whilst keeping back straight and head up, bend only at the waist to the right as far as possible. Breathe in as you bend to the side. Hold for a second and come back up to the starting position as you exhale.

Tip: Keep the rest of the body stationary.

Level 1: Seated, no arm movement.

Level 2: Seated, with arm movement.

Level 3: Standing, with arm movement.

7. Ankle circles

5 times each side, each direction.

Keep your back straight. Slowly rotate your right ankle clockwise in big circles, then counter-clockwise. Repeat with other ankle.

Level 1: Sitting, small circles.

Level 2: Sitting, full circles.

Level 3: Standing, holding back of chair.

Level 4: Standing.

Part 2 - Main exercises - Duration: 15-30 minutes.

You can do these exercises anywhere as long as you have the correct equipment and enough space. They use all the major muscles and should improve blood glucose control and general health.

1. Sit to stand

Repeat 10-15 times.

Begin seated on a secure chair.

Level 1/2: Feet hip-width apart. Lean slightly forwards. Stand up slowly, using your legs, not arms (use if you need to for balance only). Keep looking forwards, not down. Stand upright before slowly sitting down, bottom-first.

Level 3/4: Stand with your feet hip-width apart. Slowly push your hips backwards and begin to bend at your knees to a comfortable depth, keeping them facing forward. Aim to get your knees in line with your big toe, but not beyond. Ensure throughout the movement your back at all times. Gently come up to standing, squeezing your buttocks as you do.

Tip: To avoid injury to knees, do not let the knees go over the toes.

Level 1: Use arms to assist, reduce number of reps.

Level 2: No arms to assist.

Level 3: Standing, holding back of chair.

Level 4: Full squat.

2. Back pull down

Repeat 10-15 times.

Hold the resistance bands with your palms facing out and down. Raise your hands up over your head and keep the resistance band taught. Bring your hands down and out to shoulder height and then let them back up.

Level 1: Pull band in front of head.

Level 2: Pull band behind head.

Level 3: Standing, pull band in front and behind head.

3. Outer thigh

Repeat 10-15 times on each leg.

Level 1: Wrap the resistance band around the outside of your legs whilst sitting, place the band above your knees on top of your clothing. The band should be tight enough that it is challenging to pull your knees apart, simultaneously move your knees away from each other. You should feel your abductors (outer thigh) contracting.

Level 2: Wrap the resistance band around the outside of both ankles whilst standing, use a chair to balance. One leg at a time, keeping your legs straight, move your leg away from your body and return to the middle, you should feel your abductors contracting.

Level 1: Seated.

Level 2: Standing.

4. Chest press/press up

Repeat 10-15 times.

Level 1: Place the resistance band behind your shoulders, grabbing either end in front. Start with arms bent and straighten out in front.

Level 2/3: Standing up, leaning against a wall (level 2) or table (level 3). Start with arms straight and bend to lower the body towards the wall/table, then lift up to straight and repeat. Thus performing a press up. Please ensure the wall or table is stable enough to support your bodyweight. If unsure stick with level 1.

Level 1: Sitting with resistance band.

Level 2: Standing against wall.

Level 3: Standing against table.

5. Single leg press

Repeat 10-15 times.

Level 2/3: Hold the band and loop it under the foot. With your knees bent whilst seated, push your legs out to a full extension. Don't lock your knee, keep it slightly bent. Repeat it on each leg.

Level 4: Start by standing up straight with your feet hip-width apart flat on the ground. Relax your shoulders. Keep yourself in this position by flexing your abdominal muscles to keep your spine straight and stable.

Level 1: Seated no band.

Level 2: Seated, with light band.

Level 3: Seated with stronger band.

Level 4: Alternate leg lunges, with or without chair for balance.

6. Shoulder rotations

Repeat 10-15 times.

Level 1: Hold both elbows at your side and hold both hands in front of you so your elbows are at 90 degrees. Rotate your arm externally away from your body until you can't rotate further and squeeze your shoulder blades together and return to neutral.

Level 2: Hold your resistance band in both hands, hold both elbows at your side and hold both hands in front of you so your elbows are at 90 degrees. Rotate your arm externally away from your body, pulling the resistance band apart until you can't rotate further, and finally squeeze your shoulder blades together and return to neutral.

Level 1: Seated, no resistance band.

Level 2: Seated, with resistance band.

Level 3: Standing, with resistance band.

7. Arm press back

Repeat 10-15 times on each arm.

Hold exercise band in left hand across the body, hold the other end in the right hand and pull back, keeping the elbow tight against the body. Slowly lower back down to starting position.

Level 1: Seated.

Level 2: Standing.

8. Calf raise

Repeat 10-15 times.

Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled, do not rock back and forth.

Level 1: Seated.

Level 2: Standing, holding onto chair.

Level 3: Standing, with no chair.

9. Arm curl

Repeat 10-15 times.

Level 1: Hold your elbows by your side, relax your arms down so they are straight, simultaneously bend your elbows and lift both hands up to touch your shoulders.

Level 2: Place the resistance band underneath both feet and hold the band in both hands. Hold your elbows by your side, relax your arms down so they are straight, and simultaneously bend your elbows and lift both hands up to touch your shoulders.

Level 3: Place the resistance band underneath one foot, hold in both hands and start in a lunge position. Hold your elbows by your side with your hands down, bend your elbows up to touch your shoulders.

Tip: If this is very easy then put both ends of the bands in one hand to add more resistance.

Level 1: Seated.

Level 2: Standing, holding onto chair.

Level 3: Standing, with no chair.

Part 3 – The Cool down - Duration: 5 minutes.

The cool down will help your body return to a resting state, by lowering your heart rate and increasing circulation.

Stretching your muscles will help to reduce post -workout soreness and muscle fatigue. You should perform the cool down for about five minutes.

1. Hamstring stretch

Stretch one leg while seated or standing so toes are facing towards the ceiling. Keeping the leg straight, reach down toward your toes. You should feel the stretch in the hamstring muscles (the back of your upper leg).

Level 1: Seated.

2. Chest stretch

Whilst seated on the perch of the chair or standing with feet hips width apart. Hold the back of the chair or your hands behind your back and feel the stretch across your upper body/chest muscles.

Level 1: Seated, holding back of chair.

Level 2: Standing.

3. Quad stretch

Stand upright and flex the knee. You can hold the foot and bring it closer to the buttock.

Level 1: Seated, holding back of chair.

Level 2: Standing.

4. Inner thigh stretch

Stand with feet hip width apart and outstretch one leg to the side. Keep the upper body straight as you lean to one side to feel the inner thigh of the stretched out leg.

Level 1: Seated, holding back of chair.

Level 2: Standing.

5. Calf stretch

Rest your hands on the back of a chair for stability or without support. Keep one knee bent and foot flat on the floor, with the other leg outstretched behind, keeping it straight and trying to push the foot flat to the floor. Feel the stretch in your calves.

Level 1: Seated, holding back of chair.

Level 2: Standing.

6. Tricep stretch

In a standing or seated position reach one arm overhead. Bend at the elbow so the hand reaches behind the body and touches the shoulder joint. Use the opposite arm to hold the elbow on the stretching side and drag the arm towards the head. Ensure the stretch is primarily created by the hand. You will feel the stretch on the back of the arms/tricep muscles.

Level 1: Seated.

Level 2: Standing.

7. Forearm stretch

Extend both arms in front of you. Keeping one arm straight, place palm to palm and pull so you can feel the stretch in your forearm.

Level 1: Seated.

Level 2: Standing.

8. Neck stretch

Put your fingers on side of your head and stretch the neck. Hold it for at least 10 seconds and move to the other side.

Level 1: Seated.

Level 2: Standing.

9. Shoulder rolls

5 times forward, 5 times back.

Put your hands on your shoulders and rotate in circular motion forward and backwards.

Level 1: Seated.

Level 2: Standing.

Feedback

Feedback can be given at any stage during the programme via email info@preventing-diabetes.co.uk, phone 0333 577 3010 or directly to one of our team.