

Diabetes:

Living With, Living Well Swindon



The Wellness Pack

What's inside?

Find out how exercise could help you manage your condition

Top tips on foot health and exercise

Exercise challenges



SWINDON
BOROUGH COUNCIL

What is the Diabetes: Living With, Living Well Project?

This unique and free pilot project exclusive to individuals with Type 1 and Type 2 diabetes in Swindon that aims to contribute to:

- Improving your:
 - Quality of life
 - Self-management of your condition
- Increasing your:
 - Physical fitness
 - Confidence
- Reducing your:
 - Hospital and GP visits
 - Medication
- **Making new friends, having fun, and inspiring others!**



What can I expect from the project...

An opportunity to see guest speakers, including leading diabetes researchers, psychologists, dietitians, and real-life examples of individuals managing Type 1 or Type 2 diabetes.

- A chance to experience a range of new and fun forms of exercise.
- An opportunity to make new friends, meet like-minded people, and **have fun!**

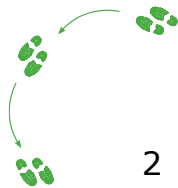
Increasing my physical activity may help me to:

- Feel more energetic
- Increase my strength
- Do everyday tasks, such as standing up, climbing stairs and grocery shopping, with ease
- Better manage my weight
- Improve my blood sugar levels
- Boost my immune system and help me fight off colds



Tips to help you look after your feet

- Wash your feet often – If you leave dirt on the skin's surface, it can become irritated and infected. Wash your feet every evening with soap and water.
- Dry your feet well – Dry your feet thoroughly after washing them, especially between the toes, which is where germs such as Athlete's foot can easily breed. Then, apply a moisturizing foot cream.
- Shoe shop in the afternoon – Feet swell as the day goes on and if shoes fit in the afternoon when your feet are at their largest, you can be assured they will always be comfortable.



Looking after your feet when exercising

- Running shoes – They are flexible, which enables the foot to bend and flex through each step. Perfect for walking and running.

Did you know?

Our feet carry us the equivalent of five times around the earth in an average lifetime.



More information:

www.feetforlife.org

<http://www.nhs.uk/Livewell/foothhealth/Pages/Healthyfeet.aspx>

Points to remember when using resistance bands

- Check the band for tears or thin worn areas before you use it.
- Do not wrap the band around your hands or fingers.
- Do not tie the band to anything to complete the exercises.
- Do not hold your breath whilst completing the exercises.
- Count to 2 seconds when lifting and 2 seconds when lowering when performing each exercise.
- Aim to perform 8-20 of each exercise, increasing the number you perform each session

My Pedometer Step Log

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							



Standing exercises

Chest Exercise

- Place the band around your upper back underneath your armpits
- Push the band forward slowly until your elbows are nearly straight
- Squeeze the chest muscles when pushing forward, breathing out as you do so



Shoulder Exercise

- Stand on the band with both feet and hold elastic in one hand
- Begin with arms at sides
- Keep your elbows straight and lift your arm to shoulder level and then slowly lower
- Breathe out as you lift your arm
- Repeat on other side



Back and Shoulder Exercise

- Stand on the band with one foot
- Hold each end of the band in front of the hips, elbows straight
- Lift upwards, bending your elbows until you reach chest height, keeping your elbows high
- Slowly lower back down until your arms are straight



Leg Strength

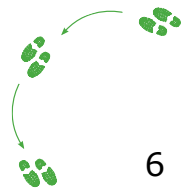
- Stand on the band with both feet
- Hold each end of the band, keeping elbows straight
- Stand shoulder width apart
- Slowly bend knees to 45 degree angle, keeping your knees away from your toes and pushing your hips back
- Push your heels into the floor and return to your starting position



Seated exercises

Arm strength

- Place both feet on the band
- Hold band in one arm, palms up, arms straight
- Pull upward, bending at elbows, and squeezing the front of your upper arm at the top of the movement, before slowly lowering back down



Leg Press

- Loop band around elevated foot
- Pull band so hands rest on hips
- Straighten your knee with control against resistance of the band



Front of shoulder strength

- Place both feet on the band
- Hold band with one hand just below waist height
- Lift arm up towards eye height and slowly lower



Back and Shoulder strength

- Hold the band with elbows slightly bent
- Move arms away from each other, out to the sides
- Slowly return to starting position



Contact Matt Fruci

Health Improvement Programme Coordinator

Sport Participation and Health Improvement

4th Floor, Brunel Tower, DMJ, Canal Walk, SN1 1LD

Mob: 07823525376 Email: Mfruci@swindon.gov.uk