

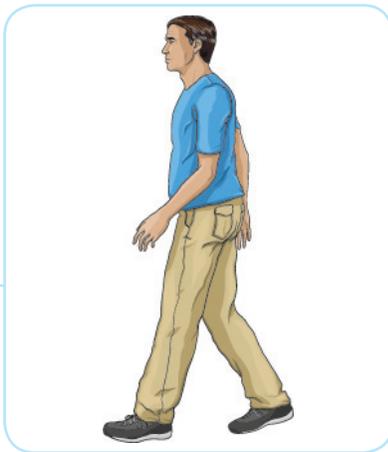
Keeping your legs and feet active

Cornerstones4Care™

People with diabetes are more likely than others to develop problems in the legs and feet. Getting daily physical activity and not smoking can help prevent serious damage. This page shows some activities you can do to help keep your feet and legs healthy. Talk with your diabetes care team about what kind of activity is best for you.

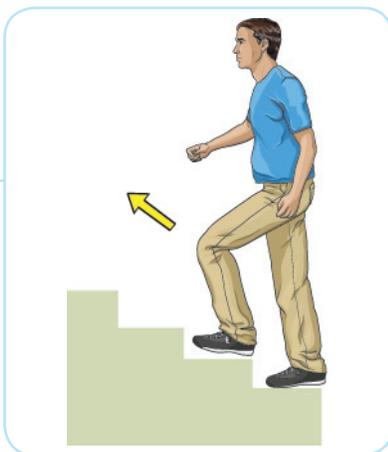
Walking

Take a brisk daily walk. Try to increase the distance every day.



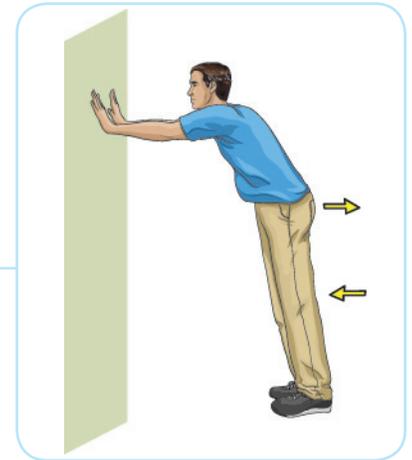
Staircase climb

Walk briskly up a flight of stairs.



Stretching the calf muscles

Lean against a wall with the palms of your hands. Keep your feet some distance away, with your heels firmly on the floor. Bend your arms, keeping your back and legs straight. Repeat 10 times.



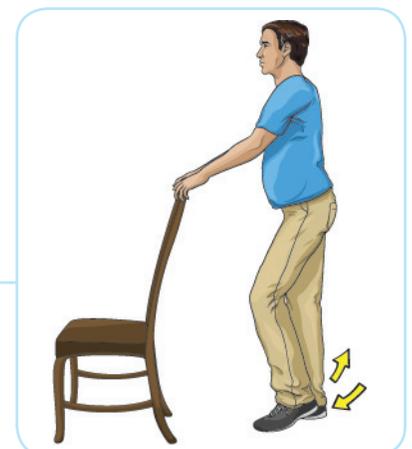
Chair raise

Sit down on a chair. Raise yourself up 10 times keeping your arms crossed.



Tiptoe raise

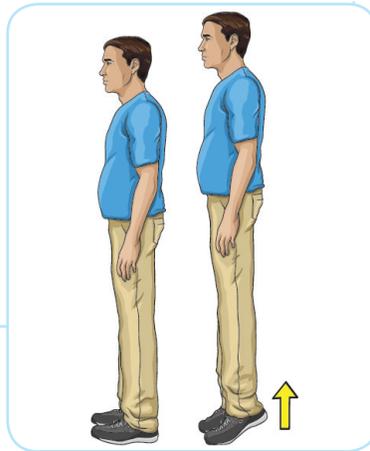
Hold on to a chair. Raise and lower yourself on the toes of one foot, then the other.



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Heel raise

Stand up on your toes and then down on your heels. Repeat 20 times. Also try putting your full weight first on one leg and then on the other.



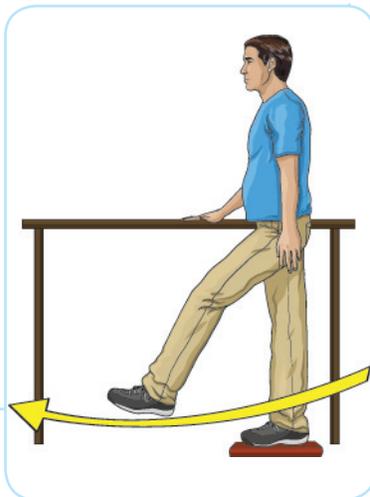
Leg bends

Hold on to a chair. Put one foot forward as shown and lower your body straight down, keeping both feet on floor. Raise and lower 10 times. Change legs.



Leg sweep

Stand with one leg slightly raised (on a book, for example). While holding on to a chair or table, swing the other leg back and forth 10 times. Change to the other leg and repeat.



Feet wave

Sit down on the floor and lean backwards. Shake your feet until they are relaxed and warm.



Health experts recommend being active for at least 30 minutes, 5 days a week to maintain your current weight and 45 minutes if your goal is to lose weight. Talk with your diabetes care team to find a goal that's right for you.

For more information, visit Cornerstones4Care.com

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