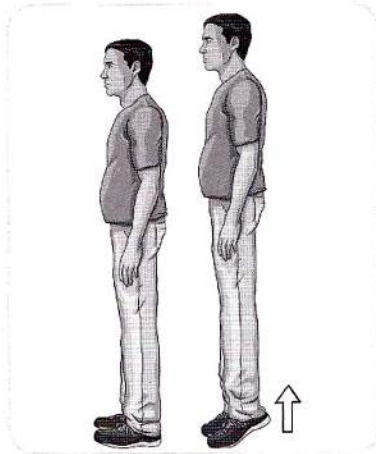


Keeping your legs and feet active

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.



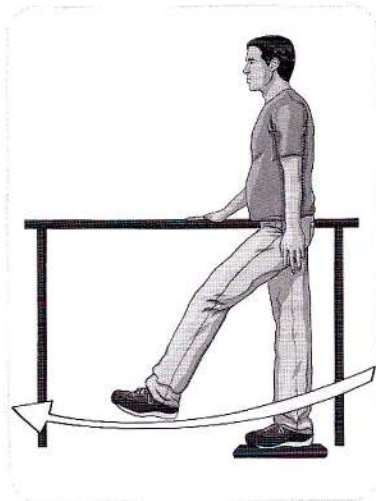
Leg bends

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.



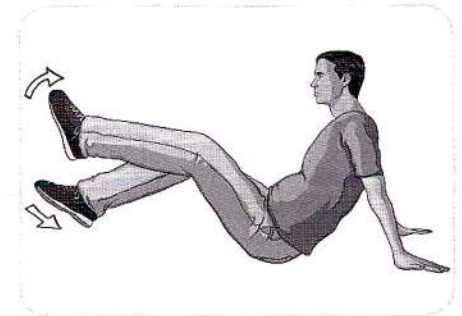
Leg sweep

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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