

# Keeping Your Legs and Feet Active

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.



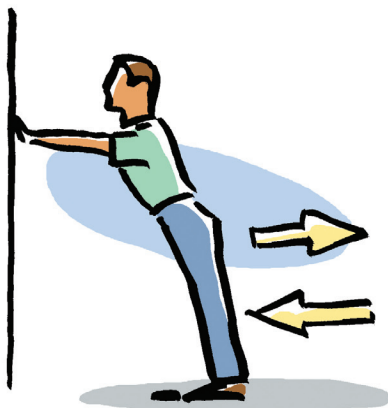
## Staircase climb

Walk briskly up a flight of stairs using only the balls of your feet.



## 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 and raise yourself up 10 times keeping your arms crossed.



## Tiptoe raise

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



## Leg bends

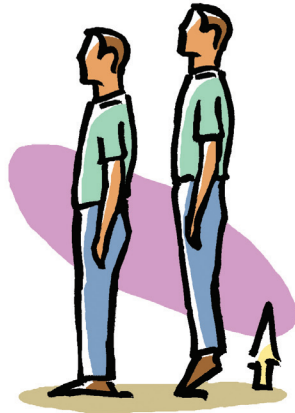
Hold on to a chair. Put one foot forward as shown and lower your body straight down, keeping both feet on floor. Raise and lower 10 times. Change legs.



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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.



## Feet wave

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



## 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.



Experts recommend being active for at least 30 minutes, at least 5 days a week. People with type 2 diabetes should add strength training to their activity plan 3 times a week. Talk with your diabetes care team to find out what kind of strength training is best for you.

For more information, call the Novo Nordisk Diabetes Tip Line at 1-800-260-3730, or visit us online at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com).

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