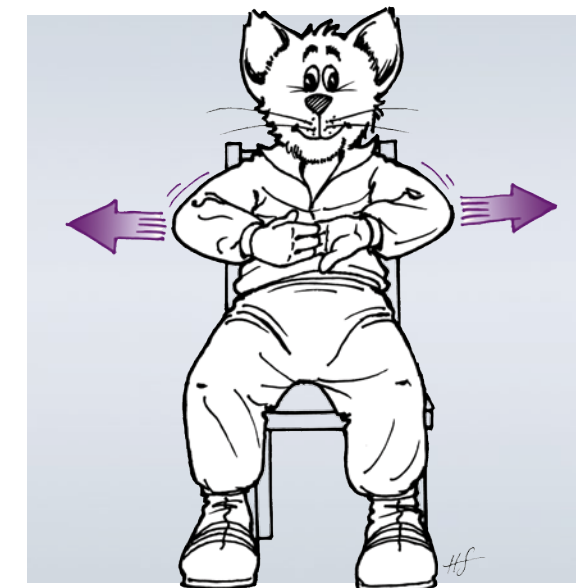


### Finger hooking

For strengthening the back and shoulder muscles



Sit up straight, with the tips of your fingers hooked together at chest height. Pull your elbows outward and maintain the tension for about 5 seconds, then slowly ease off. Repeat the exercise another two times. Afterwards, shake out your arms.

### Give yourself a hug!

For stretching the shoulder muscles



Sit up straight. Embrace your own shoulders with your arms to feel a stretch between the shoulder blades. Hold this position for about 20 seconds and then return to the starting position.

Perform this exercise twice.

### The other point of view

To stretch the lateral neck and back muscles



Sit up straight on a chair. Tilt your head to one side, pulling the opposite shoulder downward at the same time. You should feel a "tug" in the neck muscles. Hold the stretch for about 20 seconds, then go back to the starting position. Now repeat the exercise on the other side.

Repeat the whole exercise twice.

### Take a look around

To mobilize the cervical spine



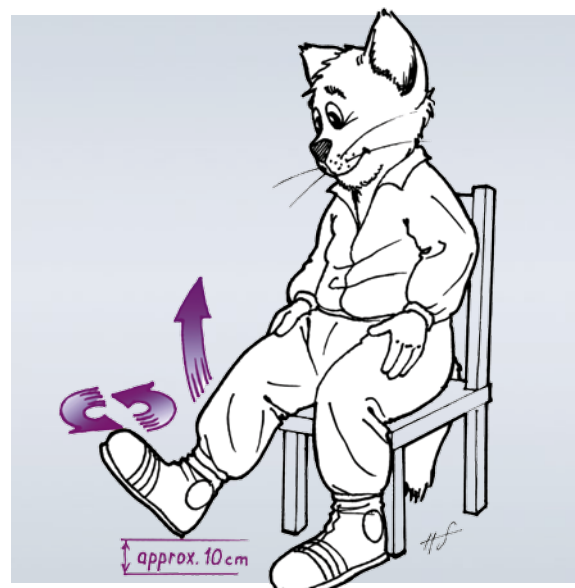
Sit up straight, and move your head in slow, controlled movements, all the way through your comfortable range of movement.

1. Tilt your head forward (five times)
2. Turn to the right and left (ten times each side)

**Note:**  
Don't bend your head backwards!  
The cervical spine does *not* have a ball and socket joint.

### Get your feet moving

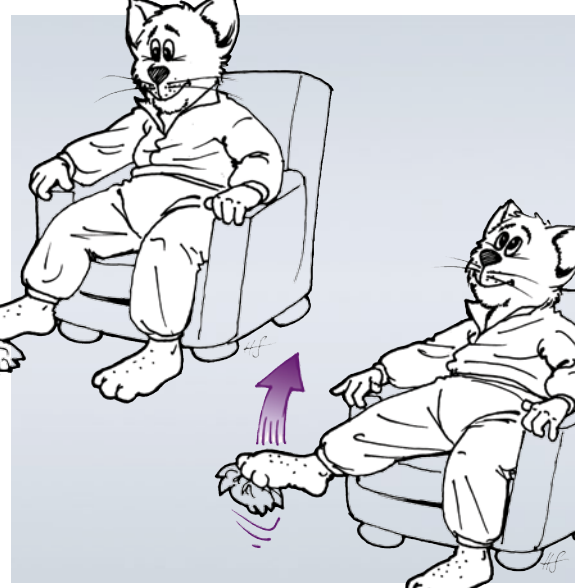
To mobilize the ankles



Sit up straight and lift one foot approximately 10 cm from the floor, angling your leg from the knee rather than the hip. Circle your foot from the ankle 10 times in each direction (clockwise and anticlockwise). Repeat with the other foot. It won't take long for you to feel the benefits of this exercise.

### The gripper

To strengthen and stretch the lower leg muscles

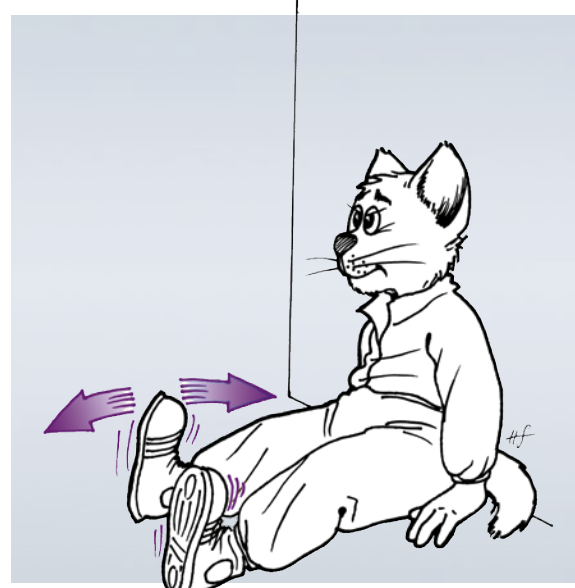


Use your toes to grip and lift small rounded items (e.g. tissues, a towel, a table tennis ball). Stretch your leg to lift the item to knee height, then lower it to the floor.

Repeat the exercise ten times for each foot.

### Let's see the toes

To strengthen and stretch the lower leg muscles

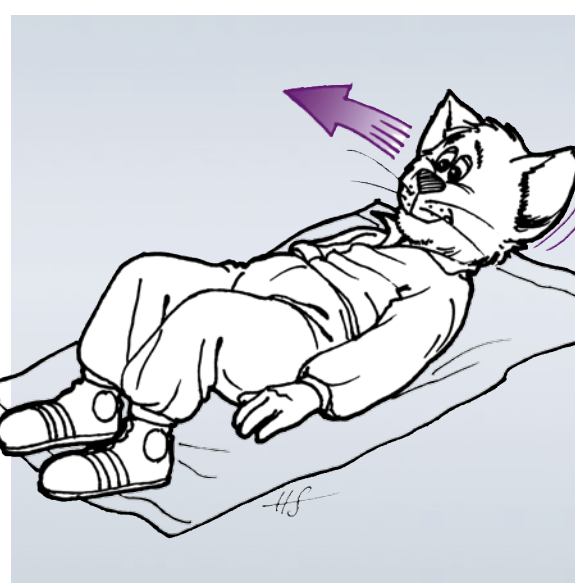


Sit on the floor and lean back against a wall with your legs straight out in front of you. Flex your toes toward the body and then stretch them away from the body. Do the exercise slowly, and with the greatest range of movement possible (especially when flexing the toes).

Repeat the exercise 15 times for each foot.

### Tums up!

To strengthen the straight abdominal muscles



Lie on the floor, on your back, with your legs slightly bent and your feet completely flat on the floor. With your arms by your side, lift your head slightly and slide your hands toward your heels. When you feel a tightness in the abdominal muscles, hold the position for approximately 6 seconds, then return to your starting position.

**Important:**  
Keep breathing throughout this exercise. Repeat the exercise twice. Between each repetition, relax for 30 seconds, taking deep breaths in and out.



## GOOD TO KNOW

Tips and tricks for moving more in everyday life

**EASY EXERCISES TO DO AT HOME – WE'LL SHOW YOU JUST HOW EASY IT IS!**



## Walking

Benefits for the whole body



Take the time for a daily walk.

**15 minutes are sufficient!**

In time, you will be able to walk at greater speed.

## Get moving by bike



Cycling improves stamina, and protects your joints by promoting circulation in your legs. Start by going on a **15-minute** bike ride 3 times a week.

Later, you can increase the travel time.

## Take the stairs



Give the lift a break, and use the stairs as an athletic activity. Climbing stairs improves circulation and builds stamina. Start slowly and don't overdo it. To start with, a little effort gives big benefits.

## Stepping at home

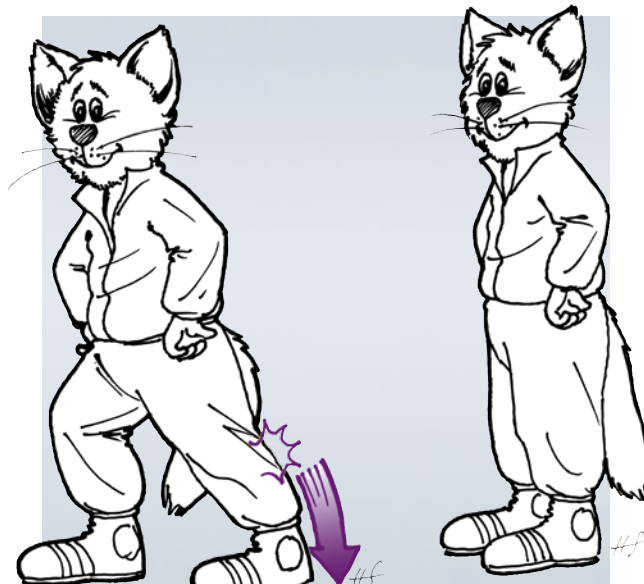
Exercise to strengthen the calf muscles



Stand on a soft surface (e.g. on a folded blanket). Now walk on the spot, rolling your weight over the whole of each foot and letting your arms swing loosely at the same time. There's no limit to how long you do this exercise for!

**Please don't overdo it!**

## Stretching your calves



Stand up straight and step one foot forward by the length of a pace. Your feet should now be parallel and one step offset from each other. Keeping your back foot flat to the floor, bend your front leg slightly, moving your weight over that front foot.

Hold **for about 20 seconds** and then swap legs.

**Complete the above exercise twice.**

## Stretch out please!

Stretching the core muscles

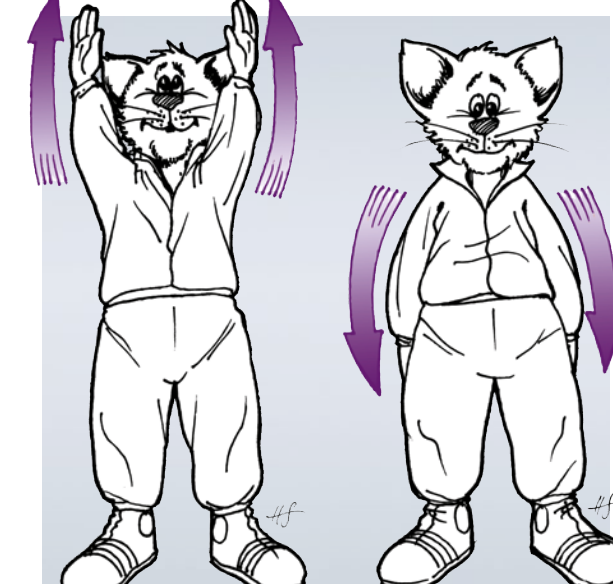


Stand up straight, legs slightly apart, head up. During this exercise, please do not strain the neck or hollow your back. Now raise one arm vertically, and make a reach upwards for a big stretch on that side of your body. Perform 5 reaches in a flowing movement, and then swap arms.

**Repeat the whole exercise twice.**

## The standing wave

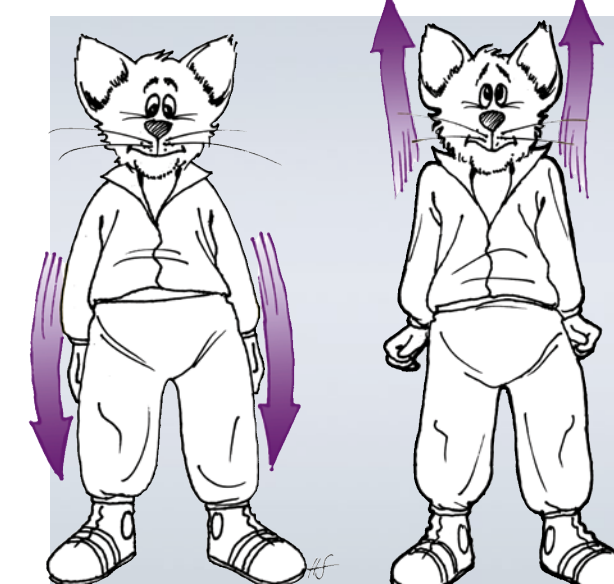
To mobilize the shoulder joints



Stand up straight. Stand up straight with legs slightly apart (about 20cm), and arms stretched straight down. Keeping both arms straight, raise them above your head and then lower them. Perform 10 sets of these controlled arm circles at the full extent of your range of motion.

**Repeat this exercise 2 times.**

## Lifts the shoulders



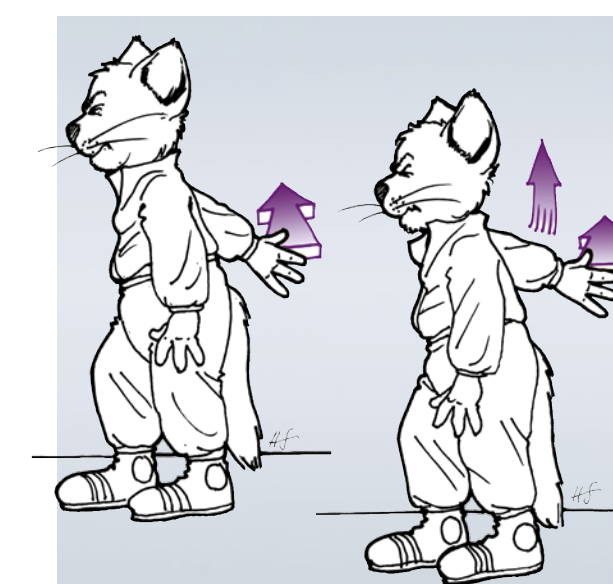
Stand up straight with feet shoulder width apart and flat on the floor. Breathe in, pulling your shoulders upwards. Breathe out hard and let your shoulders drop.

This exercise should loosen your shoulder muscles.

**Repeat this exercise 10 times.**

## Wall presses

Targeted stretching of the shoulder and chest muscles



Stand alongside a wall, with the arm closest to the wall extended behind you, with the flat of your hand pushing against the wall. To do this correctly, the foot closest to the wall should be stepped forward slightly. You will feel a slight pull in the muscles of your wall-side upper arm and chest. Hold the position for approximately 20 seconds, then move the arm diagonally upwards a little on the wall. Hold for another 20 seconds, then turn around and repeat with the other arm.

**Complete the above exercise twice for each side.**

## Exercise does you good

Fit, with B. Braun Diabetes Care



**PLEASE CHECK WITH YOUR DOCTOR THAT THESE EXERCISES ARE SUITABLE FOR YOU.**

Lack of exercise and being overweight are critical factors that mean more and more people are developing Type 2 diabetes mellitus. Fortunately, you can do something about it. The combination of gentle exercise with a diabetes-friendly diet has a positive effect on insulin utilization, blood sugar levels and body weight. With a little dedication and willpower, you can significantly improve your quality of life.

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