**SQUAT** Strengthens hips, buttocks, thighs, and abdomen

A. Stand facing a sink or countertop with your feet about shoulder width apart and pointing forward. To keep your knees aligned, hold a small, lightweight ball between your knees as you squat.

B. Lean back slightly, gripping the sink or countertop edge for balance.

C. Keeping your back straight, squat as if you were sitting down on a chair, feeling the stretch in your buttocks and thighs.

D. At the lowest point of the squat, your seat and thighs should be in a straight line, parallel to the floor.

E. Slowly and smoothly return to a standing position.

**REPETITIONS:** 10–15

**SETS:** 1–2

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**BACK LEG LIFT** Strengthens hips, thighs, and calves

A. Standing in front of a countertop, put both hands on the counter for support. Slightly bend your left leg so you don’t hyperextend your knee. Tuck your pelvis toward the counter. Slowly lift and lower your right leg behind you.

B. Switch legs and repeat.

**REPETITIONS:** 10–15

**SETS:** 1–2 with each leg

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**SIDE LEG RAISE** Strengthens inner and outer thighs

A. Stand facing a sturdy chair or countertop with a slight bend in your right leg so you don’t hyperextend the knee. Tuck your pelvis toward the chair.

B. Lift the left leg to your side until you feel a slight stretch and hold for 30 seconds to improve balance.

C. Return leg to starting position and do side leg lifts for 10 to 15 repetitions.

D. Switch legs and repeat.

**REPETITIONS:** 10–15

**SETS:** 1–2 with each leg

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**LUNGE** Strengthens hips, buttocks, thighs, and abdomen

A. You’ll need a step or staircase for this move. Holding on to the wall or stair railing and leaning forward slightly, place one foot on the first or second step with the other leg behind you.

B. Keep your raised knee aligned over your toes.

C. Slowly bend your back leg at the knee, lowering and then raising your body to complete one lunge.

D. Switch legs and repeat.

E. If desired, switch legs again and do another set on each leg.

**REPETITIONS:** 10–15

**SETS:** 1–2 with each leg

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**Safety Note**

Talk to your doctor before making any big changes to your exercise plan.
**PLANK POSE**  Strengthens abdomen (your core)

1. You’ll need a stairway or a kitchen counter to achieve this pose, which starts in push-up position, with your hands on about the fifth step (using a lower step will intensify the exercise).
2. Continue to elevate your body at an angle, scooping in your abdominal muscles and tilting your pelvis toward the stairs to elongate your spine. Think about zipping up your abdominals underneath your ribcage.
3. Hold for 30 to 90 seconds.
4. To challenge yourself, lift one leg off the ground and hold the plank pose for another set.
5. For a further challenge, lift one leg up and to the side, and hold.

**HOLD:** 30–90 seconds  
**SETS:** 3–5

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**STANDING PUSH-UPS**  Strengthens chest and arms

1. Stand facing a wall or counter.
2. Place your hands on the wall, about shoulder width apart, with your arms extended. Tuck your pelvis toward the wall.
3. Slowly bend your elbows to bring your chest close to the wall, then push back. Keep your spine straight.

**REPETITIONS:** 10–15  
**SETS:** 1–2

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**REVERSE FLY**  Strengthens back, shoulders, and upper arms

1. Sit on a chair with your feet shoulder width apart.
2. Lean over your legs, resting your stomach on your thighs.
3. Hold weights, water bottles, or soup cans in your hands, with your arms pointing down and your thumbs pointing to the sides.
4. Lift your straight arms out to the sides, leading with your thumbs and squeezing your shoulders together; don’t squeeze your neck.

**REPETITIONS:** 10–15  
**SETS:** 1–2

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**FRONT RAISE**  Strengthens your back, shoulders, and upper arms

1. In a seated position, hold weights, water bottles, or soup cans in your hands.
2. Lift both arms to the front at shoulder height, leading with your thumbs.

**REPETITIONS:** 10–15  
**SETS:** 1–2

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Kirsten Ward, MS, RCEP, CDE, is an exercise physiologist, certified diabetes educator, and certified health coach passionate about making a difference in her clients’ lives. She has traveled nationally and internationally, lecturing on diabetes and physical activity, and enjoys practicing what she preaches in her free time by running, hiking, dancing, and doing yoga. Find her at healthcoachboston.com.