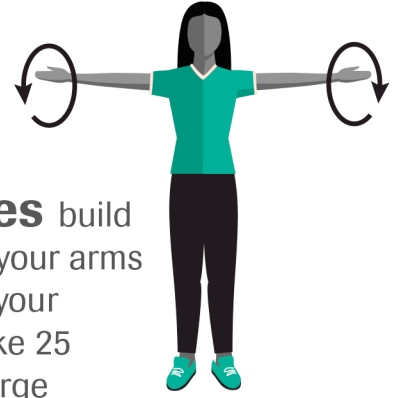


Staying Active

The easy, 15-minute routine you can do at home



Stretching gets your body ready for exercise. Try toe-touches or lunges for 1 minute.



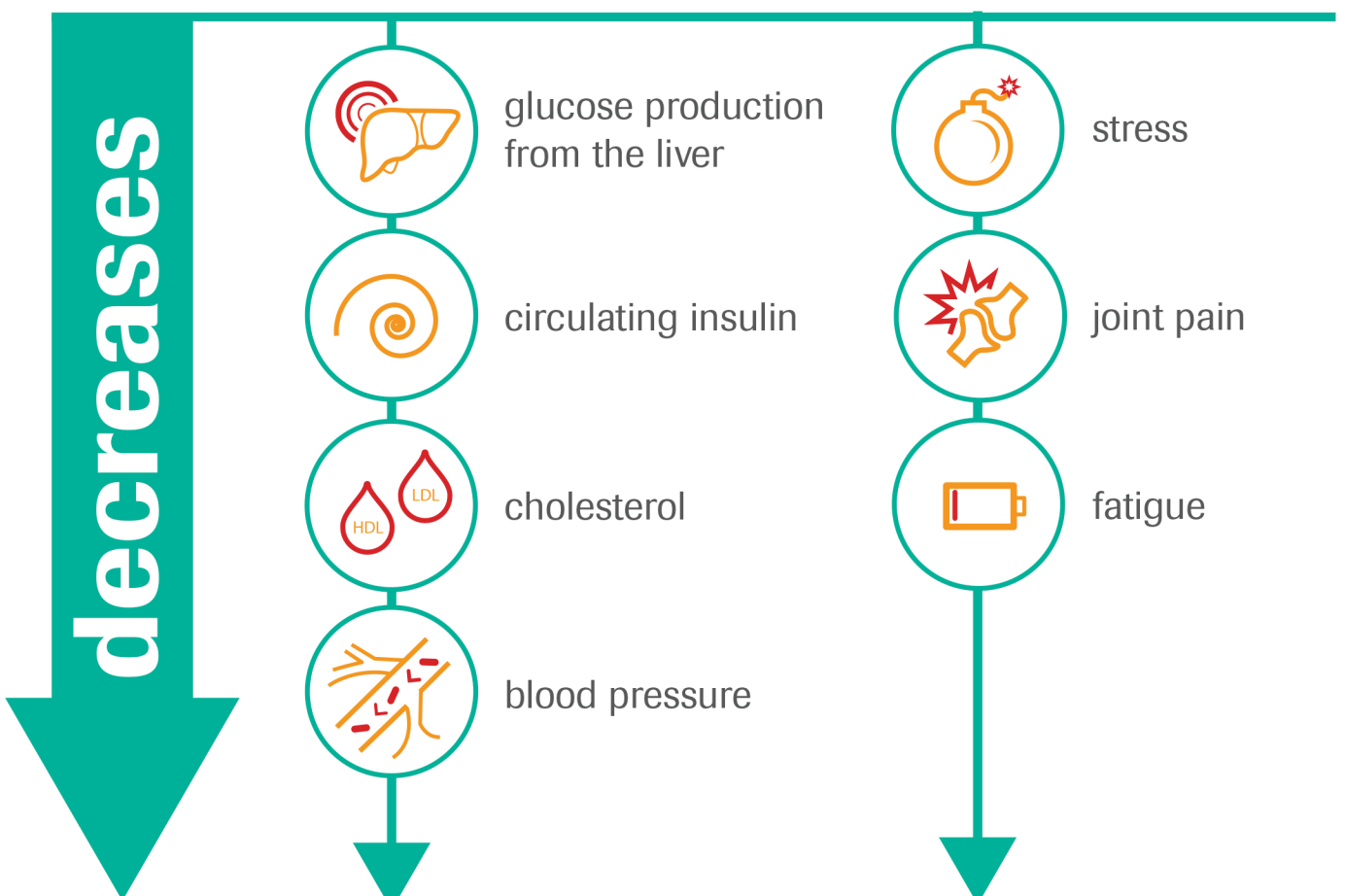
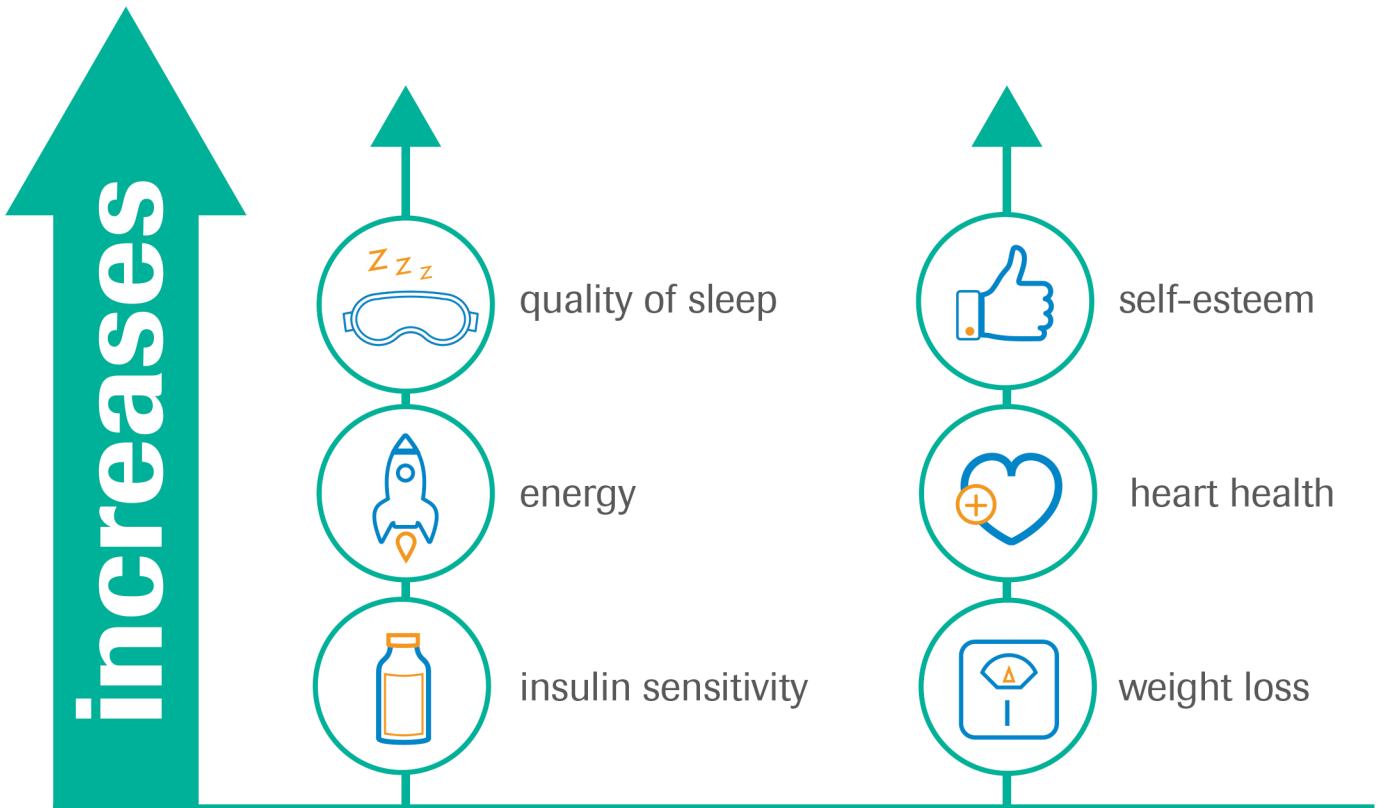
Arm circles build strength. Hold your arms straight out to your sides, then make 25 small and 25 large circles. Try to keep your shoulders down.

Calf raises are an easy, strength-building and toning exercise for everything from the waist down. Start with 20 for each workout.



Run in place to get your heart pumping. Run for 10 minutes. Add jumping jacks for a fun alternative.

What staying active does for people with diabetes:



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