



## Diabetes Care Sheet Stretching

**Physical activity and stretching can improve your blood glucose control, reduce your risk of heart disease, and help you lose (and keep off) weight**

- Lower your head. Slowly roll your neck toward one shoulder, hold for 10 seconds, then roll to the opposite side. Repeat 3 times.



- Don't let tension build up. Breathe deeply and try this stretch at your desk.



- Stretch while you wait for your copies.



- Stretch at various times throughout your journey.



*“Eat foods from our Mother the Earth, exercise each day to build a strong, healthy body, and smile, to share your shine with everyone.”*

**–Elder Frank**

