

# HELP WITH YOUR DIABETES DURING COVID 19



Step 5  
Step 4  
Step 3  
Step 2  
Step 1

1

**Your body.** Did you know that you already have a fabulous piece of gym equipment with you wherever you go – you! You can use your body weight for all types of strengthening and toning exercises. You can find tons of yoga, Pilates and kickboxing routines online as well as other exercise moves you can do easily at home, such as burpees, squats, pushups, and high knees.

2

**Laundry detergent bottles.** Laundry detergent bottles are also good dumbbell alternatives. A 72-ounce bottle weighs about 5 pounds.

3

**Stairs.** Use the original stair climber – stairs! For someone that is 140 pounds, just 30 minutes of walking up and down the stairs burns 175 calories. Running up and down the stairs is also a great way to combat cabin fever on bad weather days.

4

**Chairs.** Believe it or not, you can get a full-body workout using a simple dining room chair. For toned arms, try tricep dips. Stand in front of your chair with your back to the chair. Slowly lower yourself down until your legs form a 90-degree angle, and place your arms behind you, gripping the edge of the chair's seat with your hands. In controlled movements, raise and lower your body to form a 90-degree angle with your arms. Aim for 3 sets of 12 to 15 reps.

5

**Milk jugs.** One full gallon-sized jug of milk weighs about 8.5 pounds, which is perfect for giving your arms a good workout. Try doing 2 or 3 reps of 10 bicep curls holding one jug with each hand. You can also hold one jug with both hands and do overhead presses.

Place  
Magnet  
Here



Need Help  
Contact us:

## I Can Cook-BBC Food

Recipes and videos on how to make them.

<https://bbc.in/2OE5tV>



## Kids Cook

Recipes from India, the Mediterranean, Chinese American and Central America in English and Spanish: India.

<https://bit.ly/30tFfSG>



## Food I Have in the House

Everyday recipes with what you have in the house.

<https://bit.ly/3juJRAP>



## Diabetes Meal Planning

Recipes and meal planning tips from the American Diabetes Association in English and Spanish.

<https://bit.ly/32Bwd8T>



## Diabetic Gourmet

Free cookbooks to download or print with diabetic friendly recipes.

<https://bit.ly/2OlCgF6>



## TastyCDC.gov

This recipe booklet will help you create healthy meals and learn how to follow a healthy eating plan.

<https://bit.ly/3fNwkSm>



## Tasty Vegetarian CDC.gov

Healthy recipes that are fun, fast and fit your budget. Also find cooking videos and activities for kids! Vegetarian Recipes..

<https://bit.ly/2COChA7>

## Reduce Household Food Waste

Inspired by an interest in food sustainability, this is an app to help reduce household food waste by keeping track of food that users already have in their homes and using that information to generate recipes.

<https://bit.ly/2ZMACUy> or  
<https://apple.co/30zOG2Q>



CHRONIC DISEASE  
PREVENTION COUNCIL

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