

Appendix A

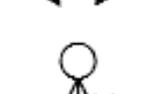
Suggested Strengthening Exercises for a Pregnant Woman with Diabetes

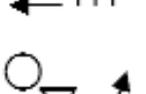
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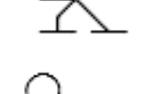
Overhead Press - Both arms push up to meet overhead from about shoulder level. Return to start. Repeat.
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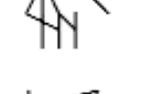
Shoulder Raise - With arms down by your side, raise to about shoulder level then return to your sides and repeat.
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Upright Row - Hold weights* together, arms extended down. Lift weights up to just under your chin with elbows higher than hands. Lower and repeat.
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Chest Crossover - Hold arms at shoulder level with elbows slightly bent. Bring arms together in front of your body, crossing forearms one over the other. Return to start and repeat.
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Low Row - Begin with arms close to your sides, elbows bent at 90. Pull both arms back simultaneously until hands are at your sides then push arms out in front. Repeat.
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One Arm Bendover Row - Lean forward supporting upper body on your leg (or a chair back or table). With one arm pull weight* up and back, leading with your elbow. Lower weight and repeat.
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Biceps Curl - With arms extended, palms up, bring weights up to your shoulders, keeping elbows close to your sides. Lower and repeat.
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Triceps - Hold one weight in both hands overhead. Lower weight behind your head and slowly raise up extending overhead. Keep elbows close to your head. Repeat.
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Seated Leg Lift - Seated with feet flat on floor, extend (straighten) one leg at a time with toes pointed up. Lower and repeat with other leg.
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Standing Leg Curl- Stand facing a wall (or chair back for support). Lift one foot up to buttocks, bending at the knee. Lower and repeat with other leg.
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Wall Sit - With back to a wall, assume a seated position, feet out and apart, knees bent. Hold 3 seconds. Stand then repeat.
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Standing Squat - With feet flat on floor, shoulder width apart, hold head up, back erect. Slowly lower hips until thighs are parallel to floor. Return to standing position. Repeat.

Adapted from A Turner, MS. Handout for clients, 2000. Used with permission.