

# 6 Week Program: Beginner



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diabeteswa®  
1965 - 2015  
CELEBRATING 50 YEARS



Government of **Western Australia**  
Department of Health

# Introduction – The Program

This program has been developed by an Exercise Physiologist to provide individuals at all fitness levels with a comprehensive exercise program that can be completed at home or wherever you feel most comfortable. It is designed to use your own body weight so very limited equipment is required.

The Beginner Program is designed for those who have a basic level of fitness (that is, they are able to walk comfortably for 30 minutes) or those who have completed the pre-beginner program.

If you are unsure of your fitness level we strongly recommend that you consult your doctor. To start, complete one session of the Pre-Beginner Program and if you find it too easy you may wish to move on to the Beginner Program.

**IMPORTANT:** Always consult a qualified medical professional before beginning any nutritional program or exercise program. The exercise suggestions are not intended to substitute for proper medical advice. Diabetes WA assumes no responsibility for injuries suffered while practicing any exercise program. If you have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease etc., please seek your physician's advice before starting any new exercise program.

## Benefits of Physical Exercise

This exercise program is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level according to your fitness. Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism so even after you finish exercising your body will continue to burn fat.

**By completing 30 minutes of moderate exercise per day you can:**

- Reduce your risk of heart attack and heart disease.
- Reduce your risk of stroke.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Lower the risk of some cancers, including colon cancer.
- Reduce feelings of stress, anxiety and depression.



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- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints, lowering the risk of osteoporosis.

## What to Expect

### How you should feel?

The exercises should feel challenging, but comfortable to complete. If you feel short of breath, stop exercising for a minute or two, regain your breath and then you should be able to continue. If you remain short of breath and/or are concerned, consult your doctor before continuing.

Your muscles may feel tired or even sore after carrying out the exercises in the program – this is normal! You are simply using muscles in a way you may not be used to. If you feel severe discomfort or you believe the pain is not muscular, consult your doctor immediately.



### What results can you expect?

#### Commitment is Key!

The results you can expect from this program will reflect your commitment to the program. Ensure you carry out the full program three times a week for the full six weeks.

You should also eat a balanced diet while carrying out this program. This will ensure you have the energy levels and nutritional balance to gain the full benefits.



# How to Use this Program

This exercise program is designed to be completed at least three times a week with the intention to increase to daily for eight weeks. The program can be completed at home, at your local park, or at a gym, wherever you feel most comfortable. Each session should take around 30 minutes to complete – if you complete the program in less time, repeat the resistance/cardiovascular section.

Once you have completed one fitness level program, or if the program becomes too easy, you may progress to the next level. The levels are as follows:

1. Pre-Beginner
2. Beginner
3. Intermediate
4. Experienced
5. Advanced

All programs include the following components:

## Flexibility

Stretching before and after you exercise is important, it helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.

Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

## Resistance/ Cardiovascular

Resistance exercise improves muscles strength and tone, which helps protect your joints from injury. It also increases your muscle to fat ratio – when you gain muscle your body will continue burning fat even when you are resting.

Cardiovascular training (or ‘cardio’ for short) has many benefits. It is the key to weight loss and it also helps to:

- Strengthen your heart and lungs, and increase bone density
- Improve sleep and reduce symptoms of stress, anxiety and depression



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## Cool Down

It is important to cool down, especially after vigorous exercise. The body needs time to slow down and it aids in recovery – meaning you won’t wake up as sore tomorrow. Repeat the stretch component of the program to cool down and do a slow walk.

## How Do I Track My Progress?

Tracking your progress is easy!

**Weight:** Monitor your weight by weighing yourself on a fortnightly basis and record it on the tracking sheet provided.

**Blood Pressure:** You can track your blood pressure if you have a blood pressure monitor at home. Otherwise many pharmacies provide free blood pressure checks. An ideal blood pressure is approximately 120/80mmHg. If your blood pressure is much higher or lower than this, consult your doctor immediately and do not start the program.

**General Wellbeing:** Your general wellbeing and how you feel is a great indicator of how well the program is working. You may start feeling like you have more energy, you are stronger, you’re sleeping better and you may even feel happier on a day-to-day basis!

**Tracker Sheet:** We have included a tracker sheet where you can track your progress and tick off your exercises.



# Before you Begin - Do's and Don'ts

## Do

Speak to your doctor before starting this exercise program to check it is right for you.

Ensure you have appropriate enclosed footwear that provides you with comfort and support.

Ensure you drink enough water before, during and after physical exercise.

Tell a friend about your health and fitness goals. It is always easier to stay on track with a friend's support.

If you can't complete the exercise program daily, try to go for a 30-minute walk on the days you don't do the program.



## DON'T

Do not start any exercise program without consulting your doctor first.

If you feel severe pain or discomfort while completing this program, stop the program immediately and consult your doctor.



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# Pledge

I, ..... pledge to undertake this program to the best of my ability.

I pledge to remember that progress takes time, and to be proud of the commitment I am making to my health.

Sign .....

## Walking Styles

### Walk

A walk should be at a slow pace. Your heart rate should be slightly elevated from resting, but intensity will be about 3 or 4 out of 10.

### Power Walk

A power walk is a walk at a medium pace. Imagine you're late from your lunch break at work and need to get back to the office. Your heart rate should be elevated and intensity should be 5 or 6 out of 10.

### Jog

A jog is a medium to fast pace. Imagine you need to get across the road at a set of traffic lights and the red man has just begun to flash. Your heart rate will have noticeably increased and intensity should be 7 to 8 out of 10.

### Run

A run is a fast pace. Imagine a bus is approaching your stop and you are 100 meters away and you desperately need to catch it. Your heart rate will dramatically increase and the intensity will be 9 or 10 out of 10.



# Program - Weeks 1, 3, 5 & 7

## Flexibility

### Calf Stretch

(hold for 15 seconds per leg)

Pushing against a wall for stability, put one leg in front of the other and straighten your back knee. You should feel a stretch through your calf muscle in your back leg. Hold for 15 seconds and then change legs and hold for another 15 seconds.



### Lying Hamstring Stretch

(hold for 15 seconds per leg)

Lying on your back with legs out straight, lift one leg and hold behind the knee. Try to keep the leg as straight as possible and make sure your other leg does not lift from the floor. To increase the stretch, pull the leg closer and straighten the knee.



# Program

Continued

## Lying Hip Flexor Stretch

(hold for 15 seconds per leg)

Lying on your back with both knees straight, bring one knee to your chest and use your hands to hug it close to you. You should feel the stretch through your hip and upper thigh on your straight leg.



## Lying Glute-Medius Stretch

(hold for 15 seconds per leg)

With both legs straight, bring one knee to your chest and then bring it across your body. You should feel the stretch through the side of your glutes. Make sure to keep your upper back and shoulders flat on the floor.



# Program Continued

## Resistance and Cardiovascular

Complete this section three times

### Walking

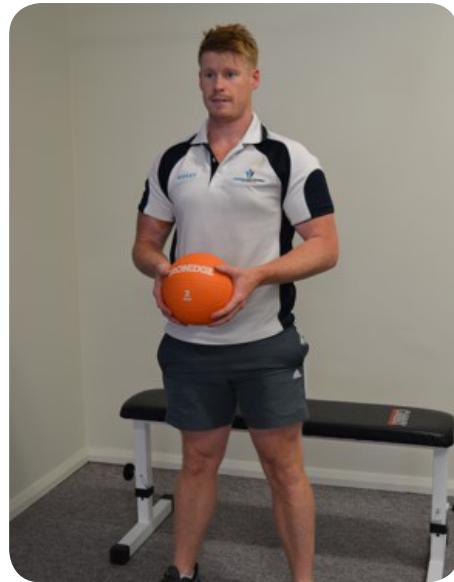
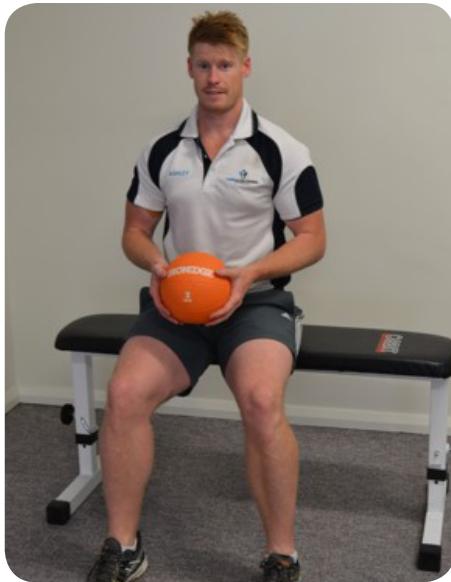
5 minutes

Walking at a pace that is comfortable for you.



### Sit to stand weights

Holding approximately 2kg of weight, sit on a bench or chair, and stand up holding the weight. If you do not own exercise weights, you may use anything you have around the house, such as a carton of milk or a water bottle.



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# Program

Continued

## Bench Push-Ups

You can use any bench or chair for this exercise. With both hands on the bench, lower yourself into a push-up and then back up again ensuring your back is kept straight. The lower the bench, the harder the push-up will be.



## Wall Plank (2 x 30 second holds)

Pressing against a wall or a bench, keep your back straight and hold this position. You should feel this activate your stomach muscles.. The lower the bench is, the harder this will be.



# Program - Weeks 2, 4, 6 & 8

**Flexibility** - Repeat as in Weeks 1, 3, 5 & 7

## Resistance and Cardiovascular

Complete this section three times

### Walking

**5 minutes**

Walking at a pace that is comfortable for you.



### Modified Mountain Climbers

Using a bench for support, lift one knee so the foot is off the ground, then quickly changing to the other leg and jumping one to the other.



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# Program

Continued

## Supported Squats

Stand with your legs shoulder width apart and your feet pointed slightly outward. Holding a bench for support, make sure your weight is transferred to the heels of your feet and bend your knees. Squat as low as you can comfortably go and then stand again. Make sure your knees stay above your feet and they do not move beyond your toes.



## One Arm Row

Using a bench for support, hold a weight in one hand (start with 1 or 2kgs) and bring your elbow up behind you to lift the weight close to you. If you do not own a dumbbell, fill an empty milk carton with sand to give you some resistance.



# Program

Continued

## Wall Plank

(2 x 30 second holds)

Pressing against a wall or a bench, keep your back straight and hold this position. You should feel this activate your stomach muscles. The lower the bench is, the harder this will be.



Remember to cool down  
after exercise!



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Beginner		REVIEW PROGRESS AFTER WEEK 8																					
				Week →		Session →		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
		Exercises						1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
Flexibility	Calf stretch		15 sec hold per leg																				
	Lying hamstring stretch		15 sec hold per leg																				
	Lying hip flexor stretch		15 sec hold per side																				
	Lying glute-medius stretch		15 sec hold per side																				
Cardio	Walking		5 mins																				
Resistance	Sit to stand no weights OR with 2kg weight		Week 1 = 10 reps Week 3 = 15 reps Week 5 = 20 reps Week 7 = 25 reps																				
	Bench push-ups																						
	Wall plank		Hold up to 1 min																				
	Modified mountain climbers		Week 2 = 10 reps Week 4 = 15 reps Week 6 = 20 reps Week 8 = 25 reps																				
	Supported squats																						
	One arm row																						
	Wall plank		Hold up to 1 min																				
	Repeat Cardio																						
	Repeat Resistance for appropriate week																						
	Repeat Cardio																						
	Repeat Resistance for appropriate week																						
Cool Down	Slow walk		5 mins																				
	Calf stretch		15 sec hold per leg																				
	Lying hamstring stretch		15 swings per leg																				
	Lying hip flexor stretch		15 sec hold per side																				
	Lying glute-medius stretch		15 sec hold per side																				
	Lying hamstring stretch		15 swings per leg																				
	Weight in Kg																						



**For more information about the My Healthy Balance program please visit:**

**Visit:**

[www.myhealthybalance.com.au](http://www.myhealthybalance.com.au)

**Email:**

[support@myhealthybalance.com.au](mailto:support@myhealthybalance.com.au)

**For information about the Get on Track Challenge program please visit:**

**Visit:**

[www.getontrackchallenge.com.au](http://www.getontrackchallenge.com.au)

**Email:**

[support@getontrackchallenge.com.au](mailto:support@getontrackchallenge.com.au)



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