



## IRSPT: Fitness Protocols for Blood Sugar Balance - Action Steps

### Check Items as You Complete:

- Review the core content *Fitness* recording.
- Assess your clients' fitness level and habits. Use your own or modify the done-for-you document provided to suit your needs.
  - Get your clients to record body measurements before starting protocols.
  - Do a fitness test before starting protocols.
- Explain the relationship between fitness and blood sugar to your clients. You should be able to explain the mechanism by which fitness affects blood sugar and how adding exercise and burst training is a critical component of a program that will get clients the results they are looking for. Use the fitness tools and resources provided and your own to guide them.

#### Documents

- Fitness: Exercise for Blood Sugar Balancing

#### Programs

- Fitness Video Library*

- Step-by-Step for Clients:** Teach clients to optimize their daily movement. These are steps I use. Modify the steps with your own favorite fitness activities. Encourage clients to add steps at their own pace.
  - Complete a pre-program fitness assessment.
  - Begin with a general introduction to exercise and burst training to understand the benefits of both.
  - If just starting out, begin with 10 - 15 minutes of walking and/or movement at least 4 times per week. Gradually increase the number of walks or and/or the length of time (preferably 30 - 60 minutes most days). Already have a cardio routine? Add sprints to your normal jogging, swimming, cycling routines.



- Record your body and fitness test measurements.
- Implement burst training throughout your day.
  - Burst out of bed (2 minutes - upon rising)
  - During the day - beginner (30 seconds - 3 - 4 times/day)
  - During the day - intermediate/reset phase (30 seconds - 4 - 8 times/day)
  - Optional/Optimizing - Complete your bursts about 2 hours before each meal
  - Burst before bed (2 minutes - 1 hour before bed)
  - Examples of burst training activities
    - Jumping jacks
    - Running up and down stairs, optionally carrying a ball
    - Squats with optional hand weights
    - Push-ups
    - Stair-stepper
    - Elliptical machine
    - Exercise bike
    - Treadmill
    - Take a walk and do short bursts of fast running or hill climbing
- Include extra/optional fitness activities
- Begin a daily push-up challenge and do as many push-ups as you can each day.
- Add squats in 1-minute intervals, 2 - 3 times per day to your routine. For more advanced, try doing "sit squats".
- Intensify your aerobic routine by increasing the time of your activity and/or by increasing the intensity with burst intervals.
- (Optional) Try adding the new handwalking exercise to your routine.
- (Optional) Try a new exercise: side stepping.
- (Optional) Try a new exercise: band stretches
- (Optional) Try a new exercise: deadlifts.
- (Optional) Try new exercises using special equipment.
  - Abdominal Rotation - Bosu and medicine ball
  - Balancing Act - medicine ball
  - Catch - Bosu and medicine ball
  - Clean and Jerk - hand weights
  - Dumbbell Press - hand weights and big exercise ball
  - Leg Lifts - big exercise ball
  - Lunges - medicine ball
  - Reverse Lunges - hand weights
  - Steps - either a small plastic step bench or stairs
  - Glider exercises
- Add stretching to the end of your workout.
- Complete a post-program fitness assessment.