

Insulin resistance – strength exercise & sleep

Examples of Changes you may find appropriate:

Tell the client they can reduce their insulin resistance if they include strength exercise, activities which improve their well being and get a good night's sleep:

- Include activities where you need to pull, push and lift.
- Include stress reduction activities on top of your physical exercise.
- Learn about and practice sleep hygiene.

Examples of Goals the client may find appropriate:

- Include exercises with a plastic resistance band and weights suitable for you.
- Push the wheel barrow or the rubbish bin, carry the laundry basket, push the vacuum cleaner and carry your shopping.
- Add some home exercises where you pull, push and lift.
- Try meditating or just sitting still in a quiet place.
- Go for a stroll where you can look at nature and enjoy the peace and beauty.
- Make time to be with your friends and your family.
- Listen to music you enjoy which remind of good and happy times.
- Improve your sleep by having a sleep hygiene routine.
- Try and get enough sleep so you wake up refresh and ready for the day ahead.
- Not feeling tired will help you make better choices about the food you eat and the activities you do.

Name:	Date:
Patient's Plan – Goals or tasks	Achievement

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