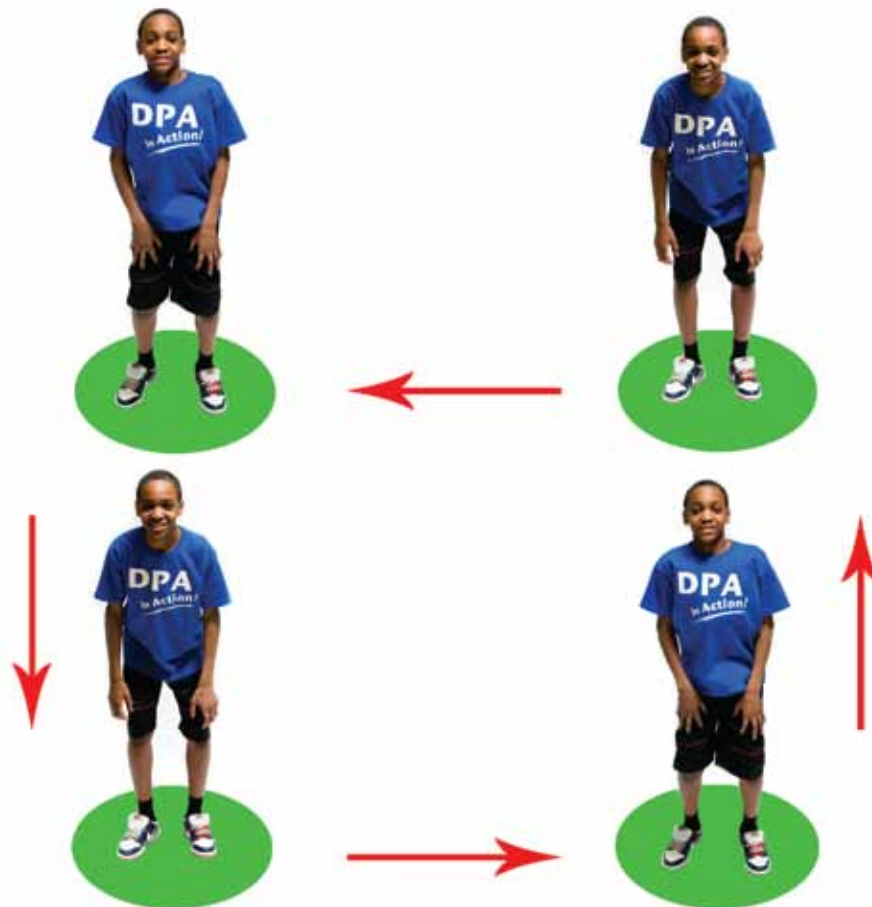




EVERYONE JUMP circuit

THE BEST YOU CAN BE Box Hop



- Stand with feet side by side and two-foot jump in the shape of a box.
- Start at the top right corner of an imaginary box and hop sideways to the front left corner.
- Then jump backward to the left back corner.
- Then jump sideways to the right back corner.
- Finally, hop forward back to the top right corner, completing the Box Hop sequence.



EVERYONE JUMP circuit

DIABETES

Dance

Diabetes is a disease where the body has a difficult time controlling the level of glucose in its blood.



- With right hand forming a fist, pull down twice with right arm.
- Push right elbow out to right side twice.
- Rotate right forearm in circle motion twice.
- Make a wave motion across the body with the right arm twice.
- Repeat entire sequence with left hand.



EVERYONE JUMP circuit

DIABETES SYMPTOMS

Squat Hops

People with diabetes may experience some of the following **symptoms**: unusual thirst, frequent urination, weight gain or loss, extreme fatigue, blurred vision, frequent or recurring infections, cuts and bruises that are slow to heal, and tingling or numbness in the hands or feet. Many people with type 2 diabetes may not display any symptoms at all.



- With feet shoulder-width apart, bend at knees as if you are sitting on a chair (squat). Knees should not go over toes.
- Move from squat position by jumping upward, on the spot, reaching arms as high as possible. Land with knees slightly bent.



EVERYONE JUMP circuit

EVERYONE JUMP

Jumping Rope



- While rotating wrists and forearms, two-foot jump on the spot.



EVERYONE JUMP circuit

GESTATIONAL DIABETES

Gluteal Kicks

Gestational diabetes is a temporary condition that can occur during pregnancy.



- While jogging, land on right leg as you bend left knee and bring left heel back towards buttocks.
- Then land on left leg as you bend right knee and bring right heel back towards buttocks.



EVERYONE JUMP circuit

GLUCOSE

Grapevine

Glucose is sugar in the blood that comes from the food we eat.



- Step out to the side with right foot.
- Cross left foot behind right foot.
- Step out to side with right foot.
- Tap left foot beside right foot.
- Repeat starting with left foot and moving in opposite direction.



EVERYONE JUMP circuit

INSULIN IN-OUT

Heel Touch

Insulin is a hormone that controls the level of glucose in the blood.



- Bend right knee with heel out to the side and touch the outside of right foot with right hand.
- Bend left knee with heel out to the side and touch the outside of left foot with left hand.
- Lift right knee, bringing heel across body, and touch the inside of right foot with left hand.
- Lift left knee, bringing heel across body, and touch the inside of left foot with right hand.



EVERYONE JUMP circuit

INSULIN

In-Out Hop



- Stand with feet together and knees slightly bent.
- Jump up in the air and land with feet apart and knees slightly bent.
- Jump up in the air and land with feet together and knees slightly bent.



EVERYONE JUMP circuit

LET'S DO WHAT IT TAKES

Leap Frog



- Bend forward at the hips with knees slightly bent, touching hands to the ground (leap frog position).
- Push off the ground with hands and feet at the same time, maintaining the leap frog position.



EVERYONE JUMP circuit

ONE DISEASE - TWO TYPES

Twist



- Start with feet shoulder-width apart with knees bent.
- While bending knees and squatting down to the ground, rotate upper body and lower body in opposite directions.
- Return to standing position while rotating upper body and lower body in opposite directions.



EVERYONE JUMP circuit

PICK UP THE BALL

Bob and Weave



- Start in a squat position with feet shoulder-width apart.
- Arms are in front of body with elbows bent at 90 degrees. Hands are in fists.
- From squat position, straighten legs and lean to the right. Arms stay centered.
- Move back into squat position.
- Straighten legs and lean to the left while arms stay centered.



EVERYONE JUMP circuit

PANCREAS

Push-Ups

The **pancreas** is the organ in the body which makes insulin.



- Start in a push-up position, with arms and legs straight and toes tucked under feet.
- Lower body slowly towards the floor by bending arms.
- Straighten arms as you push body up off the floor.

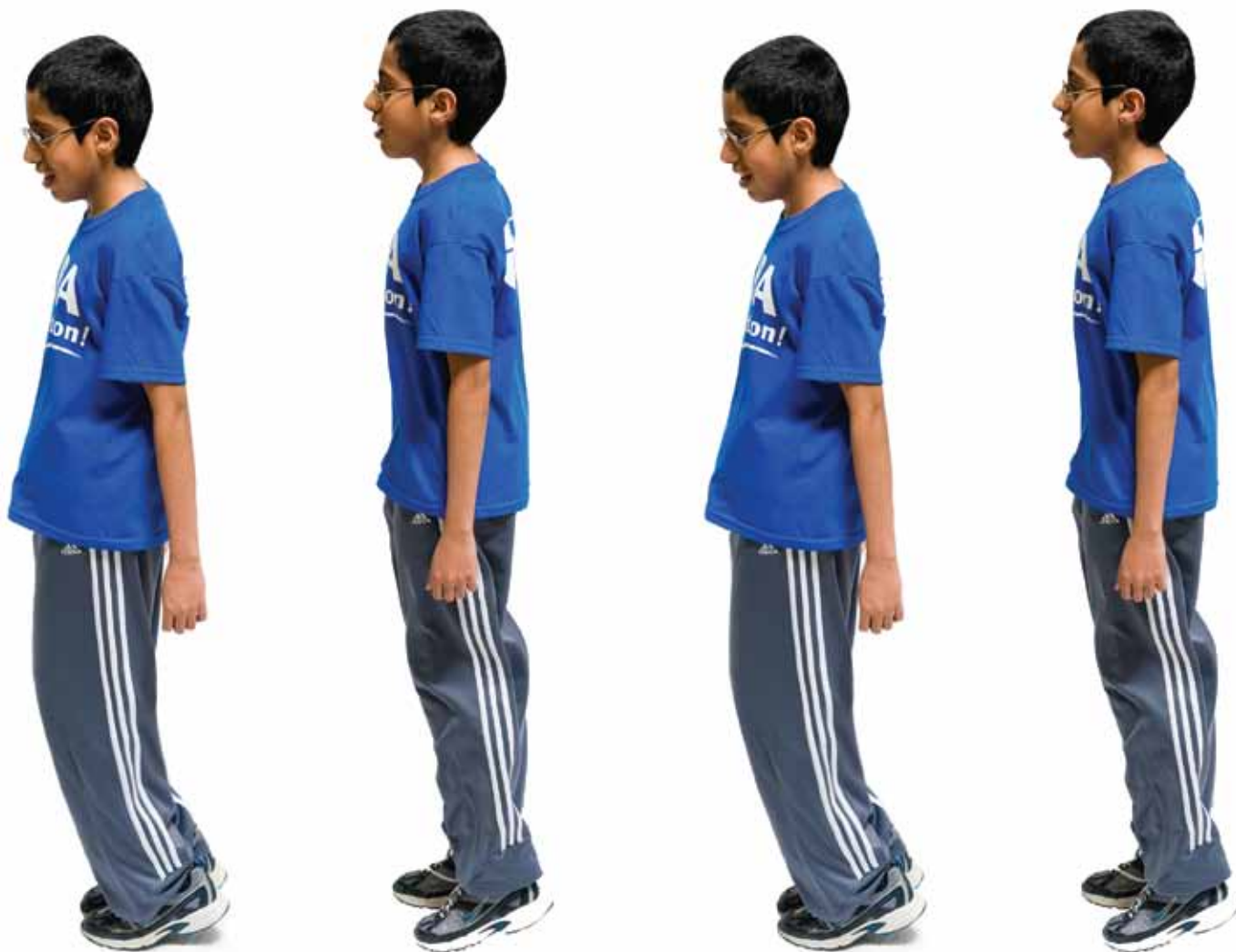


EVERYONE JUMP circuit

PREVENTION

Pogo-Jumps

Type 2 diabetes can be prevented with regular physical activity and healthy eating.



- With feet together, bounce rapidly off the fronts of toes.
- Heels should not touch the ground and knees should be slightly bent when taking off and landing.



EVERYONE JUMP circuit

PROPER NUTRITION

Plank



- Lie face-down on the ground.
- Resting on forearms and toes, lift body off the ground.
- Keep body straight.



EVERYONE JUMP circuit

RISK FACTORS

Flurry

Risk factors for developing type 2 diabetes include being age 40 or over (however even children can get type 2 diabetes), being overweight, or having a parent, brother or sister with diabetes.



- Run as fast as you can on the spot, taking tiny, quick steps.
- At the same time, alternate speed punches (left then right), out in front of body.



EVERYONE JUMP circuit

START IT NOW

Scissors



- Start with feet together and knees slightly bent.
- Jump and land with knees slightly bent so that left foot is forward and right foot is back. Right arm is forward and left arm is back.
- Jump again and land with right foot forward and left foot back. Left arm is forward and right arm is back.



EVERYONE JUMP circuit

TYPE 1 DIABETES

Tuck Jumps

Type 1 diabetes occurs when the pancreas is unable to produce insulin.



- Start by standing with knees bent.
- Jump on the spot and lift both knees towards chest.
- Land with knees slightly bent.

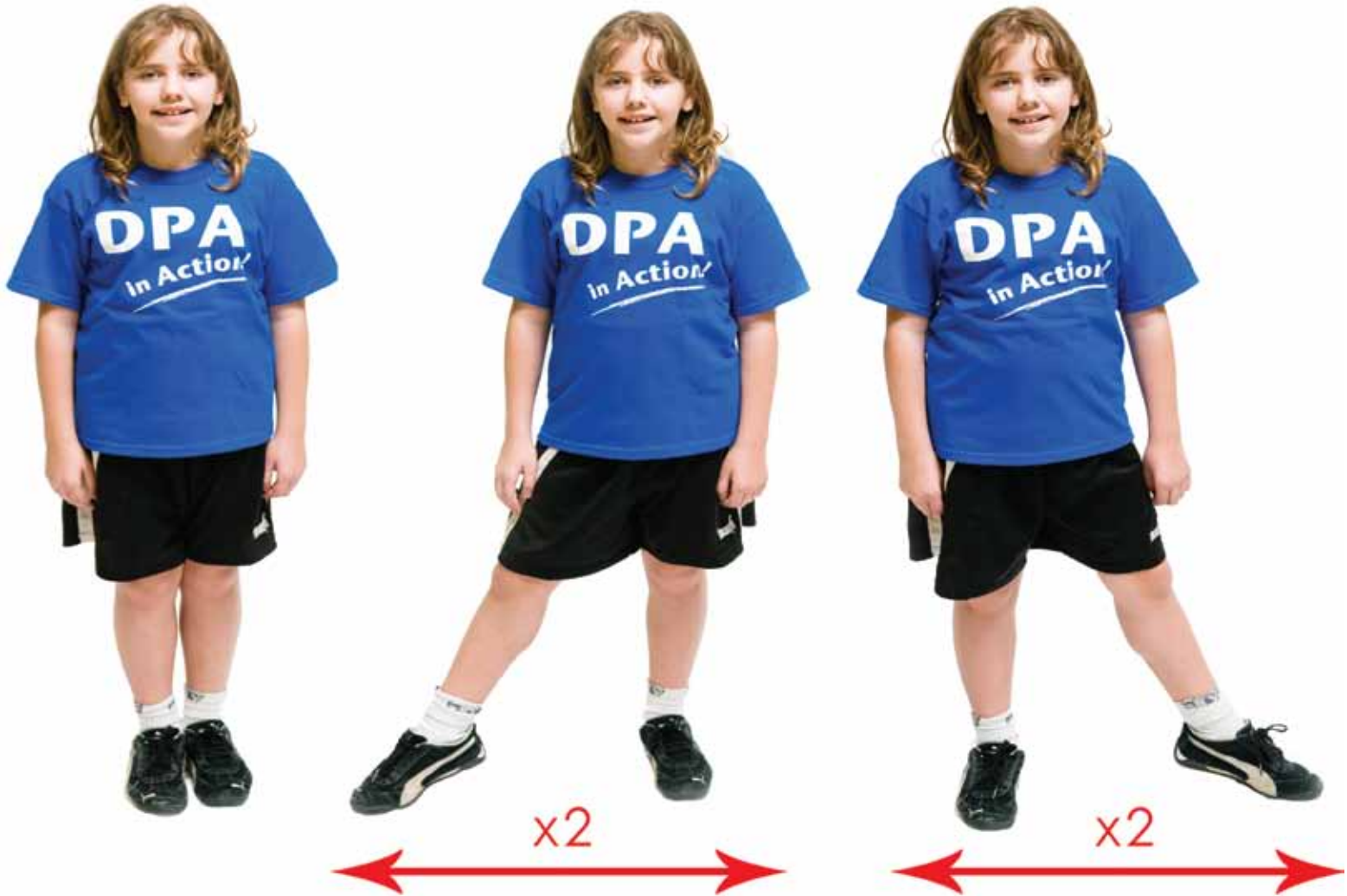


EVERYONE JUMP circuit

TYPE 2 DIABETES

Tap

Type 2 diabetes occurs when the pancreas does not produce enough insulin, or when the body does not effectively use the insulin it has produced.



- Start with feet together.
- Tap right foot out to right side twice. Bring right foot back to centre.
- Tap left foot out to left side twice. Bring left foot back to centre.



EVERYONE JUMP circuit

VEGETABLE WRAP

Raise The Roof



- Stand with legs shoulder-width apart and arms bent overhead with palms facing up.
- Jump up and down while pumping (extending) arms above head.



EVERYONE JUMP circuit

YOU'LL FEEL THE BEAT

Boxer Jog



- Extend arms out in front of body at waist level with palms down.
- Do alternate knee lifts and touch knee to palm.
- Left knee will touch left palm and right knee will touch right palm.