



# Managing Chronic Disease Through a Mindfulness Practice

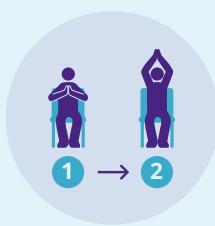
A chronic disease is a condition that lasts one year or longer, requires ongoing medical care and often affects your quality of life. Examples of chronic diseases are type 2 diabetes, heart disease, arthritis, and certain cancers.

If you have a chronic disease, speak with a health care provider about how physical activity may help and ask if it's okay to be physically active. If it is okay, you may want to try adding tai-chi or yoga to your daily movement routine. Both activities have many physical and mental health benefits like better balance and strength, less pain, better ability to move around, and reported feelings of better health and vitality.



**Before beginning any new exercise routine, please consult with a Health Care Provider.**

## Try these yoga-inspired exercises to improve strength for better balance:



### Mountain Pose

Sit or stand with your feet grounded and hands folded as if in prayer. Inhale as you push your arms up until they are above your head, palms together or facing one another. Hold this position for 5 to 10 deep breaths, then return your hands back to a prayer position resting near your heart.

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Download the free ParticipACTION app today for more workout videos and motivational content and be sure to track your activity on the app for a chance to win great prizes! Download it for free in **Google Play** or the **App Store**.

Speak to a Health Care Provider for more information on how physical activity can improve your life or visit [www.gov.nl.ca/tcar](http://www.gov.nl.ca/tcar)



# Managing Chronic Disease Through a Mindfulness Practice



## Tree Pose



Start by either sitting or standing with or without the support of a chair, keeping both feet on the ground. Shift your weight into your right foot while lifting your left foot off the floor. If you're standing, keep your supporting leg straight without locking your knee. Bend your right knee and bring the sole of your foot to your supporting foot, calf or inner thigh. If you're seated, cross your heel to your thigh. Focus your gaze (Drishti) forward, hands in prayer. Take 5 to 10 breaths, then lower your foot to the floor and repeat the same on the opposite side.

**Do these two tai-chi inspired exercises to increase strength for improved balance:**



## Scooping the Sea and Looking at the Sky

Sit toward the end of a chair with your feet planted parallel to each other or stand tall with one half-step forward. With your arms by your side, slowly bend forward from your hips as if you're scooping up water, keeping your back straight. Then, bring your arms up, reaching toward the sky. Inhale as you scoop and exhale as you reach, allowing your gaze to follow the line of your arms. Repeat for 5 to 10 deep breaths.



## White Crane Spreads its Wings

Stand tall with one half-step forward or sit toward the end of your chair with your feet planted parallel to each other. Imagine yourself holding a small ball in the palm of your right hand, with your left palm hovering above the ball. Spin or rotate your imaginary ball up clockwise as you gradually shift (or lean) back and extend the ball up over your right shoulder, left hand to your left hip. Repeat on the opposite side for 5 to 10 repetitions.