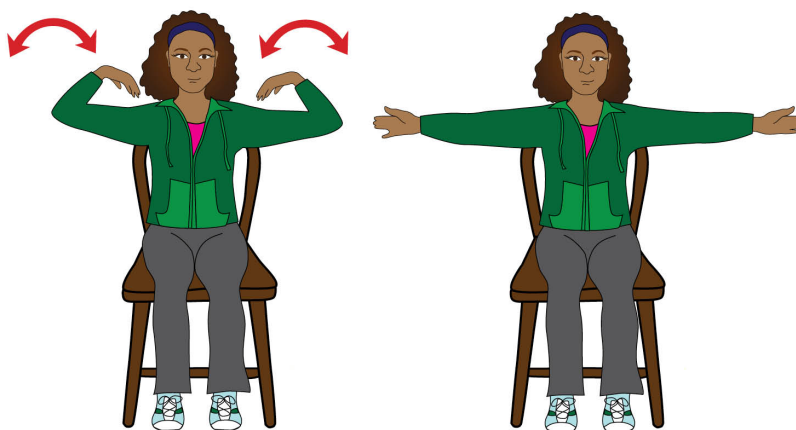


# Chair Exercises

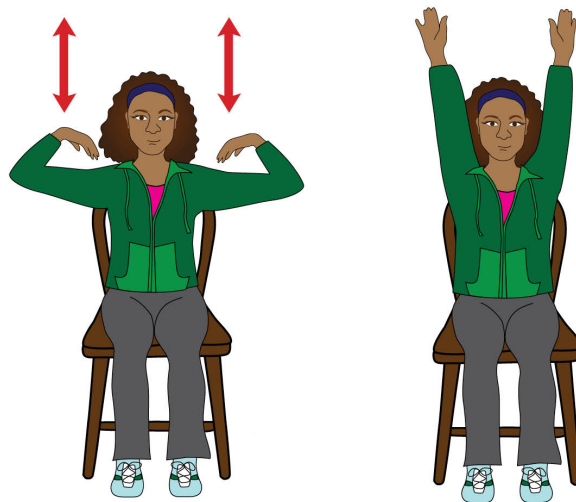
*As you do each exercise, keep these tips in mind:*

- ✓ Ask your doctor if you have any exercise restrictions.
- ✓ Stay within your comfort level.
- ✓ Don't force any stretch or movement.
- ✓ Stop if something feels painful to you.
- ✓ Do each exercise slowly – it is more strengthening and less stressful on your joints!
- ✓ Keep breathing deeply and evenly throughout each exercise.
- ✓ Begin each exercise by sitting tall with both of your feet flat on the floor.



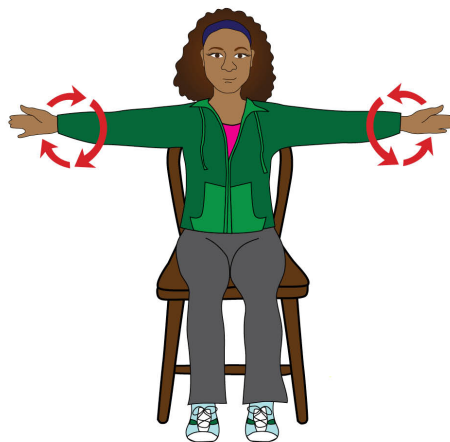
## 1. Bicep Curls

- Sitting in the chair, start with your fingers touching your shoulders. Your elbows should be pointing out to the side.
- Extend your arms out to the side and then bring your fingers back to your shoulders. Do both arms at the same time.
- Do 2 sets of 8 repetitions.



## 2. Arm Raises

- Sit in the chair. Touch your shoulders with your fingertips.
- Reach both arms up to the ceiling.
- Touch your shoulders with your fingertips again.
- Do 2 sets of 8 repetitions.



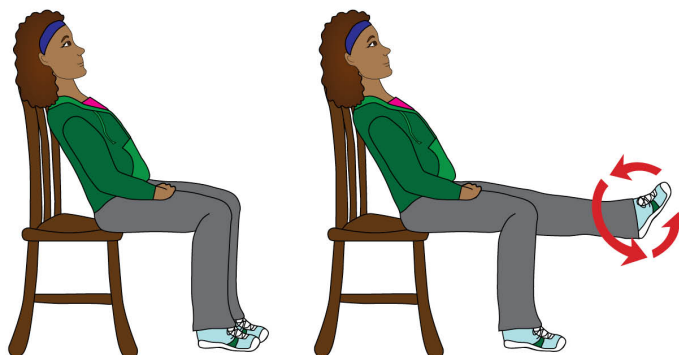
## 3. Shoulder Circles

- While sitting, lift both arms out straight to your sides. Your fingers should be pointing outward.
- Slowly make 8 small circles with your arms.
- Lower your arms back to your side.
- Repeat steps above.



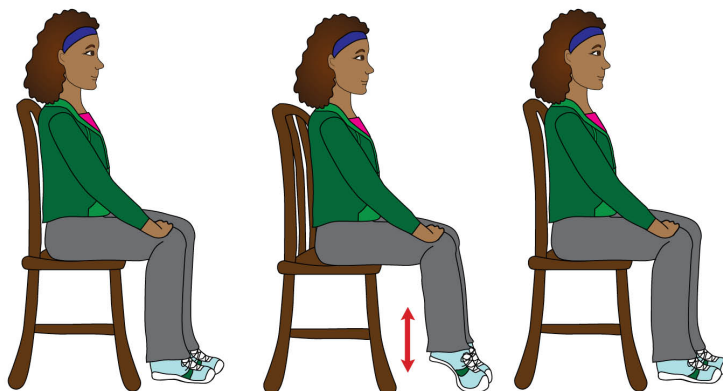
#### 4. Seated March

- In the sitting position, place your hands on your thighs.
- March your legs up and down.
- Keep up the march for one minute.



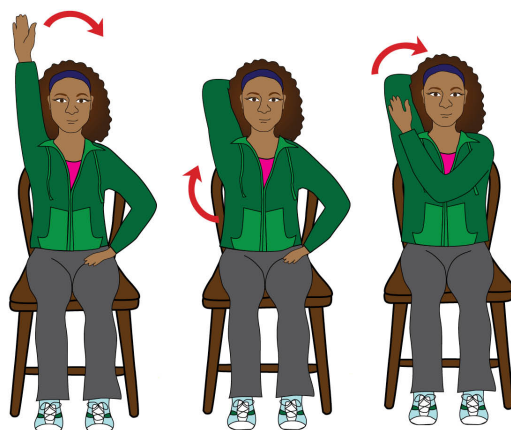
## 5. Leg Circles

- Sit tall on the edge of the chair.
- Place your hands on your thighs and lean back until your shoulders are resting against the chair.
- Lift one leg straight out in front of you. While your leg is in the air, slowly draw a big circle with your toes. Do 8 circles.
- Lower your leg back to the floor.
- Repeat the steps above with your other leg.
- Do 2 sets of 8 circles with each leg.



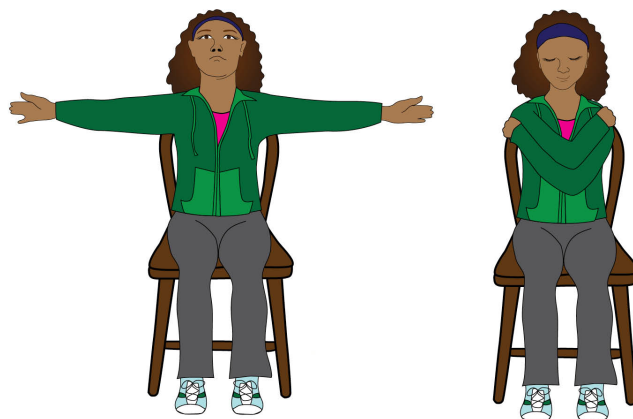
## 6. Leg Raises

- Sit up tall in the chair with your feet flat and close together on the floor.
- Place your hands on your knees and press down firmly.
- Lift your heels off the ground, keeping your toes on the floor.
- Return your heels to the floor.
- Do the movement slowly 8 times.



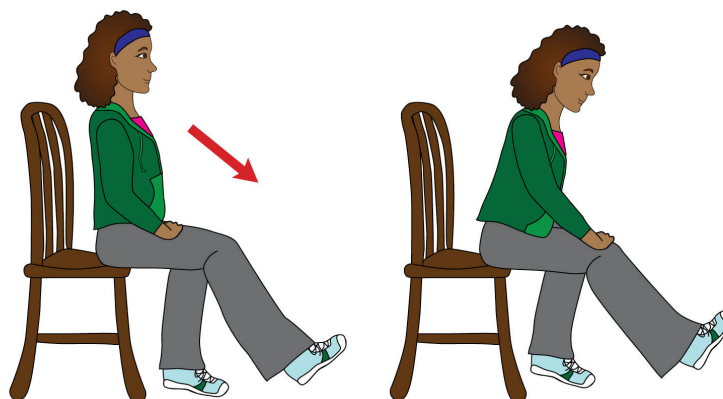
### 7. Back Arm Stretch

- Raise one arm over your head. Bend your elbow so your elbow is pointing at the ceiling.
- Using the opposite hand, push the arm back gently until you feel a stretch.
- Hold for 10 seconds.
- Switch arms and repeat steps above.
- Do 3 stretches with each arm.



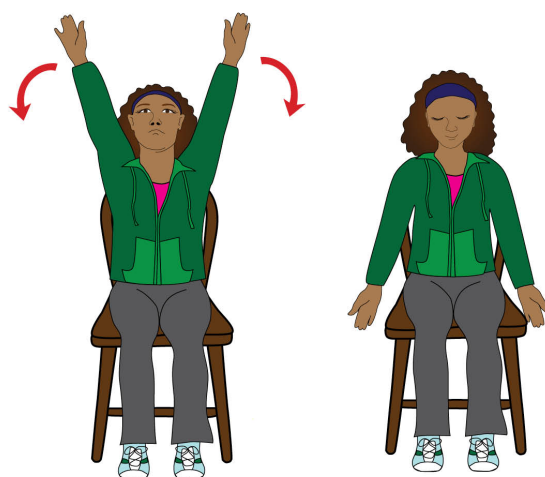
### 8. Back Stretch

- Sit up tall in the chair with your feet flat on the floor and arms to your side.
- Stretch both arms straight out to your sides. Breathe in deeply through your nose and lift your head up slightly.
- Pull both arms in, reaching towards the back of your shoulders and lowering your chin to your chest as you breathe out forcefully through your mouth. Give yourself a big hug.
- Hold for 10 seconds and repeat 3 times.



## 9. Hamstring Stretch

- Slide to the edge in the chair, sitting up tall.
- Straighten one leg, pressing your heel into the floor.
- Pull your chest forward slightly, bending at the hips and keeping your back straight.
- You should feel a stretch in the back part of your thigh.
- Hold the stretch for 10 seconds, and then repeat with the other leg.
- Do 3 stretches with each leg.



## 10. Overhead Stretch

- Sit up tall in the chair with your feet flat on the floor and arms to your side.
- Lift arms out and over your head, breathing in deeply through your nose and lifting your head up slightly.
- Hold this position for 3-4 seconds.
- Slowly lower your arms to your sides, lowering your chin to your chest as you breathe out forcefully through your mouth.
- Repeat 3 times.