



ATTENTIVE  
HEALTH

## simple chair exercises

Many people think that they cannot increase their activity because of physical limitations, such as bad knees, poor balance, difficulty breathing, arthritis, etc. Chair exercises are an excellent way to increase activity without putting too much strain on the body, joints, or lungs.

It is also important to remember that you can split up your exercise during the day. Do 15 minutes of chair exercises when you first wake up in the morning and 15 minutes more before you go to bed. Once again, find a routine that works for you and your body! Here are some simple chair exercises you can use!

### for your arms:

#### circles:

- ⦿ Sitting with your back straight, raise both arms straight out to the sides (parallel to the ground).
- ⦿ Relax your shoulders & rotate your arms in circles—10 times to the front and 10 times to the back.

#### curls:

- ⦿ Keeping your elbow at your side, bend your arm to bring one hand upward toward your shoulder. Do 10 sets on each arm. Use “weights” (either light dumbbells or a heavy can from the kitchen) to help increase the resistance.

#### raises:

- ⦿ Raise one arm straight out to the side, parallel with the ground. Repeat 10 times per arm
- ⦿ Use “weights” (either light dumbbells or use a heavy can from the kitchen) to help increase the resistance. Hold the weight in your hand as you lift your arm. Make sure you keep your elbow slightly bent and your shoulder relaxed.

### for your shoulders:

#### arm raise:

- ⦿ Raise one hand high above the head (careful—do not strain too hard). Keep your shoulder relaxed. Repeat 10 times for each arm.

#### elbow touch:

- ⦿ Keeping your shoulders relaxed, place your hands on your shoulders (right hand on right shoulder, left hand on left shoulder). Bring your elbows together so they touch. Repeat 10 times.

## for your torso:

### **side bend:**

- ⦿ Raise your arms above your head, keeping shoulders relaxed and elbows slightly bent. Gently lean to the right until you feel a light stretch and hold for 10 seconds. Then gently lean to the left and hold for 10 seconds. Repeat up to 10 times.

### **side stretch:**

- ⦿ Keeping your back straight, move your hands down your leg toward your ankle and back up again (as if putting on socks). Repeat 10 times for each leg.

## for your legs:

### **leg raise:**

- ⦿ Place both feet flat on the floor, with your feet directly below your knees (your legs should make a 90° angle). Raise one foot up, so that your whole leg is extended straight out. Lift your leg only as high as you can. Repeat 10 times, and then repeat using the other leg.

### **heel stretch:**

- ⦿ Place both feet flat on the floor, with your feet directly below your knees (your legs should make a 90° angle). Raise your heels up as high as you can, while keeping your toes on the ground (your toes will point downward). Repeat 15 times. For more resistance, place a book (not too heavy) on your lap, so that the edge of the book is at your knees.

### **ankle circles:**

- ⦿ Place both feet flat on the floor, with your feet directly below your knees (your legs should make a 90° angle). Raise one leg up, so that your foot is a few inches from the ground. Rotate your ankle in circles for 10 seconds—first to the right and then to the left. Repeat with the other ankle.

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