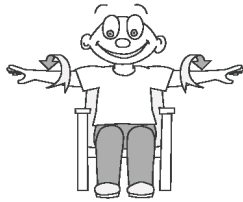


Chair Exercises

Here are some things you can do anytime it is hard to stand up or get out of the house to exercise. Try them during the commercials while watching TV.

- * Remember to do them equally for **each side** and in **each direction**.
- * And, gradually **build up to 8 repetitions**.



Arm Circles: Sit up straight in a chair. Keep your feet flat on the floor. Tuck in your tummy. Extend arms out to the sides at shoulder level. Make sure the elbows are straight. Circle the arms to the front 4 times, then back 4 times.



Hand Reaches: Sit in a chair with both hands on your shoulders. Extend your right arm and reach toward the ceiling with your right hand. Return your right hand to your shoulder and repeat with your left hand. Start with 4 reaches of each hand.



Lateral Stretch: Sit in a chair. Lift your right arm over your head and lean to the left. At the same time, make a “C” shape with your left arm (as if you were holding a baby). Gently stretch to the left. Change sides and repeat and the exercise.



Marching in Place: Sit in a chair. Lift your left knee so that your foot is 6 inches off the floor. Lower your left knee. Lift your right knee so that the foot is 6 inches off the floor. Continue marching, lifting knees up and down.



Ankle Circles: Sit in a chair. Extend the right leg out in front. Circle the right foot to the right 4 times, then change directions and repeat 4 times. Change legs and repeat with the left foot.



Knee Pull: Sit in a chair. Pull your right knee into your chest. Hold the knee in place for 4 seconds. Lower the leg. Repeat with the left knee.