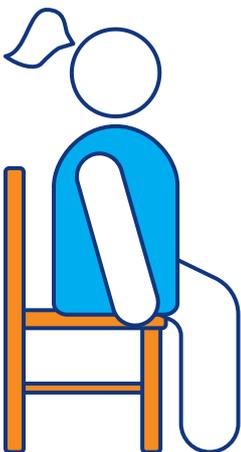


Chair-based exercises

For all exercises, you'll need to be seated in a chair that's firm and stable. You will need to sit forward for most exercises but always make sure that you're seated stably. Try to make sure that the area around you is as clear as possible.

Top tips

- **Dress comfortably.** You'll need to be able to bend your arms and legs fully.
- **Increase the number of repetitions gradually over time.** Start with six repetitions of each exercise, take a rest for a minute and repeat (each group of repetitions is called a 'set'). Aim to complete 2–3 sets of repetitions for each exercise.
- **Less can be more.** Only do what you feel comfortable with – it's better to start gently and build up over a period of weeks and months. Stop immediately if you feel any pain in your neck, back or joints and talk to your doctor before continuing exercise.
- **Focus on the part of your body you're exercising.** With slow and steady movements.
- **Don't forget to stay stable.** And breathe as you exercise.



Warm up

March on the spot

- Sit tall and forward in the chair.
- Firmly hold both sides of the seat if you need extra stability.
- Raise one knee firmly to a comfortable level then lower it slowly and repeat with the other knee, continuing for 2–3 minutes.

Raise knees higher and pump arms if you feel comfortable doing so.

Shoulder circles

- Sit tall and forward in the chair with your arms hanging by your side.
- Lift both shoulders slowly towards your ears.
- Draw them back, down and round repeatedly. Repeat 8–12 times forwards, and then backwards.

Ankles

- Sit tall and forward.
- Hold the seat on both sides.
- Extend one leg and keep leg straight, then 'draw circles' with your toes to rotate your ankle.
- Repeat 8–12 rotations clockwise, then anti-clockwise, one foot after the other.

Remember

These exercises contribute to your 30 minutes of exercise per day.

Main

Bicep curl

- Sit tall and forward with your arms to the sides.
- Loop the band under your feet and lock your elbows in to your waist. **1**
- Slowly lift the band on both sides by bringing your fists up to your shoulders. Elbows tucked in. **2**
- When your fists reach shoulder height, lower them back down. Repeat 6–12 times for one set.

Similar to...

Pulling up strong weeds.



Upper back exercise

- Hold the band with your palms facing upwards and your wrists straight. **1**
- Pull your hands apart, squeezing your shoulder blades together. Hold for 3–5 seconds. **2**
- Gently and steadily bring your hands closer together again. Repeat 6–12 times for one set.

Similar to...

Stretching a pair of socks.

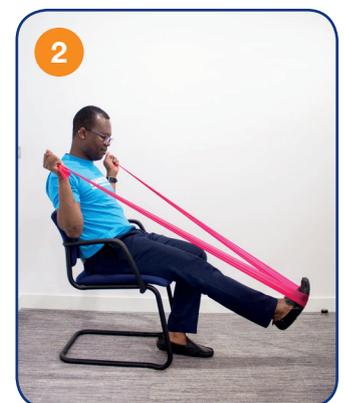
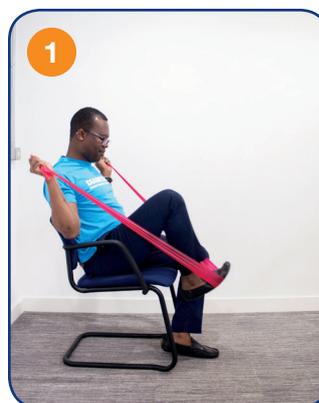


Thigh exercise

- Sit tall at the front of your chair.
- Lift and bend one leg, placing the band under the ball of that foot. **1**
- Fix your wrists at your hips.
- Extend the leg fully **2** and then bring the knee back towards your chest. **1** Repeat 6–12 times for one set.

Similar to...

Digging a hole in your garden.



Wrist exercise

- Sit tall at the front of your chair.
- Fold your band in half twice, so that it is shorter and thicker.
- Squeeze and twist your band slowly and steadily. Repeat 10–15 times for one set.

Similar to...

Wringing a dish cloth.



Cool down

- March on the spot for 1–2 minutes, nice and slowly.
- Gently stretch any muscles that may feel tight.
- Relax and drink plenty of water.