



Chair Exercises: Arm Circles

Increase your arm and shoulder strength by doing by doing an arm circle activity. Here are a few tips to help you get started:

- Perform this exercise safely with proper alignment by sitting up straight and rolling your shoulders back.
- Use a sturdy chair that allows you to put both feet on the ground comfortably. Avoid chairs that wheel, rock, or have handles.
- Always check with your doctor before beginning a new type of physical activity, or if you experience any pain or discomfort before or after an activity.

Arm circles:

1. Extend both arms horizontally out from your shoulders, at shoulder height.
2. Make circles with your arms in the forward direction, 10 times, and gradually make bigger circles.
3. Repeat, circling your arms in the opposite direction.



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