



Chair Exercises: Lateral Arm Raises

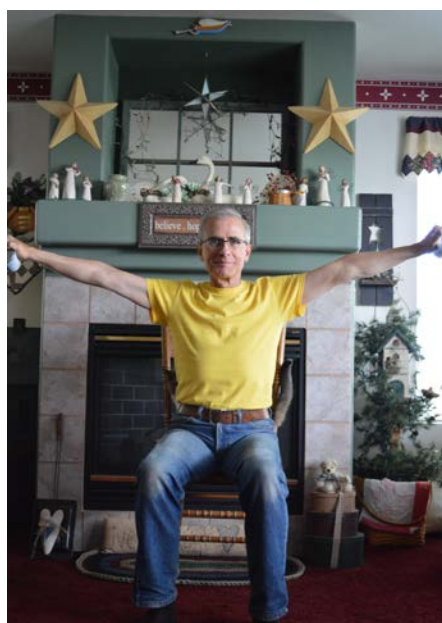
Increase your arm strength with lateral arm raises. Use the tips listed below to help you get started:

- 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.

Lateral arm raises:

You can do this with no weight and simply do the motion with your arms, or use hand weights or soup cans to add resistance.

1. Start by holding two soup cans by your sides with your arms straight.
2. Slowly raise them until they are parallel with the floor.
3. After several seconds, slowly lower your arms back to the starting position. Repeat 10-12 times.



Retired Adults, Dec 2014