



## Chair Exercises: Leg Raises

Leg raises can be an easy way to increase your leg strength in almost any setting. Try using 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.

### Leg raises:

1. Place both feet flat on the ground.
2. Lift your right leg off the ground and straighten it as you slowly lift it up to shoulder height, or as high as you can without discomfort or pain.
3. Slowly lower it back to the ground while keeping your leg as straight as you can. Try repeating this 10 times.
4. Re-bend your right leg, place your foot back on the ground and repeat the entire exercise with your left leg.
5. Place your arms down by your sides or place them on the chair for additional support.



Retired Adults, Dec 2014