



Chair Exercises

Did You Know?

Strength-building exercises help to decrease the risk of falling.

For the most benefit, try to do these types of exercises 2-3 days per week, on non-consecutive days.

There are numerous ways to be physically active while sitting in a chair. This simple piece of furniture can help you to build strength and stamina. Listed below are a variety of exercises that you can perform while sitting in a chair. 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.

For all of the exercises, make sure to sit up straight in order to perform the exercises safely and with proper alignment. Avoid rounding your shoulders forward, and make sure to place your feet flat on the floor, with a bend in each knee. Make sure to use a sturdy chair that does not have wheels and that is not a rocking chair. It is also helpful to use a chair without handles, as this can interfere with some of the exercises.

Leg raises

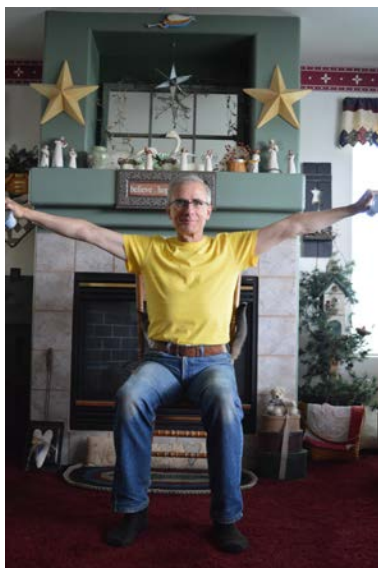
Place both feet flat on the ground and then starting with your right leg, straighten it as you lift it up to hip height, or as high as you can without discomfort or pain. Slowly lower your leg back to the ground while keeping it as straight as you can, and then repeat 10 times. Then re-bend your right leg, place your foot back on the ground and repeat the entire exercise with your left leg.

Bicep curls

For this exercise, you can use two soup cans to make it more of a strength building exercise, or you can simply start by not using any weights and just perform the movements. Start with your arms by your sides and then bend at the elbows until your hands or the soup cans meet your shoulders, and then slowly, with control, straighten your arms as you lower them to the starting position and repeat 10-12 times.

Lateral arm raises

Start with your arms at your sides, with the option of holding soup cans for an added challenge. Keep your arms fairly straight with a slight bend at the elbow and then slowly raise your arm until they are parallel with the floor. Slowly lower your arms back to your sides, where you started. Repeat 10-12 times.



LIVE EAT PLAY Colorado**Shoulder press**

As with the bicep curls, for this exercise, you can use two soup cans to make it more of a strength building exercise, or you can simply start by not using any weights and just performing the movement. Start with your hands or the soup cans by your shoulders, and then press your arms straight over head, and then slowly lower them as you bend your elbows to a 90 degrees, and repeat 10-12 times.

Ankle circles

Extend one leg straight out in front of you with a slight bend in the knee, and circle your ankle 10 times in one direction and then 10 times in the other direction. Then switch legs and repeat.

Arm circles

Extend both arms horizontally out from your shoulders, at shoulder height. Then make circles with your arms in the forward direction, 10 times, and gradually make bigger circles. Then repeat, circling your arms in the opposite direction.

Calf raises

With your feet flat on the ground, lift your heels as high as you can off of the ground. Place your hands firmly on your knees to make it more challenging, and then slowly, with control, lower your heels so that they almost touch the ground and then slowly raise them up as high as you can. Repeat 10-15 times.

For specific instructions on how to properly do each exercise, check out the individual handouts for each exercise and build muscle strength without having to leave your own home!

