

# Get active anywhere and anytime with chair exercises!

**It's a common question: how can I fit exercise into my busy day?**

Chair exercises can be the answer. They can be done at your desk or even at home on the couch while watching your favorite show. They can help you stretch your muscles, build up strength and increase your heart rate, all without the hassle of going to a gym or leaving the house.

## Start slow and build up to it.

If you haven't been active in awhile, begin with 5–10 minutes and then build up your time as you become stronger. Be sure to incorporate variety so it stays interesting and challenging.

### **Chin to Chest Stretch**

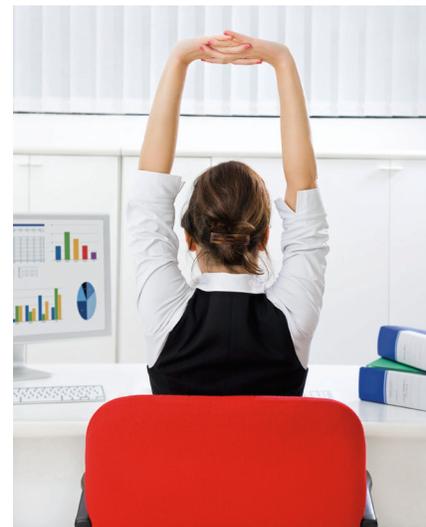
- Sit in a firm chair.
- Bend your head forward.
- Hold for at least 15 seconds.
- Repeat 2–4 times.
- Next, turn your head diagonally toward the direction you will be stretching.
- Tilt your head diagonally toward your chest and hold for at least 15 seconds.
- Repeat 2–4 times on each side.

### **Overhead reach and side bends**

- Raise both arms straight above your head.
- Slowly drop your right arm and lean to the right.
- Hold for at least 15 seconds.
- Go back to your original position with arms overhead.
- Drop your left arm and lean to the left.
- Repeat 2–4 times toward each side.

### **Shoulder Rolls**

- Sit tall with your feet flat on the floor and spread comfortably apart.
- Roll your shoulders up, then back, then down, then forward in a smooth, circular motion.
- Now roll your shoulders in the other direction.
- Repeat 2–4 times.



*Continued on next page*

**Call your health coach if you have questions.**

### **Elbow-to-knee exercise**

*This exercise helps get your heart beating faster.*

- Sit tall with arms extended above your head.
- Raise your right knee while you lower your left elbow toward your right knee. They don't have to touch.
- Go back to your original position.
- Raise your left knee toward your right elbow. Then go back to your original position.
- Keep going back and forth in a smooth rhythm for one minute. Work up to doing the exercise for five minutes or longer.

### **Knee Extension**

- Straighten and lift one leg and hold slowly counting to five. Be sure you don't lock your knee.
- Slowly lower your leg back down.
- Repeat 8–12 times.
- Do the same thing with the other leg.

### **Chair push-ups**

*Be sure you are in a chair with armrests and no wheels to do this exercise.*

- Sit tall with your feet flat on the floor and spread comfortably apart.
- Grip the armrests, and take a deep breath in.
- Breathe out as you use your arms to push your body off the chair. (You're not pushing up with your legs). Straighten your arms as much as you can.
- Hold for about one second, and then lower yourself back to the chair.
- Repeat 8–12 times.

### **Shoulder blade squeeze**

- Lift arms near the level of your shoulders with elbows pointed straight out to your sides.
- Bring elbows back while squeezing your shoulder blades together. Don't lift or shrug your shoulders as you are squeezing.
- Hold six seconds.
- Repeat 8–12 times.

*Before you begin any exercise program, it's always good to talk to your doctor to make sure what you are planning to do is safe for your current level of health.*

*Sources: "Fitness and Exercise: Learn about fitness and exercise" and "Exercising While Sitting Down" By: Healthwise Staff*

**Call your health coach if you have questions.**

