



5 Simple Seating Exercises

for strength and flexibility

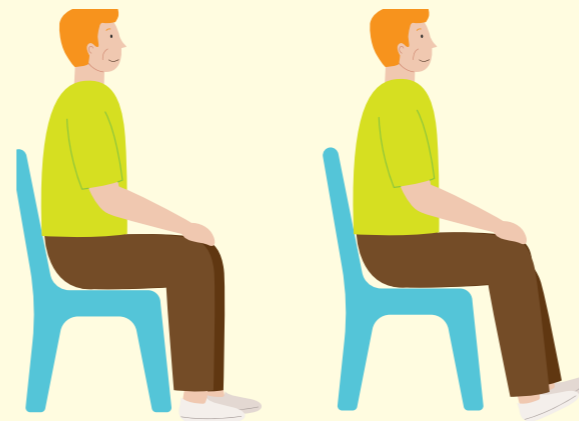
These simple exercises can improve your strength and movement.

These can be done whenever you are sitting on a chair. Try to complete these daily.

For every exercise try to sit upright in your chair and have your feet flat on the floor.

Make sure the chair is sturdy.
Wear supportive shoes.
Slight soreness the day after exercise is normal.
If you have concerns speak to your GP or medical professional.

1



Heel raises
Slowly lift your heels and lower them. Repeat 10 times.

2



Seated forward punches
Make a fist on both hands. Start at chest height and punch one arm forward, then the other. Repeat 20 times alternating arms.

3



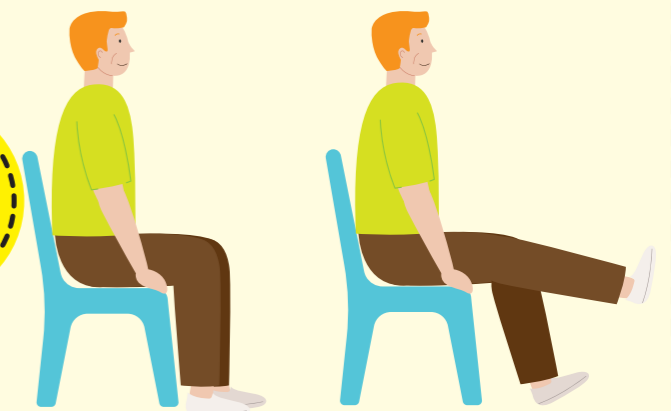
Seated ceiling punches
Make a fist on both hands. Start at your shoulders and punch one arm upwards into the air, then the other. Repeat 20 times alternating arms.

4



Seated marching
Lift your feet off the floor one at a time. Repeat 20 times alternating legs.

5



Knee straightening
Straighten your knee and pull your toes towards you. Hold for 5 seconds then slowly return to the start. Repeat 10 times on each leg.