



5 Simple Seating Exercises

for strength and flexibility

These simple exercises can improve your strength and movement.

Try to complete these daily.

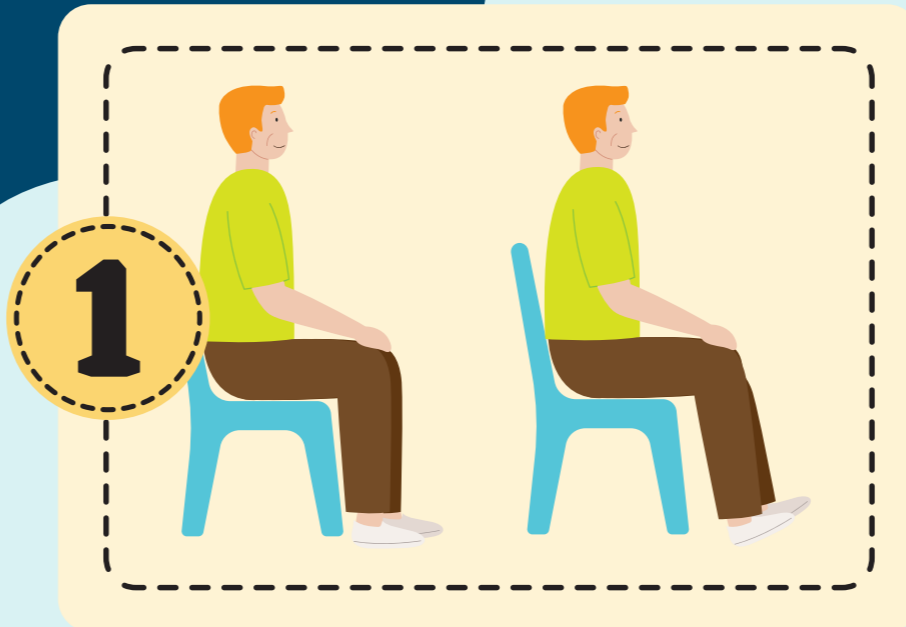
Sit upright in your chair and have your feet flat on the floor.

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.



Heel raises

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



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.



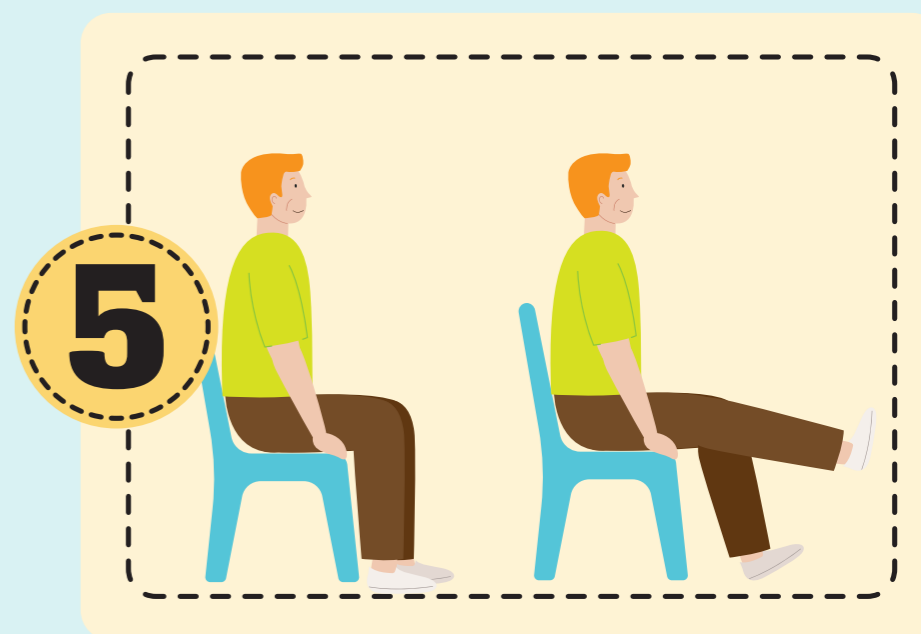
Seated ceiling punches

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.



Seated marching

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



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.