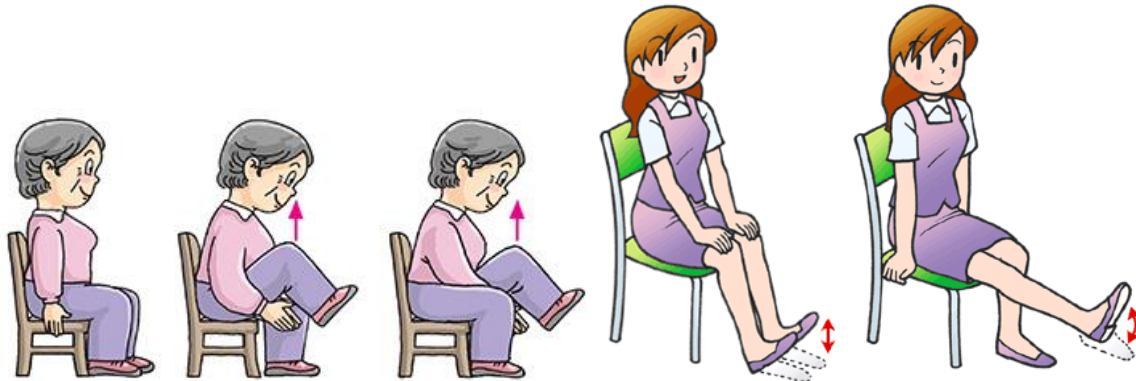


EXERCISES YOU CAN DO IN YOUR CHAIR



SEMI-SITS

- Stand in front of a chair, feet hip-width apart.
- Engage your abdominal muscles by gently pulling them in and up.
- Slowly lower your buttocks and bend your knees as though you are going to sit.
- Instead, touch the chair seat lightly and return to a standing position.
- Work up to 8-10 repetitions, 2-3 sets.

Caution for beginner and older adults: Lower your buttocks just a few inches instead of going far enough to touch the chair seat. Restrict the number of repetitions to 4-5 and the number of sets to 1-2.



Sit and Reach Stretch



Neck Stretch



Inner Thigh Stretch