

Seated Daily Exercises

Try incorporating these exercises into your daily routine to stay active at home.

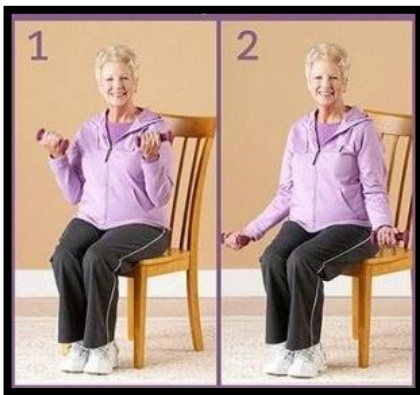


Ankle Circles

1. Sit in a chair with feet flat on the floor. Extend your right knee and move your foot in a circle 20 times
2. Then move in the other direction 20 times Repeat with the other ankle

Seated March

1. Sit in a chair with feet flat on the floor
2. Lift up your right knee as high as comfortable. Lower your leg. Alternate lifting your knees for a total of 10 lifts each leg.



Bicep Curl

1. Hold the weight (water bottle or no weight) in your hand at your side. Begin with your shoulders straight and your palm inward.
2. Bend your elbow toward your shoulder while turning your palm up. Return to the start position and repeat 10 times.

Shoulder Rolls

1. Stand or sit with or without weights in hands, arms at side. Feet are shoulder width apart.
2. Raise shoulders upward toward ears, backward and down. Return to the starting position and repeat 15 – 20 times.

