



## SEATED EXERCISES

### Safety Message

- Check with your doctor if you are not used to activity or have any medical condition, illness or injury
- Be safe whilst you exercise – use a sturdy upright chair
- Wear appropriate footwear & loose-fitting clothes; make sure the room is well-ventilated & not too warm
- Avoid exercising if you feel unwell including having a cold or ‘flu
- Stop exercising immediately should you suffer chest pain, dizziness or have trouble breathing
- Don’t exercise immediately after eating & take regular sips of water throughout
- If a particular movement causes you pain or discomfort, reduce the intensity & range or miss it out completely
- Take it steady at first; start slow & build it up gradually
- Always warm up & cool down each time you do a routine.

If you have any enquiries, please contact Debbie on 01858 463665 or 07940751254  
E mail [debbie@moveitorloseit.co.uk](mailto:debbie@moveitorloseit.co.uk)

You can also visit our website at [www.moveitorloseit.co.uk](http://www.moveitorloseit.co.uk)

Thank you

### Fingers

- Extend your arm slightly away from your body.
- Clench your fingers to make a fist.
- Alternatively, you can squeeze a soft ball.

### Fingers

- Extend your arm slightly away from your body.
- Spread and stretch your fingers keeping them as straight as possible.
- Then relax your fingers.

### Thumb - Rotation

- Extend your arm slightly away from your body.
- Hold all your fingers straight and make a big circle with your thumb.
- Repeat in the opposite direction.
  
- Repeat with the other thumb.

### Finger Game

- Pinch a soft or stress ball between your index finger and thumb.
- Repeat with each finger individually.
  
- Repeat with your other hand.

### Wrist - Rotation

- Extend one arm slightly to the front of your body.
- Relax the hand.
- Gently roll the wrist in a circular direction.
- Pause and repeat in the opposite direction.
  
- Repeat with your other wrist.

### Ankles – Toe and Heel tapping

- Sit to the front of your chair with your feet flat on the floor.
- Keep your knees and feet hip width apart.
- Raise both heels going up onto your toes.
- Gently lower your heels back to the ground.
  
- A similar action can be done to raise the heels off the ground.

### Ankles – Rotation

- Sit to the front of your chair with your feet flat on the floor.
- Keep your knees and feet hip width apart.
- Raise one foot slightly off the ground by extending your leg away from you.
- Keep your leg straight and rotate your foot in one direction.
- Pause and rotate your foot in other direction.
- Slowly bend your knee and put your foot back to the ground.
  
- Repeat with your other ankle.

### Shoulders - Rotation

- Sit in an upright position.
- Keep your upper body facing forwards.
- Roll your shoulders in a circular motion.
- Pause and then roll your shoulders in the other direction.

### Shoulders - Elevation

- Sit in an upright position.
- Keep your upper body facing forwards.
- Lift both shoulders up towards the ears.
- Gently relax and bring your shoulders back to starting position.

### Trunk - Twist

- Sit to the front of your chair with your feet flat on the floor.
- Keep your knees and feet hip width apart.
- Cross your chest by placing your fingers onto the opposite shoulders.
- Moving only from waist your, slowly turn your upper body to one side (to look at the person sitting beside you).
- Slowly return to the starting position.
  
- Pause. Then twist to the other side.

### Trunk – Side Lean

- Sit to the front of your chair with your feet flat on the floor.
- Keep your knees and feet hip width apart.
- Cross your chest by placing your fingers onto the opposite shoulders.
- Sit up tall so that there is space between your vertebrae.
- Moving only from waist your, slowly lean to one side (keep the weight equal on each buttocks).
- You can hold the side of the chair for support if needed.
- Slowly return to the starting position.
  
- Pause. Then lean to the other side.

### Knee Raise - Marching

- Sit to the front of your chair with your feet flat on the floor.
- Keep your knees and feet hip width apart.
- If needed, you can hold the chair arms for support.
- Raise one knee, keeping your knee bent.
- Slowly lower your knee and place your foot back on the floor.

Note: don't raise your knee higher than the hip joint.

### Knees – Leg Extension

- Sit to the front of your chair with your feet flat on the floor.
- Keep your knees and feet hip width apart.
- Raise one foot slightly off the ground by extending your leg away from you, keeping your knee straight.
- Hold onto the chair arms for support if needed.
- Point your toes up towards the ceiling or towards your knee.
- Now point your toes away from you.
- Relax your foot, bend your knee and put your foot back onto the floor.

Note: don't raise the knee higher than the hip joint