

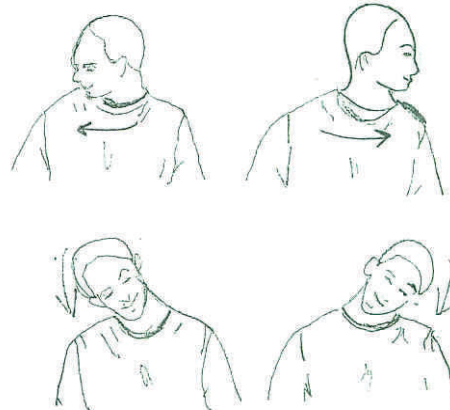


Exercise & Balance

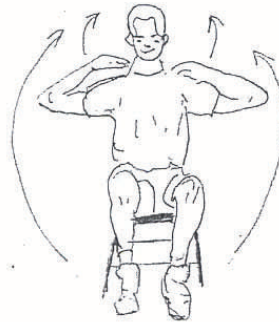
TAKE
5 To
Exercise

SEATED CHAIR EXERCISE ROUTINE ...

1. **NECK:** Chin upright, slowly look over shoulder: left, center, right, center. Repeat 5 times. Slowly tilt your head toward Right shoulder. Hold 10 seconds. Repeat left side. **[FLEXIBILITY]**



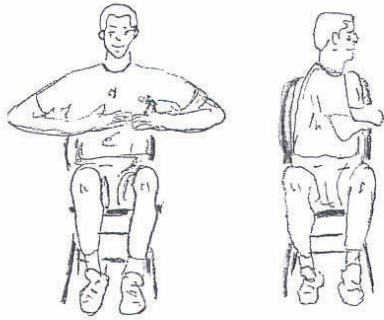
2. **SHOULDERS:** Shrug both shoulders up, then down. *Shoulder Rotation:* Place hands on shoulders, elbows facing forward, make circles with elbows, 5 times, both directions. **[FLEXIBILITY]**



3. **ARMS:** Arms straight out to the side, at shoulder height, make big, then small circles - at least 5 circles, both directions. **[FLEXIBILITY, STRENGTH]**



4. **WRIST:** Rotate wrists making a circle, 5 times, both directions. **[FLEXIBILITY]**



5. SPINE: Place hands, one on top of the other, on chest bone, elbows out. Gently twist torso to look over right shoulder. Feel stretch in front and back of torso. Hold 10-30 seconds, do 5 looking over right, then 5 looking over left shoulder. **[FLEXIBILITY, STRENGTH]**

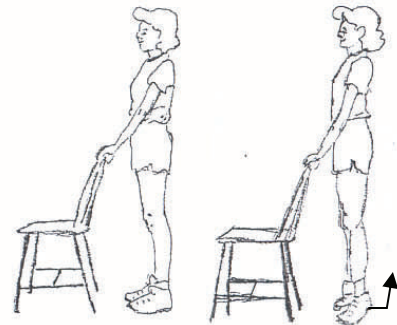
6. QUADRICEPS / ANKLES: In seated posture, lift right foot by straightening the knee. Keeping leg off the ground, rotate ankle clockwise, then counter-clockwise. Point toes away from body then toward face. Repeat 8-12 times, each foot. **[FLEXIBILITY, STRENGTH]**



7. HAMSTRINGS: In seated posture, straighten one leg by pushing heel forward. Slowly slide hands down straightened leg, bending forward at waist. Feel stretch in back of thigh. Hold 10-30 seconds. Tighten abdominal muscles to pull yourself back to upright position. Repeat 5 times. **[STRENGTH]**



8. TOE STANDS: Stand behind your chair. Use the chair for support. Place your feet shoulder width apart and lift up on your heels, rising up to your toes. Pause, then return your heels to the floor. Repeat 5-10 times. After you have been doing this for awhile try standing on one foot, pause for 5-10 seconds and repeat on the other foot. Next, as you hold on to the chair, slowly raise one leg a few inches to the side, hold a few seconds, then return to floor. Repeat 5-10 times, then do the other leg. **[BALANCE]**



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