

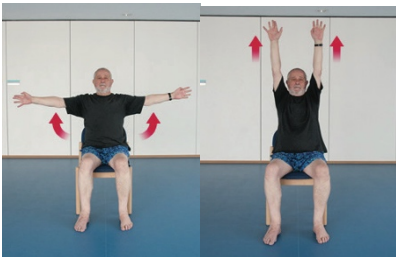
Gentle Seated Exercise

These gentle sitting exercises will help improve your mobility. Make sure you choose a solid, stable chair that does not have wheels. You should be able to sit with your feet flat on the floor and knees bent at right angles. Build up slowly and keep some water handy. Try to do these exercises at least twice a week.



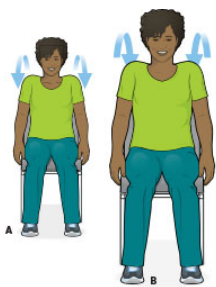
Neck Stretch

Tilt head side to side.



Arm Raises

Starting with your arms at your side, gently raise arms above head and down again.



Shoulder Shrugs

Roll shoulders forward slowly, then backwards.



Arm Circles

Arms straight out – roll the arms in a circle slowly. Try forwards then backwards.



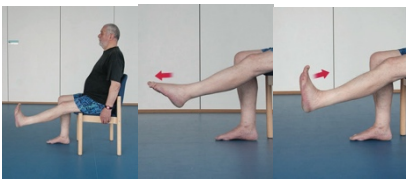
Tricep Stretches

Arm across shoulder hold with other arm. Then switch to other arm.



Reach for Toes

As far as you can without causing any strain.



Ankle Stretch

With leg forward and raised, point your toes away from you and then point toes back towards you.

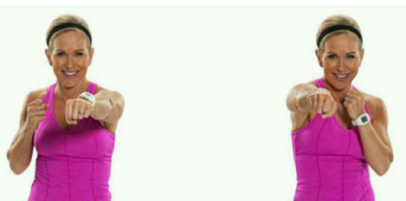


Remember to drink water regularly during any exercise.



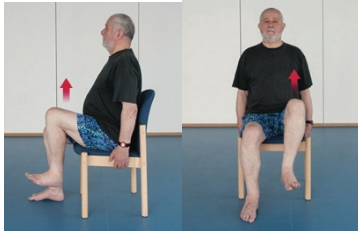
Bowling

Imagine holding bowling ball and then swing one arm down and release forwards.



Air Punches

Like a boxer – slowly.



Hip marching

Sit upright and away from the back of the chair. Hold on to the sides of the chair.

Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control. Repeat with other leg.



Paddle the Canoe

Do this both sides.



Fly Like a Bird!

Flap arms up and down.

Sit still for a minute to wind down and then drink some water.