

Active Practice: Promoting Exercise: Chair Exercises

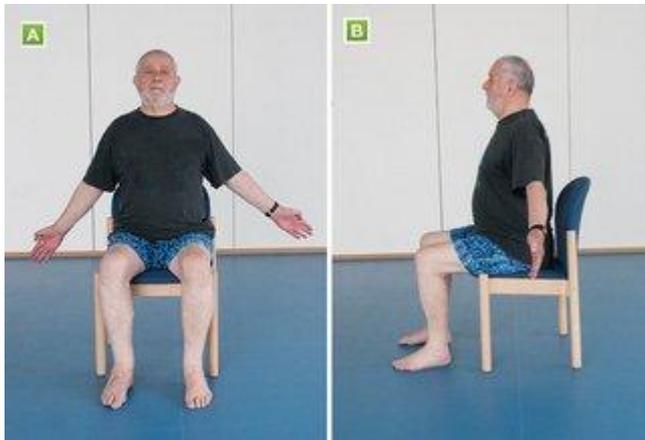


Chest stretch

This stretch is good for posture.

- A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
- B.** Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.



For these exercises on-line and more please go to:
<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

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Upper-body twist

This stretch will develop and maintain flexibility in the upper back.

- A.** Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- B.** Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
- C.** Repeat on the right side.
Do 5 times on each side.



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Hip marching

This exercise will strengthen hips and thighs, and improve flexibility.

- A.** Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
- B.** Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
- C.** Repeat with the opposite leg. Do 5 lifts with each leg.



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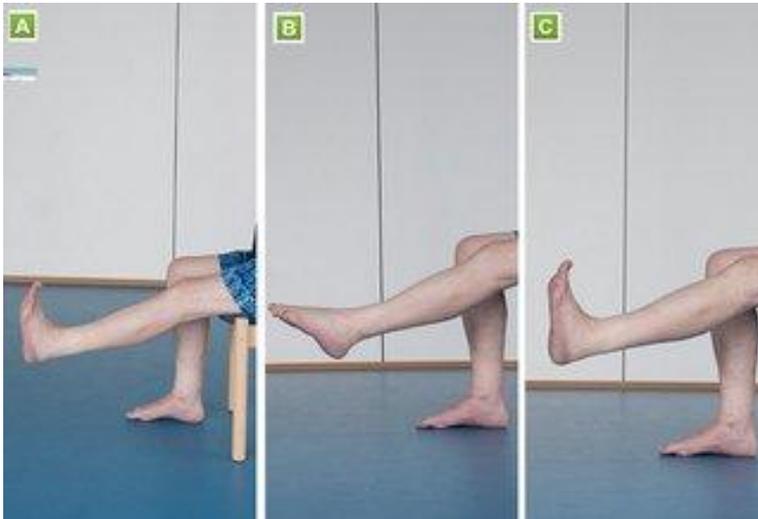
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Ankle stretch

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

- A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
 - B.** With your leg straight and raised, point your toes away from you.
 - C.** Point your toes back towards you.
- Try 2 sets of 5 stretches with each foot.



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Arm raises

This exercise builds shoulder strength.

- A.** Sit upright with your arms by your sides.
 - B.** With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
 - C.** Return to the starting position.
- Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.



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Neck rotation

This stretch is good for improving neck mobility and flexibility.

- A.** Sit upright with your shoulders down. Look straight ahead.
 - B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
 - C.** Repeat on the right.
- Do 3 rotations on each side.



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Neck stretch

This stretch is good for loosening tight neck muscles.

- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
 - B.** Slowly tilt your head to the right while holding your shoulder down.
 - C.** Repeat on the opposite side.
- Hold each stretch for 5 seconds and repeat 3 times on each side.



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If you would like a note of the website or a copy of the exercises please ask at reception. 😊