

Physical Activity

Exercise and Still Keep Your Seat

1. Use a good sturdy chair.
2. If in a wheelchair, lock the brakes.
3. Sit up in your chair.
4. Keep your feet flat on the ground for arm exercises.



Hand Reaches:

Place both hands on your shoulders. Reach to the ceiling with your right hand and, then, return your hand to your shoulder. Then, repeat the exercise with the left arm.



Arm Circles:

Extend your arms to shoulder level, out of your sides. Slowly, make forward and backward circles with both arms.



Side Stretch:

Raise your left arm over your head and, gently, stretch to the right. Repeat the exercise with the right arm, stretching to the left.



March in place:

Lift and lower your feet as if you are walking in place.



Ankle Circles:

Extend your right foot out in front of you. Make a circle with your ankle. Repeat the exercise with your left foot.



Knee pulls:

Pull your knee up toward your chest and hold it for a few seconds and, then, release. Repeat the exercise with the other knee.

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Start with 5 moves for each exercise every day. Work up to 20 moves for each exercise every day.

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