

Stay active with seated exercises

Staying active supports your overall health and well-being. If standing is difficult or you're new to exercise, seated exercises can be a safe and effective way to get moving. Talk to your care team before starting an exercise program to determine what's right for you.

The benefits of exercise

Regular exercise can help build strength, improve flexibility and balance, boost energy, and support heart and lung health. Staying active may also improve mood, reduce stress, promote better sleep, and help you maintain independence in daily activities.

Getting started

Every movement counts. Even a few minutes of seated exercise can improve overall health. These simple seated exercises can be performed in a sturdy chair that does not have wheels, with your feet flat on the floor. Chairs with or without arms can be used.

Seated stretching exercises

Neck stretch

- Slowly tilt your head to the side, ear toward your shoulder.
- Hold for 10–15 seconds.
- Repeat each side 10 times.



.....



Shoulder rolls

- Roll your shoulders backward, then drop them down.
- Next, lift your shoulders toward your ears, roll your shoulders forward, and drop them down.
- Repeat 10 times.

Seated reach

- Raise both arms overhead and gently reach toward the ceiling.
- Hold for 5–10 seconds. Then relax your arms in your lap.
- Repeat 5 times.



Seated strength and cardio exercises



Seated marches

- Lift one knee, raising your foot off the ground if you're able, then lower it immediately back to the floor.
- Lift your other knee, raising your foot off the ground if able, as if you were marching.
- Continue for 30–60 seconds.

Leg extensions

- Straighten one leg until it is parallel with the floor.
- Try to hold to the count of 5, then lower your leg.
- Repeat 10 times per leg.





Chair push-ups

- Place your hands on the armrests or sides of the chair.
- Press down through your arms to lift some or all your body weight off the chair.
- Hold for 2–3 seconds and release.
- Repeat 8–10 times.

Arm circles

- Extend your arms out to the sides.
- Make small circles in a forward motion for 30 seconds.
- Then make small circles in a backward motion for another 30 seconds.



Seated punches

- Raise your fists up to chest level.
- Use one fist at a time to make a punching motion straight out and back to the chest. Rotate arm with each punching motion.
- Continue for 30–60 seconds.

Fast feet

- Tap your feet quickly on the floor. You can leave your heels on the floor tapping your toes if needed or leave the balls of your feet on the floor lifting your heels.
- Continue for 30–60 seconds.



Staying motivated

Building an exercise routine takes time, but these simple tips can help you stay on track:

- ✓ Exercise with a friend for extra motivation.
- ✓ Set realistic goals and start slowly.
- ✓ Aim to move most days of the week.
- ✓ Stay hydrated.
- ✓ Wear comfortable, supportive clothing.
- ✓ Listen to your body and rest when needed.
- ✓ Celebrate your progress along the way.



We are here to help

Your care team can help you find more exercises that work for you. Reach out for any support you need.