

Stretching

Here are some simple exercises you can do at anytime, anywhere! Takes 5-8 minutes.

Spend 30-45 seconds on each movement.

Sit tall on a sturdy chair, so your back is straight and is not leaning against the chair back.

Take deep, full breaths throughout your stretching!

1. Shoulder rolls - to the front and then switch directions. Repeat two times.
2. Circle arms to overhead - breath in while bringing arms overhead, hold while reaching tall, and then exhale to breathe out while lowering arms back down.
3. Leaning side stretch - Bring right arm up overhead while keeping left arm at your side. Remember to keep shoulders stacked over your hips so that you can feel this nice stretch along your whole right side. Switch directions, and then repeat two times.
4. Wrist and ankle rolls - Small movements for small joints! Flex your fingers, opening and closing your fists several times before making fists and rolling your wrists 10 times in each direction.

Perform the same exercises with your feet. First, flex and point each foot independently as you simultaneously curl and straighten your toes.

One at a time, roll each ankle to the outside 10 times, then one at a time, roll each ankle to the inside 10 times.

5. Seated calf raises - Sitting tall in a chair with feet planted flat on the floor about hip-distance apart, engage your core and look straight ahead. Lift only your heel off the ground and engage the calf and hold for a few seconds each.

Chair Exercises

Each movement should be held or continued for at least 20-30 seconds before moving onto the next. Take a break at any time and come back when you feel ready.

Sit tall on a sturdy chair, your feet flat on the floor, hip-distance apart.

Breathe normally throughout your exercise routine!

1. Seated Hip March - Take small steps to a regular beat or medium tempo. Lift feet off the floor and then replace. Just like walking!
2. Wide March - Continue to march, but now bring one foot at a time outward away from your midline, so that your stance when your steps land are wider and then smaller back to the midline of your body. Think of your stance landing in shoulder-width, and then alternating into a little wider than hip-width apart. Continue alternating. (This might not be comfortable if you have had a hip replacement)
3. Knee Lifts - Continue marching, now lifting your knees higher, as if trying to bring your knees toward your chest. If you need extra support you can hold onto your chair or lean back.
4. Core Twists - Continue marching and raising knees, and now use your core to bring your opposite knee toward your elbow in an alternating fashion. Left knee, right elbow, and right knee, left elbow. This will activate your core for a nice twisting motion. Your elbows do not need to touch your knees.
5. Toe Touches - Continue marching and now alternate extending your legs and reaching out your arm toward your opposite foot. You should bend forward slightly and reach your right arm toward your left foot, and the same on the other side. You can also extend your arms overhead between each reach.
6. March again - Come back to a simple march whenever you need a break!
7. Wide Hips Stance - Continue marching, and now bring both feet out into that wider than hips-width stance between each march. Come back to center between each wide march. You should use your core! If you can only do one foot (like in exercise #1, that's okay too! This might not be comfortable if you have had a hip replacement)
8. Rainbows - Keeping knees together, make a small arch or "rainbow" with your feet! Try larger arches while engaging your core to stay upright. Come back to smaller arches.
9. Kick Out - While marching, without using your arms, lean forward and alternate reaching toward your opposite foot with arm, like in exercise #5.
10. Leg Lifts and Hold - Be sure to engage your core and feel free to brace yourself by holding onto your chair. Keeping knees together, raise your knees and hold feet off ground for 3 seconds. Rest. Try 5 seconds, then rest. Try 12 seconds, and then rest!

11. Arm Circles - Circle your arms in full range of motion, all the way overhead, toward the front and then back.
12. March again
13. Chair Dip Bodyweight - Sit on the edge of your seat and move your toes a bit farther forward away from your body. Brace yourself by holding your bodyweight on the sides of chair. Slowly carefully scoot your bottom off the chair completely and keep your feet flat on the floor.

Bending your arms at the elbows, slowly lower your body for small “dips” toward the floor. Come back up until arms are locked out. Take 3 small dips, then take a break. Now try 5 dips. Then 10 dips with small breaks between rounds!

Remember you are still holding most of your bodyweight in arms and through your feet which are kept on floor.

(Start out with feet closer and experiment with moving them farther out. The further way from your body you have placed your feet, the more difficult this movement becomes!)

14. Chair Dip Bodyweight 1 Sit to Stand - This is a bodyweight squat. Sitting on the edge of your seat, make sure your feet are HIP-width apart with toes pointed out slightly. Lean forward at your torso, try not to use your arms to help yourself get up, and come into full standing position. Stand nice and tall! Now make sure to look between your legs and make sure you know where your seat is, before lowering slowly back into seated position. Repeat 5-10 times.

(For more advanced exercisers looking for more of a challenge, try to lower bodyweight until your bottom is just above your seat, but do not transfer your body weight onto chair! This will really engage your quads and glute muscles.)

15. March again - to work into a cool down. Add in the core twists if you want!
16. Seated Calf Raises - Lift only your heel off the ground and engage the calf and hold for a few seconds each
17. Stretch - arms overhead and then side stretches once again. Feel free to repeat your favorite stretches here with more DEEP breathing!
18. Deep Breath