

MOVE MORE CHAIR EXERCISES

BEFORE GETTING STARTED....

It is your responsibility to ensure you are fit and in good health to undertake these exercises and do so at your own risk. If you experience chest pain, dizziness or severe shortness of breath – STOP and Call your GP or 999. Do not exercise if you feel unwell or have any symptoms of coronavirus or a cold – if in doubt seek medical advice prior to commencing exercise for the first time.

- Wear comfortable clothing and supportive footwear (no slippers!)
- Use a chair that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement
- Ensure you have enough room to exercise and make sure the room isn't too hot or too cold
- Have some water to hand to drink during the routine
- Only do the exercises you feel safe to do – **do not over exert yourself**
- When exercising you should feel warm and slightly puffed but not out of breath - you should still be able to talk but not be too out of breath to hold a conversation
- Build up slowly and aim to increase the repetitions of each exercise over time
- It is quite normal to feel slightly sore the day after exercise but if this persists, stop the exercises

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, flexibility, balance and co-ordination.

For more exercises and ideas by our Move More Referral Instructors, check out <https://www.movemore.je/where-to-move-more/move-more-at-home/>

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SEATED EXERCISES

CHEST STRETCH



This exercise will help your posture

1. Sit upright, nice and tall away from the back of the chair. Roll your shoulder blades back and down. Extend arms out to the side.
2. Gently open up your chest by pushing it your chest forwards and your arms up until you feel a stretch across your chest.
3. Hold for five to 10 seconds.
4. Repeat five times.

MARCHING – STRENGTH EXERCISE



Let's get your hips and legs moving to improve flexibility and strength.

1. Sit upright, nice and tall away from the back of the chair. Hold on to the sides of the chair or gently rest your hands on the top of your legs.
2. Lift your left leg, with your knee bent, as far as is comfortable. Hold for a count of 5 – 10 then place your foot down with control. (Don't slam your foot down – control the movement!) Repeat with the opposite leg.
3. Do five lifts with each leg.



SEATED EXERCISES

MARCHING – RAISING YOUR HEART RATE

Let's get your heart rate raised!



1. Sit upright, nice and tall away from the back of the chair. Hold on to the sides of the chair or gently rest your hands on the top of your legs.
2. Now we are going to march! Lift your left leg, with your knee bent, as far as is comfortable then place your foot down with control. (Don't slam your foot down – control the movement!) Repeat with the opposite leg.
3. See if you can march for 30 secs – 1 min. This is a great exercise to do during the TV advert breaks!

ANKLE MOBILITY



This exercise is great for ankle flexibility and reducing your risk of a blood clot.

1. Sit upright, nice and tall away from the back of the chair. Hold on to the sides of the chair or gently rest your hands on the top of your legs.
2. Lift up your left leg so it is straight and raised in front of you, point your toes away from you.
3. Pull your toes back towards you.
4. Repeat points 2 & 3 with your right leg. Try two sets of five stretches with each foot.

SEATED EXERCISES

UPPER BODY MOBILITY



This exercise is great to help with the flexibility of your upper back.

1. Sit upright, nice and tall away from the back of the chair with your feet flat on the floor. Cross your arms and reach for your shoulders.
2. Keeping your hips still, facing forward, turn your upper body to the left as far as is comfortable.
3. Hold for five seconds. Repeat going right. Do 5 – 10 to each side.

ARM RAISES

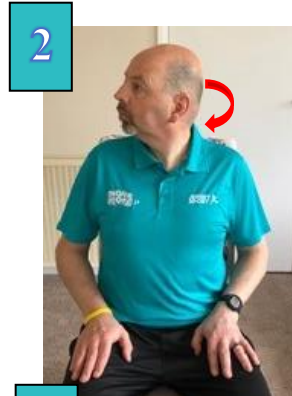


This exercise helps keep your shoulders moving and builds strength.

1. Sit upright, arms by your sides.
2. Face your palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.
3. Try to keep your shoulders down (don't let them creep up to your ears!) and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.
4. Repeat five times.

SEATED EXERCISES

NECK ROTATION



A lot of stress is held in our necks - This stretch is good for getting your neck moving and improving flexibility.

1. Sit upright, in a relaxed position with your shoulders down. Look straight ahead.
2. Slowly turn your head towards your right shoulder as far as is comfortable. Hold for five seconds and return to starting position.
3. Repeat going left.
4. Do three rotations on each side. **STOP if you feel any dizziness.**

NECK STRETCH



Another great stretch for loosening tight neck muscles.

1. Sit upright, in a relaxed position hold your left shoulder down with your right hand. Look straight ahead.
2. Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.
3. Hold each stretch for five seconds and repeat three times on each side.



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