



**MORE ISLANDERS.
MORE ACTIVE.
MORE OFTEN.**

MOVE MORE STANDING 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 overexert 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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STANDING EXERCISES

SIT TO STAND



- Sit upright with your bottom near the front of the chair and with your feet hip-width apart and slightly back.
- Lean slightly forwards and stand up slowly, using your legs. If you need to, you can push up with your hands on the chair or on your legs. Keep looking forwards, not down.
- Stand upright then step back until your legs touch the chair and slowly lower yourself back into the chair.
- Repeat 10 times

HEEL RAISES



- Stand tall, holding the back of a sturdy chair, work surface or kitchen sink.
- Lift both heels off the floor, taking your weight onto your big toes, as far as is comfortable.
- Hold for three seconds, then lower with control. The movement should be slow and controlled.
- Repeat 10 times.

STANDING EXERCISES

TOE RAISES



- Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink.
- Raise your toes, taking your weight onto your heels as far as is comfortable.
- Tuck your bottom in and stand tall - you don't want to stick your bottom out!
- Hold for three seconds, then lower with control. The movement should be slow and controlled.
- Repeat 10 times.

ONE LEG STAND



- Stand tall, holding closely to your support with one hand (you can use two hands if one hand is too difficult). You can use the back of a sturdy chair or kitchen work surface.
- Lift up one leg and balance. Keep your hips level, the supporting knee soft and your posture upright. Hold the position for 10 seconds then gently place your foot back on the floor.
- Repeat with the other leg. Aim to do 3 on each leg.

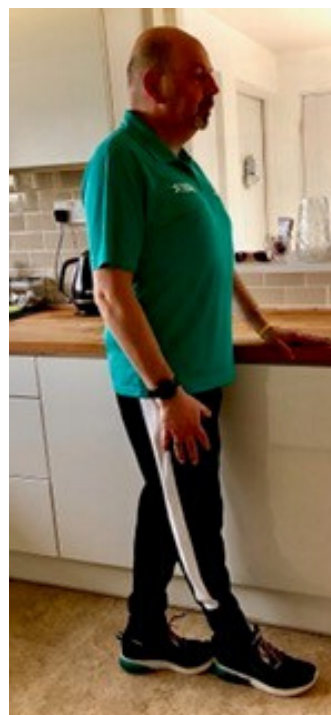
STANDING EXERCISES

HEEL - TOE STAND



- Stand tall, holding closely to your support. You can use the back of a sturdy chair or kitchen work surface.
- Put one foot directly in front of the other to make a straight line.
- Look ahead, take your hand off the support and balance for 10 seconds (you can use two hands if your balance isn't great and one hand is too difficult).
- Return to starting position then place the other foot in front and balance for 10 seconds.

HEEL - TOE WALKING



- Stand tall, with one hand on a support like a kitchen work surface
- Place your right heel on the floor directly in front of your left toe. Then do the same with your left heel. Make sure you look ahead and not down at your feet!
- Walk 10 steps forwards, placing one foot directly in front of the other so that the feet form a straight line. Aim for a steady walking action.
- Take the feet back to hip width apart, turn around and repeat in the other direction.