

EXERCISE

Your Guide to Chair Exercises

How will 'easy chair exercise' will help?

Mobility: Improving your ability to reach, grasp and move about.

Strength & Endurance: Improving your ability to carry, push & pull, lift.

Balance: Improving your ability to move about with ease, improve reactions.

Aerobic Fitness: Slightly improving your ability to sustain activities such as walking.

Safety Advice

- Avoid jerky movements.
- Never exercise when you are tired / sick / weak / injured.
- Do not tilt your head backwards as it can cause dizziness & other problems.
- Wait up to 2 hours after you meals.
- If you get any pain / dizziness / shortness of breath – Stop exercise and contact the nurse immediately.

Why be active

“Physical Activity is the single most useful thing that individuals can do to maintain their health and function and quality of life.” (World Health Organisation)

Control and Management of

- Improved ability to carry out activities of daily living
- Increased joint mobility
- Improved balance
- Falls prevention
- Increased reaction time
- Improved self-esteem
- Reduced depression
- Reduced anxiety / stress
- Osteoporosis
- Heart disease / Cholesterol
- Arthritis
- High blood pressure



Chair March Exercise

1. Hold the side of the chair.
2. Begin a marching action by raising your right foot & then the left foot.
3. Find the rhythm and continue for 10 times.



Arm Swing Exercise

1. Place both feet flat on the floor.
2. Keep elbows bent & swing your arms from shoulder forward and backward.
3. Continue for 10 times.

Foot Exercise

1. Move your foot up and down & continue for 10 times.



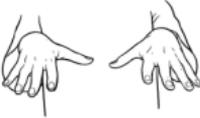
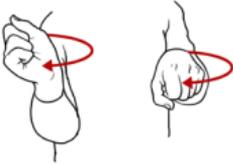
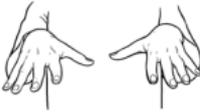
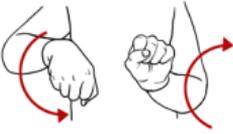
Arm Reaches Exercise

1. Reach your right hand up & down.
2. Then the left hand up & down.
3. Continue it for 10 times.



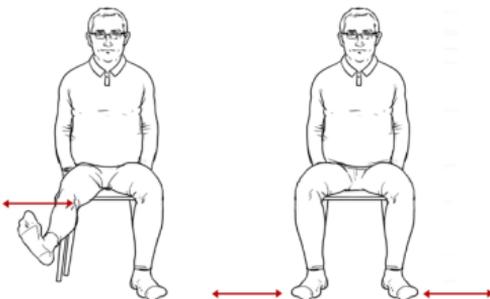
Leg Stretch Exercise

1. Straighten your right leg first & then pull it back.
2. Then continue the same by straighten the left leg & then pull it back.
3. Continue for 10 times.



Wrist & Hand Exercise

1. Close your fingers & rotate your wrist in both directions.
2. Open & Close your fingers.
3. Continue for 10 times.



Hip and Knee Exercise

1. Raise your right foot up & down, then the left foot up & down.
2. Move your leg sideways one by one.
3. Continue for 10 times.

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