

Not able to stand comfortably?

HERE ARE SIX WAYS TO EXERCISE WHILE SEATED



CHAIR YOGA

Stretch, flex, and spin to loosen joints and improve circulation.



RESISTANCE BANDS

Preserve muscle mass and mobility, while keeping aches and pains at bay.



SNOW ANGELS

Raise arms skyward to build aerobic endurance and loosen your neck and shoulders.



HEAD TURNS

Swivel and nod to sharpen balance, peripheral vision, and neck flexibility.



LEG RAISES

Lift one at a time to strengthen your core and quicken your pulse.



ARM LIFTS

Scoot to the edge of your chair to lower and raise your body with your arms.