

Let's Get Moving!

Did you know being physically active has many great health benefits?

Better Sleep

Blood sugar control

Lower risk of heart disease

Blood pressure control

Mental sharpness

TIPS FOR GETTING STARTED BEFORE TREATMENT

- Always discuss your routine with your doctor
- Arrive at the clinic early to take a 2-3 minute walk and do some chair exercises

CHAIR FITNESS EXERCISES

SIT DOWN



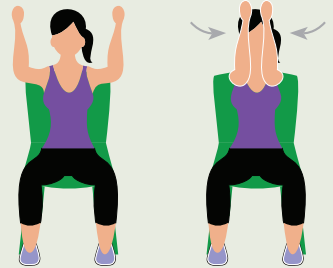
CHAIR MARCH



CHAIR JUMPING JACKS



OPEN & CLOSE



STRETCH & RELEASE



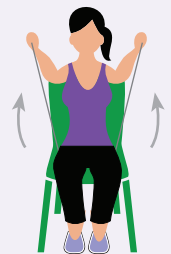
ROLL YOUR SHOULDERS



PUSH & PULL



BAND STRETCHING EXERCISE



Workout routines you can also do at home

1. Grab a friend or relative and go for a short walk outside or around the home.
2. Simple strength exercises: standing up and sitting down out of a chair several times, raising up and down on your toes, stepping up and down off a step.
3. Use water bottles, canned items, or laundry detergent as free weights. Choose 3-5 arm exercises or a circuit, aim for 8-12 reps of each and then repeat the circuit 2-3 times.

4. Seated Martial Arts:

Let's



- ✔ Sit up straight - if you cannot sit up straight then lean back against the back of the chair for support. Keep your guard up and your abdominals tight.
- ✔ Pick a spot straight in front of you to focus on as your target.

Do



- ✔ Slowly start to punch your hand out for about 5-10 seconds and then return to your starting point while keep your fist tight and flexing your arm muscles.
- ✔ Alternate your punches back and forth for as many as you feel that you can do. Always breathe through the punches.

This!



- ✔ Slowly extend your leg out in front of you and then return to your starting position.
- ✔ When you have your balance, then try your other leg.
- ✔ Repeat for as many as you feel that you can do!
- ✔ Have fun with it and go at your own pace.