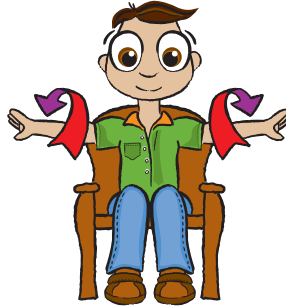


Exercise and Still Keep Your Seat

- 1** Use a good sturdy chair.
- 2** If in a wheelchair, lock the brakes.
- 3** Sit up in your chair.
- 4** Keep your feet flat on the ground for arm exercises.



Hand reaches: Place both hands on your shoulders. Reach to the ceiling with your right hand and then return your hand to your shoulder. Then reach and return with the left hand.



Arm Circles: Extend your arms to shoulder level out to your sides. Slowly make forward and backward circles with your arms.



Side stretch: Raise your left arm over your head and gently stretch to the right. Repeat by raising your right arm and stretching to the left.



March in place: Lift and lower your feet as if you are walking in place.



Ankle Circles: Extend your right foot out in front of you. Make a circle with your ankle. Repeat with your left foot.



Knee pulls: Pull your knee up toward your chest and hold for a few seconds. Release and repeat with the other knee.

**Start with 5 moves for each exercise every day.
Work up to 20 moves for each exercise every day.**

