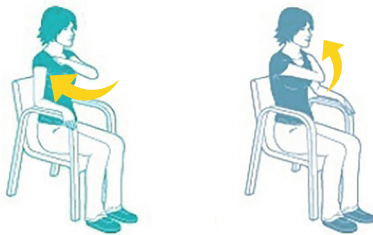
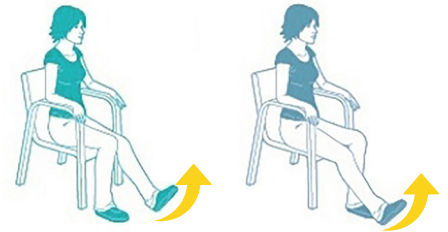


GET BACK INTO EXERCISE

CHAIR BASED EXERCISE

1. ALTERNATE LEG HEEL DIGS

AS ONE FOOT MOVES OUT TO PLACE THE HEEL ON THE FLOOR, THE OTHER FOOT REMAINS PLANTED ON THE GROUND. AS THE HEEL IS PLACED ON THE GROUND, TRY TO PULL YOUR TOE TOWARDS YOUR SHIN.

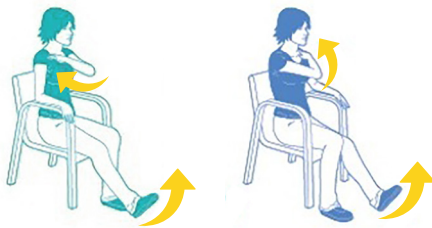
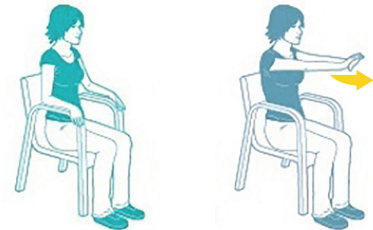


2. ALTERNATE ARM ACROSS BODY

RAISE YOUR RIGHT HAND DIAGONALLY AND TOUCH YOUR LEFT SHOULDER. RETURN YOUR RIGHT HAND TO THE ARM OF THE CHAIR. REPEAT MOTION, THIS TIME USING YOUR LEFT HAND TO TOUCH YOUR RIGHT SHOULDER. ONLY REACH AS FAR ACROSS AS IS COMFORTABLE FOR YOU.

3. DOUBLE ARM FORWARD AND BACK TO THE ARMREST

PUSH BOTH HANDS FORWARD TO SHOULDER HEIGHT. YOUR WRISTS SHOULD BE EXTENDED. COORDINATION IS IMPORTANT SO, IF POSSIBLE, TRY TO ALTERNATE WHICH HAND IS IN FRONT OF THE OTHER AS YOUR ARMS ARE FORWARD.

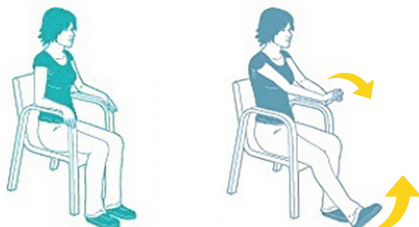
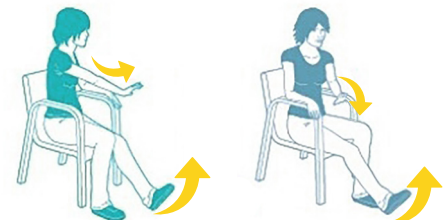


4. ALTERNATE SINGLE ARM ACROSS BODY WITH HEEL DIGS

RAISE YOUR RIGHT HAND DIAGONALLY AND TOUCH YOUR LEFT SHOULDER. SIMULTANEOUSLY EXTEND YOUR LEFT LEG AND PLANT HEEL ON THE GROUND. RETURN YOUR RIGHT HAND TO THE ARM OF THE CHAIR AND YOUR LEFT LEG TO A RELAXED POSITION. REPEAT MOTION, THIS TIME USING YOUR LEFT HAND TO TOUCH YOUR RIGHT SHOULDER, WHILE EXTENDING YOUR RIGHT LEG.

5. ALTERNATE ARM AND LEG

PUSH YOUR LEG FORWARD AND YOUR OPPOSITE HAND ACROSS YOUR BODY, KEEPING YOUR WRIST EXTENDED. YOUR FINGERTIPS SHOULD BE LEVEL WITH YOUR SHOULDER. ONLY REACH AS FAR AS IS COMFORTABLE FOR YOU. WITH ALTERNATE ARM AND LEG EXERCISES SUCH AS THIS, IT'S IMPORTANT THAT AS ONE ARM IS MOVING, THE OTHER IS SUPPORTED ON THE CHAIR, AND THE SUPPORTING FOOT IS PLANTED FIRMLY ON THE FLOOR.



6. DOUBLE ARM FORWARD WITH HEEL DIGS

PUSH YOUR HANDS OUT SLIGHTLY HIGHER THAN YOUR SHOULDER, IN LINE WITH YOUR CHIN, KEEPING YOUR WRISTS EXTENDED. ONLY REACH AS FAR OUT AS IS COMFORTABLE FOR YOU. COORDINATION IS IMPORTANT, SO TRY TO ALTERNATE WHICH ARM IS IN FRONT OF THE OTHER.

GET BACK INTO EXERCISE

CHAIR BASED EXERCISE

DAY OF THE WEEK	TIME OF DAY	DESCRIPTION OF ACTIVITY (TYPE AND INTENSITY LEVEL)	DURATION