

How to Work Out While Sitting Down

You can get a total body workout — and all you need is a chair! To help lessen those aches and pains, try doing some of the exercises shown here. Doing just a little each day can make a big difference over time.

Safety Tip: Check with your doctor before starting an exercise program. If anything hurts or causes pain during these movements or if you feel dizzy, stop right away. Please see the exercise disclaimer on the back page*.

Posture Exercise

Sitting up straight can tone the muscles in your torso (upper body).

1. Sit up straight on the edge of a chair.
2. Press your knees together to work your inner thighs.
3. Squeeze your buttocks and pull in your belly button toward your spine.
4. Keep your neck positioned directly over your spine and do not lean forward or to one side. Try to keep this posture as long as you can.



Arm Circles

Doing gentle arm circles can increase your flexibility and improve posture.

1. Raise your arms straight out to your sides.
2. Extend your arms with your palms down and your thumbs facing forward.
3. Do 20 forward circles.
4. Flip your palms up so that your thumbs face behind you.
5. Do 20 backward circles.

Elbow Curls

Doing elbow curls can open up your chest and shoulder muscles.

1. Raise your arms at your sides and bend your elbows. Your knuckles should be at your temples.
2. Move your elbows together and then back to the starting position.
3. Do this about 30 times at a moderate speed — not too fast and not too slow.



Seated Jumping Jacks

Doing seated jumping jacks is a great way to get your heart rate up without hurting your joints.

1. Sit on the edge of a chair.
2. Open and close your arms and legs just like you would during a normal jumping jack. Move your arms and legs in and out as quickly as you can. Open and close your arms and legs just like you would during a normal jumping jack. Move your arms and legs in and out as quickly as you can.
3. Start slowly and work your way up to 20 reps.

Abs Twister

Working your abdominal (stomach) muscles can help you stabilize your torso. A stable torso can reduce aches and pains in your lower back and hips.

1. Sit tall on the edge of a chair.
2. Cross your arms over your chest.
3. Breathe in and squeeze or flex your abdominal muscles.
4. Keep flexing your abdominals and breathe out slowly.
5. Squeeze your abdominals in tighter and twist your upper body to the right.
6. Breathe in and twist back to center. Breathe out slowly.
7. Breathe in and twist to the left. Breathe out slowly.
8. Work your way up to 3 sets of 20 reps on each side.





Seated Leg Extensions

Extending your leg can strengthen your thigh and hip muscles.

1. Sit on the edge of a chair.
2. Place your arms to your sides.
3. Extend your right leg out straight and flex your foot. Do this so that your right heel is on the floor.
4. Lift your leg up as high as you can without rounding your back. Keeping your foot flexed works the muscles in your shins and ankles.
5. Hold for 3 counts and then lower your leg.
6. Work your way up to 3 sets of 10 reps on each leg.

Wide Leg Squat

Doing wide leg squats can strengthen your legs.

1. Sit on the edge of a chair.
2. Place your feet hip-width apart and lean forward slightly.
3. Stand up slowly — use your legs, not your arms.
4. Keep looking forward. Do not look down.
5. Slowly sit down with your bottom-first.
6. Work your way up to 5 reps. Do these exercises as slow as you can.



Hip Marching

Hip marching will strengthen your hips and thighs and improve flexibility.

1. Sit up and away from the back of the chair.
2. Hold on to the sides of the chair.
3. Lift your left leg as far as you can with your knee bent. Place your foot down with control.
4. Repeat with your right leg.
5. Do 5 lifts with each leg.

Source: www.grandparents.com/health-and-wellbeing/exercise-and-de-stress/chair-exercises;
www.nhs.uk/exercises-for-older-people

Any information included in this material is not intended to replace medical care or advice from your doctor. Any references to other companies or internet sites are not an endorsement or guarantee of the services, information or products provided. Passport Health Plan by Molina Healthcare does not take responsibility for anything that may result from the use, misuse, interpretation or application of the information in this material.

*The movements provided on this piece are for education purposes only. They are not a recommendation for a specific care plan, product or course of action. Exercising has risks. This or any other exercise program can cause injury. These risks include but are not limited to injury, making a prior health issue worse, muscle strain, abnormal blood pressure, fainting, heartbeat problems and rare cases of heart attack. To lower the risk of injury, please talk to your doctor about how to work out safely. The instruction and advice presented should not replace medical advice from your doctor. Passport denies any liability from and in connection with this program. If at any point during your workout you feel faint, dizzy or pain, please stop right away and call your doctor.

