

Keep yourself moving with Six Simple Seated Exercises

Find yourself a chair, perhaps a dining chair where your knees and hips can be a similar height. Sit yourself with your bottom at the back of the chair and have your feet hip width apart under your knees. Now sit tall in the chair lengthening the crown of your head to the ceiling. This is your starting position. Try to maintain this position throughout the exercises. With all the following exercises please only try them if they feel comfortable and only take the exercises as far as you are happy with. With the situation we are in it's all about keeping healthy and not over-doing things.

Ex 1 - Breathing

Sit as described above and inhale into the sides of your ribs, then exhale. Get the feeling of breathing like this, and then breathe in for 3 and out for 3 and repeat 6 times. If at any point you feel a little light headed just return to your normal breathing. On the other hand, if you feel that this breath comes fairly easily to you and you want to increase to a count of 4, then try.

Ex 2 - Rolling your shoulders

Whilst sitting tall circle your shoulders forwards, up and around and repeat x 6. Then reverse the movement circling backwards, down and around.

Ex 3 - Floating Arms

Sitting tall as before, with your arms down to your sides, try to keep your body still as you lift your right arm out to the side and float it up towards your ear keeping it as long as possible. Try to keep the weight of the body centered trying not to bend the spine to help, the movement should come from the shoulder. Repeat x 6 and then swap sides and repeat with the left arm.

Ex 4 - Ankle turns

Lengthen the right leg away in front, trying to keep sitting tall all the while. Turn your foot clockwise at the ankle x 6 and then anti-clockwise x 6. Bring the leg back to starting position and do the same with the left leg.

Ex 5 - Knee lifts

From your starting position lift your right knee trying to keep the rest of your body still. Then repeat the same on the left side. It may be difficult to keep the body still when swopping legs but try to keep that lengthening from your bottom through to the crown of the head going all through the exercise.

Ex 6 - Waist Twist

Fold your arms in front and relax the arms so they are resting on your front. From your starting position turn your head to the right, and then turn chest and ribs keeping the arms relaxed on your front so that your arms do not try to turn you. Turn back to looking forwards and do the same to the left. Try not to let the spine bend and just go as far with the exercise that feels comfortable.

Finish with a Big Smile!

Take care everyone and if you would like some more chair exercises just say.