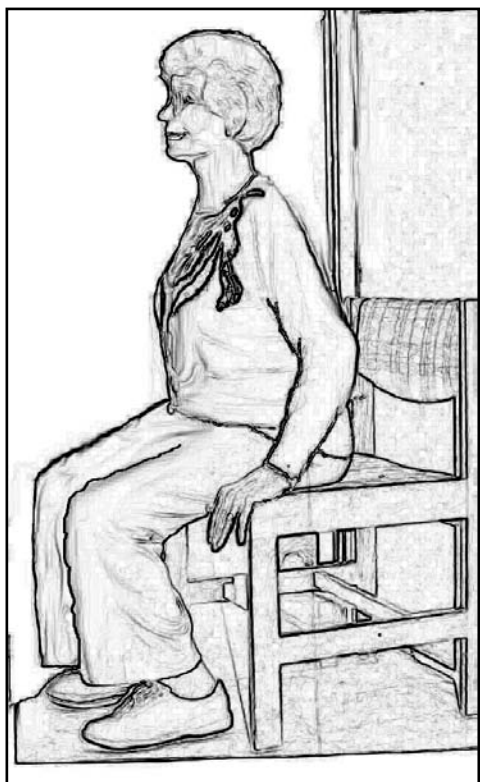


CHAIR RISES



- ❖ **STAND AND SIT** from the **FRONT HALF** of a chair keeping **KNEES AND FEET HIP WIDTH APART** at all times.
- ❖ **PUSH** your **TOES** onto the **FLOOR**.
- ❖ Feet point straight ahead.
- ❖ **CHEST AND KNEES FORWARD!!!**
- ❖ Lean forward, feeling the **WEIGHT ON THE FRONT OF YOUR FEET** whether rising or sitting.
- ❖ Hands “**LIGHT**” but always **BEHIND** you!

USE THIS PATTERN WHENEVER YOU SIT, keeping KNEES AND FEET HIP WIDTH APART at all times. DO _____ times in a row, _____ times a day for bone and balance strength!



“STOMP AND STAND”

- 1) **BREATHE IN**, then
- 2) **Lightly TAP YOUR FOOT DOWN** on the floor as you **STAND UP** and **BREATHE OUT!**

