



IN *The Villages*[®]
America's Healthiest Hometown

Chair Dip



This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.

1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep your back and shoulders straight.
3. Grasp arms of chair with your hands next to you. Breathe in slowly.
4. Breathe out and use your arms to push your body slowly off the chair.
5. Hold position for 1 second.
6. Breathe in as you slowly lower yourself back down.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

Targeted Muscles: Arm muscles

What You Need: Sturdy chair with armrests

Source: Go4Life from the National Institute on Aging at the National Institute of Health

<http://go4life.niapublications.org>