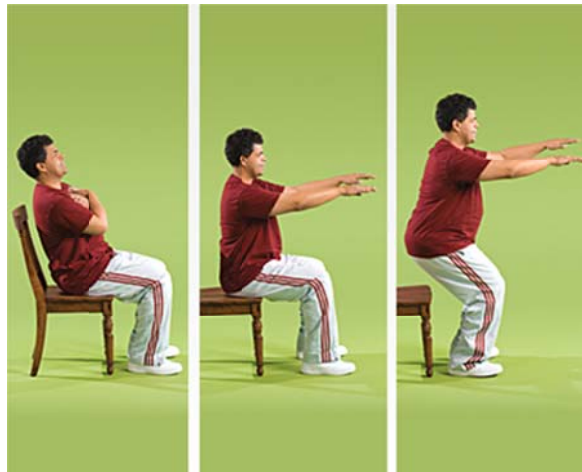




IN *The Villages*[®]

America's Healthiest Hometown

Chair Stand



TARGETED MUSCLES: Abdomen and thighs

WHAT YOU NEED: Sturdy, armless chair

TIP: People with back problems should start the exercise from the sitting upright position.

This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. **If you have knee or back problems, talk with your doctor before trying this exercise.**

1. Sit toward the front of a sturdy, armless chair with your knees bent and your feet flat on the floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout the exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

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