



DO THE 7 SIT-DOWN EXERCISES

Anyone can get moving with these 7 sit-down exercises. You will become stronger, balance better, and move with greater flexibility. Do these at least twice a week.

How to exercise safely:

- Do not exercise if you are not feeling well.
- Stop if you feel dizzy, unwell or experience any pain or discomfort at any time during the exercise.
- If you have any medical condition(s), consult your doctor before doing these exercises.
- Sit on a sturdy chair with your feet shoulder-width apart.
- Sit upright and breathe normally during the exercise.
- Do not lean against the backrest.
- Do the exercises slowly.

How to identify a sturdy chair:

- It has a backrest.
- It should not swivel, have rollers, or be able to turn.
- It should not be a foldable chair.
- It should not be made of a light-weight material, such as plastic, as that may cause the chair to fall back easily.

How to hold a towel correctly:

- Use a towel that is at least one arm's length.
- The towel should be pulled tight and held firmly in your hands throughout the exercises.

1. WARM-UP EXERCISE

Clap Hands

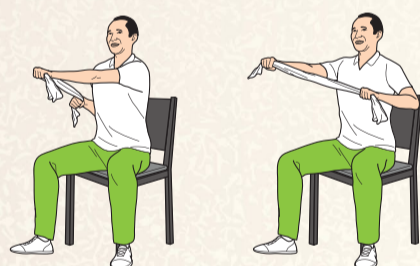
Continue for 3 min



2. STRENGTH EXERCISES

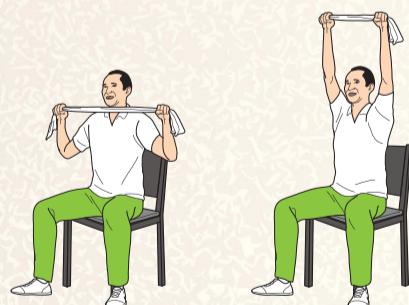
Boxer

Do 10 times



Pull Down

Do 10 times



Touch the Sky

Do 10 times on each side



3. BALANCE EXERCISE

Aeroplane

Do 10 times



For more benefits, repeat the Strength and Balance Exercises at least once.

4. FLEXIBILITY EXERCISES

Open Arms

Hold for 20 sec



Give Flowers

Hold for 20 sec

