

2. Flexibility exercises (stretches)

Do these exercises as often as possible throughout the day, everyday.



Chest stretch

- ☐ Sit in the middle of the chair. Open both arms sideways. Hold for **10 seconds**, repeat **10 times**. Rotate your torso to each side, hold for **10 seconds** each.



Back thigh stretch

- ☐ Sit at the edge of the chair. Straighten one leg and lean forward (like in the picture). Hold for **10 seconds**, repeat **10 times**.

3. Aerobic exercises



Cycling

- ☐ Using an exercise or pedal bike, cycle for **10 to 15 minutes daily**. You can also place a portable pedal bike on a table and use it as an arm cycling machine.

If possible, it is better to perform this exercise on a more stable chair instead of a wheelchair.



Log on to [healthhub.sg](http://www.healthhub.sg) and watch the 7 sit-down exercises video, "You can get moving" (<http://www.healthhub.sg/programmes/71/healthy-ageing-exercise>).