

# MORE EXERCISES TO KEEP YOU ACTIVE

**Here's Anne with a few more mobility exercises!**

## Opposite Arm and Leg Extension

1. Sit up straight in a sturdy chair with your back straight and your feet flat on the floor.
2. Extend your right arm straight out to the side.
3. Simultaneously, extend your left leg out to the side.
4. Slowly return to the starting position.
5. Repeat the movement with your left arm and right leg.
6. Continue to alternate sides for 8–10 repetitions on each side.



## Seated Leg Lift

1. Sit upright, away from the back of your seat throughout.
2. Lift one leg straight out in front of you, do not lock your knee and be gentle with the knee joint.
3. Then slowly lower your leg down.
4. Complete 5–10 times on each leg.



## Sit to Stand Using Hands

1. Sit upright with your feet slightly behind your knees.
2. Hold firmly onto the sides or arms of your chair.
3. Shuffle your bottom forward towards the end of the chair.
4. Lean your chest forwards with your head up and looking forwards.
5. Push through your feet and hands to help you stand up, squeezing your leg and bottom muscles to help you.
6. To sit back down, make sure you feel the chair with the backs of your legs and keep your head up, then reach your hands back for the arm rests and gently sit down.
7. Repeat 10–15 times.

