

# Get Fit While You Sit

Just starting out? These moves will help you ease your way into fitness.

YOU KNOW EXERCISE WILL HELP YOUR PAINFUL JOINTS FEEL BETTER. But jumping into a vigorous routine may seem too much to handle. Good news: You can start working out without even leaving your chair.

Warm up by “chair-marching” in place (or walking around the room). For each exercise, use an elastic resistance band, adjusting the length so you feel a slight resistance while moving through a full range of motion. Start with one set of eight to

10 repetitions for each move, and gradually build to two to three sets. As your fitness level improves, “shorten up” on the band to increase resistance. (**Note:** If painful joints make holding the band difficult, knot the band to create loops through which you can slide your wrists.)

Take a day off between sessions, and talk to your doctor or physical therapist before starting any exercise program.

—TERRIE HEINRICH RIZZO

## 1 Boxing Strengthens chest, arms and shoulders

Place band across shoulder blades, holding ends with hands in front of underarms, with thumbs up. Punch one arm forward and across to opposite side, knuckles up, for four counts, and return to starting position for four counts. Repeat with other arm.



## 2 Up-Down Arm Pulls Strengthens biceps and triceps

Sit tall with arms at sides, elbows bent at waist level. Hold band in both hands, palms up. Simultaneously bend left arm up to shoulder level for four counts while straightening right arm down to side. Keep wrists straight. Alternate arms.



## 3 Seated Knee Lift Strengthens quadriceps and knees

Extend band across left knee, anchoring with left hand and right foot, and take up slack. Grasp chair with both hands, and sit tall. Slowly raise left knee for four counts. Lower for four counts and repeat. Repeat with right leg.



**4** Leg Press  
**Strengthens hamstrings, quadriceps and knees**

Loop band under left foot, holding ends at waist level. Bend knee and take up band slack. Slowly press left foot forward until leg is nearly straight. Return to bent-knee position and repeat. Repeat with right leg.



**5** Horizontal Arm Pull  
**Improves posture; strengthens upper back, shoulders, chest and arms**

Sit tall with feet hip width apart. Grip band and extend arms forward, with palms down. Keep hands below shoulders. Slowly pull arms out to sides until even with body, and pinch shoulder blades together for four counts. Slowly return to starting position and repeat.



**6** No-Band Sit-Stand Squats  
**Strengthens hamstrings, quadriceps and buttocks**

Sit on edge of seat, with feet shoulder width apart. Line up heels directly under knees, toes pointing straight ahead, and press both arms straight forward, thumbs facing up. (a) Stand by pressing through your heels, while simultaneously pulling elbows in to sides. (b) Quickly sit back down, pressing arms forward as you sit. Immediately stand, and repeat eight to 10 times. Be sure to keep your chest up and knees behind your toes.

