

Hand Exercises



Hand Circles

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Hold your left hand out in front of you
4. Circle your left hand from the wrist in a clockwise direction
5. Rest
6. Hold your right hand out in front of you
7. Circle your right hand from the wrist in a clockwise direction
8. Rest
9. Repeat points 1-8 anti-clockwise

Do this exercise times



Making Fists

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Rest both your hands palm facing down on the tops of your thighs
4. Bend and raise your arms from the elbows then make fists with both hands
5. Release your fists and lower your arms
6. Rest your hands flat on your thighs palm facing downwards
7. Rest

Repeat this exercise times



Finger Raises

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Rest both hands on your thighs
4. On your left hand touch your thumb with each finger
5. On your right hand touch your thumb with each finger
6. Rest

Repeat this exercise times



Hand Wave

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Hold both hands out in front of you
4. Wave your hands to the left and to the right
5. Rest

Repeat this exercise times

You Can Get Fit while you Sit!



Tips before you start

If you have any concerns, please check with your doctor or nurse before you exercise.

Only do the number of exercises that you find comfortable or as recommended to you by your adviser.

If any exercise causes you any discomfort, slow down and stop.

Use the warm up activity before you start and repeat it when you finish. (The warm up activity is on the back page.)

Warming up and cooling down

- Sit comfortably in your chair.
- Keep your back straight and your feet firmly on the ground.
- Massage your joints gently and firmly in this order:
 1. Wrist
 2. Elbows
 3. Shoulders
 4. Kibs
 5. Lower back
 6. Knees
 7. Front of your hips
- Rest your hands in your lap and gently breathe in through your nose. Then gently breathe out through your mouth.
- Rest.

Repeat this 6 times.

- Maintains mobile and flexible joints
- Strengthens muscles
- Improves self confidence
- Good for relaxation
- Boosts energy
- Relieves stress
- Controls weight
- Maintains good posture

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Berkshire Health Promotion



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Research, Advocacy and Service Development

Berkshire
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Breathing Exercises



Breathe in, Breathe out

1. Sit comfortably in your chair. Keep your back straight and your feet firmly on the ground
2. Rest your hands in your lap
3. Gently breathe in through your nose
4. Gently breathe out through your mouth
5. Rest

Repeat this exercise times



Breathing and Stretching

1. Sit comfortably in your chair with your back straight
2. Rest your arms by your sides
3. Breathe in through your nose and gently raise your arms above your head, towards the ceiling
4. Breathe out through your mouth and lower your arms to your sides
5. Rest

Repeat this exercise times

Neck Exercises



Head and Neck Turn

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Look straight ahead
4. Rest your hands in your lap
5. Gently turn your head and look over your right shoulder
6. Return your head to the centre
7. Gently turn your head and look over your left shoulder
8. Return your head to the centre
9. Rest

Repeat this exercise times

Shoulder Exercises



Shoulder and Waist Twist

1. Sit comfortably in your chair with your back straight and your feet firmly on the ground
2. Hold both sides of your chair with your hands
3. Look straight ahead
4. Turn your body gently (moving from the waist) to your left side
5. Return your body to the centre, look straight ahead
6. Turn your body gently (moving from your waist) to your right side
7. Return your body to the centre, look straight ahead
8. Rest

Repeat this exercise times



Shoulder Shrug

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Rest your arms by your side
4. Relax your shoulders
5. Shrug your shoulders
6. Relax your shoulders
7. Rest

Repeat this exercise times



Shoulder and Arm Rock

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Cross your arms (hold your left elbow with your right hand and hold your right elbow with your left hand)
4. Gently rock your arms from the shoulders, from side to side
5. Rest

Repeat this exercise times

Leg Exercises



Stretch Your Legs, Circle Your Toes

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Extend your right leg straight out in front of you and draw a clockwise circle with your toes
4. Return your foot firmly on the ground
5. Extend your left leg straight out in front of you and draw a clockwise circle with your toes
6. Return your foot firmly on the ground
7. Rest

Repeat points 3 to 6 anti-clockwise

Repeat this exercise times



Leg Stretch

1. Sit comfortably in your chair
2. Keep your back straight and your feet firmly on the ground
3. Extend your right leg straight out in front of you
4. Bend your whole foot and point your toes towards your knee
5. Return your foot firmly on the ground
6. Extend your left leg straight out in front of you
7. Bend your foot and point your toes towards your knee
8. Return your foot firmly on the ground
9. Rest

Repeat this exercise times



Chair Marching

1. Sit comfortably in your chair
2. Keep your back straight and position your feet firmly on the ground in front of you
3. March your feet up and down - left foot and right foot
4. Rest

Repeat this exercise times