

## 1: armchair exerciser | eBay

*Armchair Exercises for Fitness Phobics: Everyday Maintenance for the Busy, Tired, Elderly, Infirm, and Straightforward Lazy.* [Sue Hooker, Maggie Humphry] on [www.enganchecubano.com](http://www.enganchecubano.com) \*FREE\* shipping on qualifying offers.

You can exercise in minute chunks. Talk to your doctor before making any big change in your exercise plan. Download a printable pdf of these exercises. Interested in more information about healthy living with diabetes? Click here to subscribe to Diabetes Forecast magazine. Sit on your sitz bones if you sit on your hands, you can probably feel them rather than your tailbone. Tighten your belly think about bringing your belly button toward your spine , lift the rib cage, hold your neck long and straight, and tuck your chin down and back so you feel a long stretch on the back of your neck. Breathe from the belly you want your stomach to expand, not just your chest. That alone can be a tough position to hold at first! Exercise illustrations by David Preiss

2. Swing the opposite arm as you march each foot forward. Use either the same or opposite arm or both arms at once. Nicole Nichols, an ACE-certified personal trainer and fitness expert at sparkpeople. Start with knees bent and arms resting at your sides; then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center. Repeat for several minutes. Form a goalpost with your arms: Keep your upper arms shoulders to elbows parallel to the floor and your lower arms elbows to hands perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat as long as you can hold proper form. Your back, chest, and arms will get a workout. This move works well even for office folks who have to sit at a desk, says Burnell. She says to get synovial fluid the liquid that protects joints moving, picture a sponge between each joint: When you flex it, you wring it out, and when you relax it, liquid is let back in. Shoulder rolls are great for this because they make four major muscle groups meet. Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good. Before you switch to roll your shoulders backwards, Wilson suggests letting your arms hang and swing gently, like pendulums. Langdon suggests working the wrists first. Repeat until you feel the stretch. When working the ankles, Langdon suggests drawing letters of the alphabet with each foot. Adding some light exercise weights dumbbells, weighted balls, or even a soup can or resistance bands is an important way to gain strength. Now you can work your entire upper bodyâ€”holding the ends of the band in your hands, try starting with bicep curls.

## 2: The 10 Best Exercises for Women | Shape Magazine

*Armchair Exercises for Fitness Phobics is a mixture of informal explanation and advice for "The Wish They Could's" and "The Think They Can't's" as well as the "Fitness Phobics" among us. It is written in a very readable and amusing style illustrated with funny drawings by the Shropshire artist Maggie Humphry.*

Exercise Reduces Heart Failure Risk, No Matter Your Age Story at-a-glance - Even those with severe restrictions in their mobility should consider incorporating cardiovascular exercises, strength training, and flexibility exercises Eight seated aerobic and strength training exercises are detailed, plus a video demonstrating an entire aerobic workout, working both your upper and lower body without standing up Seated exercises are not a substitute for standing, provided you can stand, in which case you might want to consider low-impact exercises such as Tai Chi, yoga, walking, and water workouts instead By Dr. Mercola Sitting for extended periods of time is an independent risk factor for poor health. Even if you are very fit, sitting all day can increase your risk for disease. I also strongly urge everyone " regardless of age and fitness level " to stand up and walk as much as possible, to avoid the health hazards associated with chronic sitting. However, many are simply too old, frail, or disabled to even consider a high intensity program. Some cannot even stand. So what are the wheelchair bound supposed to do? This article is for you. Regardless of your starting point, you CAN improve. Recent studies show that standing greater than six hours a day reduces your risk of obesity by 30 percent and if you stand more than 12 hours a day it is reduced by 60 percent. For starters, what types of exercises can a person with limited mobility actually do? As noted in an excellent article<sup>1</sup> by HelpGuide. This includes any movement that raises your heart rate and increases endurance. If you cannot stand, water exercises can be an option. This involves strengthening your muscles and bones using weights or other resistance-type exercises. Strength training is important for improving balance and stability. If you have limited lower body mobility, you can still perform exercises to strengthen your upper body, including your core, back, arms, and shoulders. Flexibility exercises are important for range of motion, and can help reduce pain and stiffness. These may include stretching exercises, either seated or on the floor, and chair yoga. Tai Chi can also be modified and adapted to be done while seated. If your mobility is limited due to extreme fatigue or a painful condition such as rheumatoid arthritis, please know that both aerobic and strength training exercises can be very helpful for such conditions. A stable armless chair to sit in. Her novel choices include: For this exercise, you need an open, non-carpeted area, and a chair with wheels or casters. Adding some music will make it more enjoyable. Here, all you need to do is to propel yourself around the area using your arms, legs, or both. Start at one minute, and build up. Select your favorite music. Sit on your bed, on a chair, or on an exercise ball if your balance is sufficient. Here, the focus is on moving to the music in whatever way you can. Bounce up and down, wave your arms in the air, gyrate your hips, and tap your feet. Hula hands and hips: For this, you need two Frisbee rings, small hula hoops, or Pilates rings. Place one ring around each wrist, and rotate your arms to make them spin in circles. To up the challenge, do this while sitting on an exercise ball, and rotate your hips in a figure eight pattern. Music, while optional, can make it more enjoyable. Other Cardiovascular Chair Exercises The three seated "dancing" exercises are examples of cardiovascular exercises that will raise your heart rate and build stamina. The video above demonstrates an entire aerobics routine, working both the upper and lower body while seated. Here are two additional suggestions not covered in that video: Seated high intensity resistance training: Resistance training actually offers cardiovascular benefits, so the following exercise is an excellent way to reap the benefits of high-intensity exercise even if you cannot stand up. Start by wrapping a lightweight resistance band under the seat of your chair. Holding each end, do a quick series of chest presses " flexing your arms at the elbow, pulling the band toward your shoulders. You can start with 10 repetitions, and work your way up to about Next, do a forward press by placing the band around the back of your chair. Make sure the band is under your armpits. Again, holding the ends in your hands, sit tall, and remember to engage your abs. Start with your elbows at 90 degrees, with palms facing down. Push your arms straight out in front of you while squeezing your chest muscles. Avoid locking your elbows. Bring your arms back to starting position. To increase the resistance, simply wrap the band around

your hands to shorten it, or grasp it further back. Air-punching, with or without hand weights, is another simple cardio exercise that can be done either seated or standing. This exercise is also a good warm-up. Jab forward, alternating arms. You want some speed here, so snap your arm forward as fast as you can, without fully extending your elbow joint, and then pull it back in as fast as you can. Do anywhere from 10 to 30 reps. Then, jab toward the ceiling, or as high as you can get if your upward range of motion is limited, for another 10 to 30 reps.

### Three Seated Strength Training Exercises

There are as many seated strength training exercises for those with limited mobility as there are for able-bodied people. In most cases, the exercise needs only slight modification. For a list of seated strength training exercises, take a look at About. A YouTube search will also yield a number of videos demonstrating exercises for seniors and the disabled, or those unable to stand up. Here are but a few examples.

#### Avoid rotating your shoulders forward, and keep your elbows fixed at your side

Breathe out as you lift the weight, and breathe in as you lower them Do 10 to 12 repetitions

#### While the bicep curl above strengthens the muscle on the front of your arm, tricep exercises focus on the backside of your upper arm

an area that tends to get flabby with age and lack of use. As the triceps tend to be weaker than the biceps, you may want to use a lighter weight to start; maybe as light as two pounds instead of five. Sit with good posture in a chair, holding a dumbbell in your right hand Raise the dumbbell above your head, and stabilize your right arm by placing your left hand on your right elbow Slowly bend your right elbow, lowering the dumbbell down behind your head From that starting position, raise the weight toward the ceiling, and then gently lower it back down behind your head Repeat 10 times, then switch arms

#### By strengthening your shoulders , you will improve your ability to perform most other arm movements. It can also help relieve shoulder pain.

To perform an overhead dumbbell press: Sit with good posture; one dumbbell in each hand, with your elbows bent so the dumbbells are up by your shoulders, and palms facing forward From this starting position, press the dumbbells toward the ceiling and then lower back down to shoulder height. Breathe out as you raise the weights, and in as you lower them Repeat 10 to 12 times

### An Inspirational Success Story

If limited mobility has you feeling down in the dumps, I urge you to watch this video, featuring Arthur Boorman, a disabled veteran of the Gulf War. Due to his injuries, his choices were limited when it came to exercise. But one day, he came across an article about yoga, and the rest, as they say, is history. Not only that, now he can RUN again. Interestingly, research<sup>7</sup> shows that yoga has a beneficial impact on leptin , a hormone that plays a key role in regulating energy intake and energy expenditure, which may account for his remarkable weight loss. One goal, depending on your situation, could be to regain your ability to stand for periods of time, and later, to walk increasing distances, as chronic sitting is associated with worsened health outcomes all around; from an increased risk of diabetes to a shortened lifespan. As you can see, some of these paralyzed individuals are fitter than most able-bodied people!

### 3: Armchair Fitness

*seated exercises for seniors dvd wheelchair elderly best armchair the free, armchair exercises for the elderly free wheelchair fitness phobics everyday maintenance seated resistance band, exercises sitting down elderly seated core for pdf armchair the chair seniors, seated flexibility cardio strength workout diabetic living online sitting balance exercises for elderly wheelchair exercise program.*

She is the founder and president of a youth-serving nonprofit organization. Using a chair for exercise offers numerous possibilities. Exercise comes in many forms and varieties, including chair exercises. Chair exercises effectively assist elderly individuals to exercise and move without putting undo pressure or strain on their bodies. Movement works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation. These exercise and movement outcomes result in a decreased number of falls and an increased ability to better accomplish day-to-day physical activities. Unless otherwise stated, perform these exercises on a straight-backed chair with your feet firmly on the ground.

**Video of the Day Toe Taps** Keep the heels on the ground and bend the toes up toward the ceiling and back to the ground. To increase the range of motion, sit toward the edge of chair with the legs straight and the heel touching the ground. In this position, point the toes down towards the ground and then up towards the ceiling. Repeat these exercises eight to 10 times.

**Sunshine Arm Circles** Using balls adds variety to exercises. In this exercise the individual has a ball and holds it above the head. Always keep the elbows slightly bent and then circle the ball left, down, right, and back up in a big circle. Reverse directions each time and repeat eight to 10 times. If the individual is unable to get the ball above the head then holding it straight out in front and moving the arms around in a circle will also work. This exercise may also be done without a ball.

**Seated Row** Sit on the edge of the chair for a greater range of motion. Holding the arms out in front with thumbs toward the ceiling and the elbows bent, draw both elbows back as far as possible while squeezing the shoulder blades together. Release and repeat eight to 10 times. This may also be done one arm at a time pulling the shoulder blade in towards the spine. This exercise works your chest and upper back muscles.

**Shoulder Rolls** Sitting tall in the chair, shrug both shoulders up toward the ears and slowly rotate them to the back, down, around to the front, and back to the top. Repeat and switch directions, rotating them towards the front and around to the back. Alternate directions 10 times. Performing this movement engages your shoulders and traps, which are essential to lifting objects.

**Tummy Twists** Hold a ball waist height with the arms forming a degree angle and pulled in to the sides. Rotate the upper torso to the left as far as possible, back to the middle and then to the right side. Only the upper body is moving. Keep the abdominal muscles in by imagining the belly button being sucked toward the spine. Repeat the exercise 10 times on each side. This exercise can be done without a ball. This exercise strengthens your core muscles, which you use to maintain correct, upright posture. This exercise contracts the muscles in the chest and arms. To increase intensity, while slightly squeezing the ball, push it straight out in front of you and then pull it back in to the chest. A slow, controlled movement will produce better results.

**Glute Squeeze** Squeeze the buttocks muscles together while sitting on the chair. Hold the squeeze for a couple of seconds and release. Repeat eight to 10 times. Strengthening your glutes has a variety of everyday benefits, including helping you walk.

**Knee Lifts** Slowly lift the right knee toward the chest and then return to the starting position. Repeat with the left leg. Continue alternating eight to 10 times on each side. This exercise focuses on your quads, which are essential to standing and sitting.

### 4: Minute Chair Cardio Workout Video | SparkPeople

*These are the original, classic armchair exercises developed by fitness expert Betty Switkes. Betty wanted seated exercisers to enjoy the increased stamina, muscle tone, flexibility, coordination and sense of well-being she received from dancing and exercise.*

Sure, you know the basics, but do you know which exercises are the best ones for a full-body workout? In general, a strong candidate for the "best" title will be any easy-to-learn exercise that targets multiple muscle groups and gives you the practical strength and muscle tone to meet your fitness goals. Here are seven of the best exercises for athletes and fitness junkies looking for a simple and effective full-body workout. Want more full-body workout ideas? It works a wide range of muscles, though they primarily target the chest, triceps and core. Individuals typically lift about 60 percent of their body weight when completing a push-up. There are many different variations of the push-up, so take your pick. Just make sure that push-ups are a part of your training. The exercise directly works the hips, hamstrings and glutes. It also indirectly strengthens your core and even your upper body if done with weight. Amateur weightlifters oftentimes focus on their upper body and neglect the lower half. Any training regimen should work the entire body and squats are an essential piece. The exercise does triple duty by extensively working the quadriceps, the glutes and the hamstrings. Hold a dumbbell in each hand while performing the lunge. Like most exercises, lunges can be executed in various ways. The traditional lunge is completed in a stationary position working one leg at a time. Want a change of scenery? Pick a target, say, 50 yards away, and lunge your way toward it. Either way, your legs will be begging for mercy as you finish up. To do it, grab a Swiss ball also known as an exercise ball or stability ball. Get into a push-up position with your feet on top of the ball. Begin by using your core muscles to lift your butt into the air, over your torso. This is the pike portion of the exercise. This is the roll-out. Together, the pike roll-out combination is a challenging exercise that benefits nearly every muscle in your core. Olympic lifters do the clean and the jerk as one complex lift. Amateur lifters can do them separately. Begin by snapping the weight to the torso until your arms are under the bar. In an explosive movement, push the bar over your head. The list is longâ€”hamstrings, biceps, triceps, the back, core, quadriceps and calves are all engaged during this straightforward exercise. Start in a standing position, squat down and put your hands on the ground, kick your feet out and do a push-up. Tuck your feet back under you, and spring up out of your crouch with a leap. Burpees bring in two other exercises on this list push-ups and squats while adding some leg work and a leap for good measure. When the deadlift is executed correctly it will strengthen your back as well as your calves, quads, hamstrings, glutes, core and forearms. The lift is simple and with the proper focus and attention to technique it can be completed without injury. The goal is to pick up a weighted bar off the ground and bring it up to your thighs using your whole body. The completion of the lift will have you standing up, your arms straight with the weight hanging. The deadlift is effective at building strength because the inert weight starts on the ground and must be lifted up in a controlled movement.

### 5: 8 Exercise Moves You Can Do in Your Chair: Diabetes Forecast®

*Buy Armchair Exercises for Fitness Phobics: Everyday Maintenance for the Busy, Tired, Elderly, Infirm, and Straightforward Lazy. by Sue Hooker (ISBN: ) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.*

**Chest stretch** This stretch is good for posture. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side. Gently push your chest forward and up until you feel a stretch across your chest.

**Upper-body twist** This stretch will develop and maintain flexibility in the upper back. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders. Without moving your hips, turn your upper body to the left as far as is comfortable.

**Hip marching** This exercise will strengthen hips and thighs, and improve flexibility. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control. Repeat with the opposite leg.

**Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor. Point your toes back towards you.**

**Arm raises** This exercise builds shoulder strength. Return to the starting position. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.

**Neck rotation** This stretch is good for improving neck mobility and flexibility. Sit upright with your shoulders down. Slowly turn your head towards your left shoulder as far as is comfortable.

**Neck stretch** This stretch is good for loosening tight neck muscles. Sitting upright, look straight ahead and hold your left shoulder down with your right hand. Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

### 6: The 7 Best Exercises for a Full-Body Workout | ACTIVE

*See more like this Armchair Exercises for Fitness Phobics: Everyday Maintenance for the Busy, Tired From United States Armchair Exercises for Fitness Phobics: Everyday Maintenance for the Busy.*

Tone Up for Your Two-Piece 1 of 12 All photos Every woman is familiar with those tricky trouble zones that take a little extra work to tighten and tone lower abs , anyone? Read on for the top 10 exercises that I find work wonders for my stomach, inner thighs, booty, and shoulders plus tips on how to add them into your workout routine. Single-Leg Deadlift All photos I love this exercise because it lifts and tones the glutes and activates my entire core which helps prevent back pain. How to do it: Grab a pair of dumbbells and stand on your left foot. Lift your right foot behind you and bend your knee so your right lower leg is parallel to the floor. Bend forward at your hips, and slowly lower your body as far as you can. Pause, then push your body back to the starting position. As you come up, think about using your glutes to push your hips forward instead of lifting from your back. Keep core engaged and chest up during the entire movement. Side Plank All photos This exercise is my secret weapon to help tighten and shrink my waistline. Lie on your left side with your knees straight. Prop your upper body up on your left elbow and forearm. Raise your hips until your body forms a straight line from your ankles to your shoulders. Hold this position for 30 seconds. Lower your body until your chest nearly touches the floor and then push yourself back to the starting position. Make sure to keep your hips lifted and your core braced the entire time. Second Position Plies All photos This ballet move sculpts the inner thighs as well as tones the gluteus minimus side of butt for lean legs like a dancer. Stand with feet wider than shoulder-width apart, toes turned out slightly. Lower your body down by bending your knees until your thighs are parallel with the floor. Bring arms overhead and shoulders down and back. Pause, then slowly push yourself back up to the starting position. Cardio Intervals All photos Incorporate high-intensity interval training HIIT into your routine to burn more calories in a shorter amount of time, as opposed to long, slow endurance exercise. Choose any piece of cardio equipment elliptical, jump rope, treadmill, bike, etc and repeat the following pattern 10 times total: Come into a lunge position, with your back heel on the ground. Lean over your front bent knee as you lift your arm straight up by your side, top of the weight facing the ceiling. Lift and lower the pound weight about an inch 30 times each side. Stepups All photos This exercise targets the muscles of your glutes and hamstrings to create leaner, stronger legs, and a tighter, lifted rear. Stepups also work your quadriceps since they require you to straighten your knee against resistance. Stand in front of a bench or step and place your left foot firmly on the step. Press your left foot into the step and push your body up until your left leg is straight. Lower your body back down until your right foot touches the floor and repeat. Keep your chest up and core engaged the entire time. Keep your weight balanced evenly, not leaning too far forward or too far back. Bridge All photos Bridges are not only the perfect exercise for a perfectly rounded rear, but they will also help keep your back healthy and pain free. Lie faceup on the floor with your knees bent and your feet flat on the floor. Raise your hips so your body forms as straight line from your shoulders to your knees. Pause in the up position, then lower your body back to the starting position. Plank with Arm Raise All photos Adding an arm raise to an already excellent exercise like the plank improves posture and core strength, which makes me feel better, look taller, and feel more confident. Start to get into a pushup position, but bend your elbows and rest your weight on your forearms instead of on your hands. Your body should form a straight line from your shoulders to your ankles. Brace your core and maintain your hip placement as you lift your right arm straight out in front of you. Draw your shoulder blades down and back as you lift your arms. Hold the position for seconds and then switch arms. Shoulder Stand All photos There are so many physical and mental benefits to yoga. Inversion postures are great for helping to reduce the appearance of cellulite. I do a shoulder stand or put my legs up the wall for 5 minutes every night before I go to bed. Lie down on your back and lift your legs and hips off the ground, bringing your legs up over your head until your toes touch the floor behind you. Place your hands behind your back and extend legs straight in the air, creating a straight line from shoulders to ankles. Keep your neck relaxed as you hold the shoulder stand. Try to hold it for at least one minute and then slowly come out of it. How to Use These Moves 12 of 12 All

## ARMCHAIR EXERCISES FOR FITNESS PHOBICS pdf

photos 1. Total-Body Workout For a quick, total-body tone up, pick five of the moves and do 3 sets of each exercise 10 times unless otherwise noted below. Move as fast as possible between moves for maximum calorie burn. The next day, do the other five exercises. You can incorporate a few sets of cardio intervals into the total-body training session or do it separately for a longer period of time. Target Your Trouble Zone If you want to tighten up one specific area, pick the exercises that focus on those places and incorporate them into your daily routine. Just remember to continue challenging your body by gradually increasing the weight or number of reps as you get stronger.

### 7: armchair exercise | eBay

*How to Exercise if You Have Limited Mobility Chair Exercises and Fitness Tips for People with Injuries or Disabilities. You don't need to have full mobility to experience the health benefits of exercise.*

If injury, disability, illness, or weight problems have limited your mobility, there are still plenty of ways you can use exercise to boost your mood, ease depression, relieve stress and anxiety, enhance your self-esteem, and improve your whole outlook on life. While there are challenges that come with having mobility issues, by adopting a creative approach, you can overcome any physical limitations and find enjoyable ways to get active and improve your health and well-being. While some injuries respond best to total rest, most simply require you to reevaluate your exercise routine with help from your doctor or physical therapist. If you have a disability, severe weight problem, chronic breathing condition, diabetes, arthritis, or other ongoing illness you may think that your health problems make it impossible for you to exercise effectively, if at all. What types of exercise are possible with limited mobility? Mobility issues inevitably make some types of exercise easier than others, but no matter your physical situation, you should aim to incorporate three different types of exercise into your routines: Cardiovascular exercises that raise your heart rate and increase your endurance. Many people with mobility issues find exercising in water especially beneficial as it supports the body and reduces the risk of muscle or joint discomfort. Strength training exercises involve using weights or other resistance to build muscle and bone mass, improve balance, and prevent falls. If you have limited mobility in your legs, your focus will be on upper body strength training. Similarly, if you have a shoulder injury, for example, your focus will be more on strength training your legs and core. Flexibility exercises help enhance your range of motion, prevent injury, and reduce pain and stiffness. These may include stretching exercises and yoga. Even if you have limited mobility in your legs, for example, you may still benefit from stretches and flexibility exercises to prevent or delay further muscle atrophy. Setting yourself up for exercise success To exercise successfully with limited mobility, illness, or weight problems, start by getting medical clearance. Talk to your doctor, physical therapist, or other health care provider about activities suitable for your medical condition or mobility issue. Talking to your doctor about exercise Your doctor or physical therapist can help you find a suitable exercise routine. How much exercise can I do each day and each week? What type of exercise should I do? What exercises or activities should I avoid? Should I take medication at a certain time around my exercise routine? Starting an exercise routine Start slow and gradually increase your activity level. Start with an activity you enjoy, go at your own pace, and keep your goals manageable. Accomplishing even the smallest fitness goals will help you gain body confidence and keep you motivated. Make exercise part of your daily life. Plan to exercise at the same time every day and combine a variety of exercises to keep you from getting bored. It takes about a month for a new activity to become a habit. Write down your reasons for exercising and a list of goals and post them somewhere visible to keep you motivated. Focus on short-term goals, such as improving your mood and reducing stress, rather than goals such as weight loss, which can take longer to achieve. Listen to music or watch a TV show while you workout, or exercise with friends. Expect ups and downs. Just get started again and slowly build up to your old momentum. Listening to your body is the best way to avoid injury. If you continually experience pain after 15 minutes of exercise, for example, limit your workouts to 5 or 10 minutes and instead exercise more frequently. Avoid activity involving an injured body part. Warm up with a few minutes of light activity such as walking, arm swinging, and shoulder rolls, followed by some light stretching avoid deep stretches when your muscles are cold. Drink plenty of water. Getting more out of your workouts Benefits of Mindfulness: Practices for Improving Well-Being Add a mindfulness element. Overcoming mental and emotional barriers to exercise As well as the physical challenges you face, you may also experience mental or emotional barriers to exercising. It will get easier the more you practice. You can try exercising early in the morning to avoid the crowds, or skip the gym altogether. If you can afford it, a personal trainer will come to your home or workout with you at a private studio. Walking, swimming, or exercising in a class with others who have similar physical limitations can make you feel less self-conscious. There are also plenty of inexpensive ways to exercise privately at home.

Choose low-risk activities, such as walking or chair-bound exercises, and warm-up and cool-down correctly to avoid muscle strains and other injuries. Explain your exercise goals to friends and family and ask them to support and encourage you. Better still, find a friend to exercise with. You can motivate each other and turn your workouts into a social event. Choose exercise that requires little or no skill, such as walking, cycling on a stationary bike, or aquajogging running in a swimming pool. But video games are fun. Games that simulate bowling, tennis, or boxing, for example, can all be played seated in a chair or wheelchair and are fun ways to burn calories and elevate your heart rate, either alone or playing along with friends.

**How to exercise with an injury or disability** Since people with disabilities or long-term injuries have a tendency to live less-active lifestyles, it can be even more important for you to exercise on a regular basis. According to the U. Department of Health and Human Services, adults with disabilities should aim for: At least minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity cardiovascular activity or a combination of both, with each workout lasting for at least 10 minutes. Two or more sessions a week of moderate- or high-intensity strength-training activities involving all the major muscle groups. If your disability or injury makes it impossible for you to meet these guidelines, aim to engage in regular physical activity according to your ability, and avoid inactivity whenever possible.

**Workouts for upper body injury or disability** Depending on the location and nature of your injury or disability, you may still be able to walk, jog, use an elliptical machine, or even swim using flotation aids. If not, try using a stationary upright or recumbent bike for cardiovascular exercise. When it comes to strength training, your injury or disability may limit your use of free weights and resistance bands, or may just mean you have to reduce the weight or level of resistance. Consult with your doctor or physical therapist for safe ways to work around the injury or disability, and make use of exercise machines in a gym or health club, especially those that focus on the lower body.

**Isometric exercises** If you experience joint problems from arthritis or an injury, for example, a doctor or physical therapist may recommend isometric exercises to help maintain muscle strength or prevent further muscle deterioration. Isometric exercises require you to push against immovable objects or another body part without changing the muscle length or moving the joint. Muscles are gently contracted using electrical current transmitted via electrodes placed on the skin.

**How to exercise in a chair or wheelchair** Chair-bound exercises are ideal for people with lower body injuries or disabilities, those with weight problems or diabetes, and frail seniors looking to reduce their risk of falling. Cardiovascular and flexibility chair exercises can help improve posture and reduce back pain, while any chair exercise can help alleviate body sores caused by sitting in the same position for long periods. If possible, choose a chair that allows you to keep your knees at 90 degrees when seated. Try to sit up tall while exercising and use your abs to maintain good posture. If you suffer from high blood pressure, check your blood pressure before exercising and avoid chair exercises that involve weights. Test your blood sugar before and after exercise if you take diabetes medication that can cause hypoglycemia low blood sugar.

**Cardiovascular exercise in a chair or wheelchair** Chair aerobics, a series of seated repetitive movements, will raise your heart rate and help you burn calories, as will many strength training exercises when performed at a fast pace with a high number of repetitions. In fact any rapid, repetitive movements offer aerobic benefits and can also help to loosen up stiff joints. Wrap a lightweight resistance band under your chair or bed or couch, even and perform rapid resistance exercises, such as chest presses, for a count of one second up and two seconds down. Try several different exercises to start, with 20 to 30 reps per exercise, and gradually increase the number of exercises, reps, and total workout time as your endurance improves. Simple air-punching, with or without hand weights, is an easy cardio exercise from a seated position, and can be fun when playing along with a Nintendo Wii or Xbox video game. Many swimming pools and health clubs offer pool-therapy programs with access for wheelchair users. If you have some leg function, try a water aerobics class. Some gyms offer wheelchair-training machines that make arm-bicycling and rowing possible. For a similar exercise at home, some portable pedal machines can be used with the hands when secured to a table in front of you.

**Wheelchair sports** If you want to add competition to your workouts, several organizations offer adaptive exercise programs and competitions for sports such as basketball, track and field, volleyball, and weightlifting.

**Strength training** Many traditional upper body exercises can be done from a seated position using dumbbells, resistant bands, or anything that is weighted and fits in your hand, like soup

cans. Perform exercises such as shoulder presses, bicep curls, and triceps extensions using heavier weights and more resistance than for cardio exercises. Aim for two to three sets of 8 to 12 repetitions for each exercise, adding weight and more exercises as your strength improves. Resistance bands can be attached to furniture, a doorknob, or your chair. Use these for pull-downs, shoulder rotations, and arm and leg-extensions. Stretching while lying down or practicing yoga or Tai Chi in a chair can also help increase flexibility and improve your range of motion. Chair yoga and Tai Chi Most yoga poses can be modified or adapted depending on your physical mobility, weight, age, medical condition, and any injury or disability. Chair yoga is ideal if you have a disability, injury, or a medical condition such as arthritis, chronic obstructive pulmonary disease, osteoporosis, or multiple sclerosis. Similarly, seated versions of Tai Chi exercises can also be practiced in a chair or a wheelchair to improve flexibility, strength, and relaxation. Workouts for overweight people and those with diabetes Exercise can play a vital role in reducing weight and managing type 2 diabetes. It can stabilize blood sugar levels, increase insulin sensitivity, lower blood pressure, and slow the progression of neuropathy. Your size can make it harder to bend or move correctly and even if you feel comfortable exercising in a gym you may have difficulty finding suitable equipment. When choosing a gym, make sure it offers exercise machines and weight benches that can support larger people. Whatever your size, there are plenty of alternatives to health clubs. A good first step to exercising is to incorporate more activity into your everyday life. Gardening, walking to the store, washing the car, sweeping the patio, or pacing while talking on the phone are all easy ways to get moving. Even small activities can add up over the course of a day, especially when you combine them with short periods of scheduled exercise as well. Cardiovascular workouts Weight-bearing activities such as walking, dancing, and climbing stairs use your own body weight as resistance.

### 8: Exercises for Those with Limited Mobility

*Benefits of Chair Exercises for Seniors Seated exercise offers all the benefits of standing exercise, without the risk. Chair exercises will keep your joints flexible, improving your range of motion and mobility.*

### 9: Sitting exercises - NHS

*How it works: Do 1 set of each exercise back to back, with little to no rest in between moves. Do the full circuit 1 to 3 times total, depending on your schedule, or spread it throughout the day (1 round in the morning, 1 round at lunch, and 1 round in the afternoon) for an instant, calorie-burning energy boost.*

## ARMCHAIR EXERCISES FOR FITNESS PHOBICS pdf

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