



# *Chair Exercise Fun*

## *Introduction*

Hi - Welcome to Chair Exercise Fun and all I have to offer you. Firstly let me assure you that everything is free - and will remain so.

I started this group because when I was obese and wanted to lose weight I was depressed by always being told “walk” “run” “go to a gym” - but I had very bad knees and couldn't walk, let alone run or go to a gym!!

Then I was introduced to Chair Exercise - and through doing this I was able to lose weight, get myself moving and in the end joined Curves and really enjoyed that as well as being able to do the exercises there!!

So I have created this group to help other people who need the help,

There are three main parts to this group - all of which you are welcome to use -

**The Facebook group** - where I run chair exercise challenges throughout the year - see the pinned post for the schedule - and also share healthy easy meal ideas and interesting articles I come across.

That can be found at <https://www.facebook.com/groups/chairexercisefun/>

**The Chair Exercise Fun Web Site** - where the challenges can also be accessed from the side buttons as well as a lot of other useful things - this web site is mainly dedicated to motivation. I try to change it around a bit and add new things as often as I get time.

The Chair Exercise Fun Web site can be found at: [www.chairexercisefun.com](http://www.chairexercisefun.com)

**The Chair Exercise Fun YouTube Channel** - this is a collection of a large number of videos of chair, bed and standing exercises suitable for mobility handicapped people of all levels, including wheelchair bound people. You are welcome to look through it and use any of the videos that you like for exercise

The YouTube Channel can be found at:

<http://www.youtube.com/user/ChairExerciseTeam?feature=mhee>

**Chair Exercise Fun News** - published every month - and sometimes in between if there is a special happening - its a group newspaper - it contains an article or 2 of interest, a recipe or 2 and any odd thing that might come up during the month that you might be interested in and any notices if they are needed.

The newspaper will be put in the files section in the Facebook group - and on a button on the Chair Exercise Fun Web site - and I'll send out a message to tell you when each edition is available.

I hope that you find that these different things all help you to achieve your goals - if I can help in any other way or if there is anything more you need please ask - I will always be near - but please remember that my times are different from yours since I live in Australia.