

Valentine Chair Exercise 29 day Program

(2 x 14 day programs)

A very easy 14 day semi-progressive challenge that repeats for the second 14 days to get us moving, loosened up and start an exercise habit. It concentrates on flexibility and balance.

We start on day 1 with one exercise and each day for the next 14 days add another exercise to do.

Then you get 2 days break and then repeat the same 14 day progressive exercise challenge again and to finish there are 3 extra exercise days!!

You don't have to do all the exercises at once but you should do all the exercises for that day on the day.

If there are any exercises you can't do because of physical limitations - substitute by doubling up from the day before.

Please read the introductory notes before commencing the challenge..

Introduction

A moderate amount of exercise is good for our health, especially for mobility limited people. Inactive people are prone to many health hazards. Prolonged inactivity leads to muscular atrophy and reduces the agility of the joints. It can also lead to osteoporosis, obesity and cardiovascular diseases.

Benefits of Exercise

Exercise can promote health and bring you the following benefits:

- 1 – reduces the risk of heart diseases (such as coronary heart disease)
- 2 – helps prevent illnesses like stroke, osteoporosis and some types of cancer (eg, colon cancer)
- 3 – enhances mobility and flexibility of the joints and lowers the risk of injury and falls
- 4 – enhances physical fitness and strengthens cardiopulmonary functions
- 5 – burns calories and therefore helps maintain a healthy body weight
- 6 – relieves stress, helps build self-confidence, extends your social circle, and establishes a good interpersonal relationship.

Notes for Doing Exercise

Consult your doctor before doing exercise, and understand your condition fully. Note the following points when exercising:

- 1 – Choose the right exercise for your own physical ability and strength
- 2 – exercise in an environment with good ventilation and a stable temperature
- 3 – Wear appropriate clothing and sports shoes
- 4 – do not make any drastic or abrupt movements, particularly when the exercise involves the neck, wrist and knees
- 5 – breath naturally when doing exercise – do not hold your breath
- 6 – if you feel unwell when doing exercise, slow down or take a rest. If the unwell condition persists see your doctor.

The diagrams below show the recommended positions for the exercise, remember some exercises can be done in several different positions.



This exercise can be done standing



This exercise can be done sitting



This exercise can be done on a bed



This exercise can be done on the floor

Breathing Exercise - this should be done before and after your exercise session

This can be done in any position that you are comfortable with

While you are doing this breathing exercise try to relax.

Breathe in slowly through your nose, hold for the count of 2 then breathe out slowly through the mouth

Repeat - 10 times before starting exercise each day



NOTE: The Warm Up and Cool Down Exercises are optional - however they are really good for you to do

Warm Up Exercise

Repeat every day before starting exercise

Chair March - for 2 min



Cool Down and Stretching Exercises

Repeat every day after exercise

	<p>Sitting straight in your chair Raise the shoulders, hold, then lower shoulders Repeat 5 times</p>
	<p>Sitting straight in your chair. Slowly drop your head forward then upright again Repeat 5 times Turn head slowly to left, then to right, then back to centre. Repeat 5 times</p>
	<p>Place one hand on the opposite shoulder, Place the other hand on the elbow and gently press elbow towards shoulder. Hold for 10 sec Repeat 2 times each arm</p>
	<p>Stretch out one leg in front of you, Bend body over leg and reach down to touch toes or as far as possible. Hold for 10 sec. Repeat 2 times each leg</p>

Day 1 and Day 15

Breathing Exercise

Warm Up Exercise (optional)

Wrist Flex exercise

Do 4 sets of 4 exercises



Cool Down Exercises (optional)

Breathing Exercise and drink Water

Day 2 and Day 16

Breathing Exercise

Warm Up Exercise (optional)

Ankle Rotation Exercise

Rotate each ankle to the left 4 times then to the right 4 times



Cool Down Exercises

Breathing Exercise and drink water

Day 3 and Day 17

Breathing Exercise

Warm Up Exercise (optional)

Elbow touch exercise

Bend arms and touch elbows together - repeat 5 times



Cool Down Exercises (optional)

Breathing Exercise and drink Water

Day 4 and Day 18

Breathing Exercise

Warm Up Exercise (optional)

Sit to Stand

Sit down then stand up - use slow controlled movements

Repeat exercise 5 times



Cool Down Exercises (optional)

Breathing Exercise and drink Water

Day 5 and Day 19

Breathing Exercise

Warm Up Exercise (optional)

Wrist Flex (see Day 1)

Arm Rotation

Hold each arm out at right angles to the body. Rotate each arm 3 times forward then 3 times backwards.



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 6 and Day 20

Breathing Exercise

Warm Up Exercise (optional)

Ankle Flex (see day 2)

Leg Lift

Sitting in chair lift each leg straight as high as possible.



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 7 and Day 21

Breathing Exercise

Warm Up Exercise (optional)

Elbow Touch (see day 3)

Chair March Clap

Chair March while clapping to left then right. Repeat 4 times each side clap.



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 8 and Day 22

Breathing Exercise

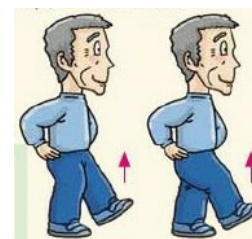
Warm Up Exercise (optional)

Sit to Stand (see day 4)

Static Balance Forward

Stand side on behind chair with one hand on back of chair for balance. Lift one leg slightly forward and hold for 5 sec. Repeat with other leg. Repeat with each leg 4 times.

N.B. Please use the chair as balance unless your balance is very good!!



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 9 and Day 23

Breathing Exercise

Warm Up Exercise (optional)

Wrist Flex (see day 1)

Arm Rotation (see day 5)

Arm Curls

Sitting place arms at side of body. Raise one arm bending at elbow and keeping arm close to body. Lower arm. Repeat with other arm. Repeat 4 times with each arm

NB If you wish you can hold a 1lb weight in each hand as you do this exercise



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 10 and Day 24

Breathing Exercise

Warm Up Exercise (optional)

Ankle Flex (See day 2)

Leg Lift (See day 6)

Knee Lift

Sitting, lift each bent leg in turn raising knee as high as possible



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 11 and Day 25

Breathing Exercise

Warm Up Exercise (optional)

Elbow Touch (see day 3)

Chair March Clap (see day 7)

Chair March Clap under legs

Chair march lifting each knee as high as possible. Clap under each knee as you lift it. Repeat 4 times each side



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 12 and Day 26

Breathing Exercise

Warm Up Exercise (optional)

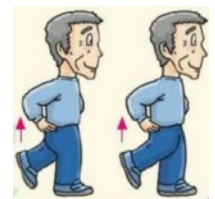
Sit to Stand (See day 4)

Static Balance Forward (see day 8)

Static Balance Backward

Stand side on behind chair with one hand on back of chair for balance. Lift one leg slightly back and hold for 5 sec. Repeat with other leg. Repeat with each leg 4 times

N.B. Please use the chair as balance unless your balance is very good!!



Cool Down Exercises (optional)

Breathing Exercise and drink water

Days 13 and 14 and 30 - Rest Days

REST DAY THE RIGHT WAY

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Rest days are one of the most important parts of a fitness schedule. They give your body the time and resources to recover and regain strength. Mentally they can be tough and it can be tempting to do some sort of physical activity anyway but don't! Here's a simple guide to using your rest day to be productive and restorative!

Stretch & Restore

Put extra time into working with sore muscles. Play music & stretch it out or try a new, easy yoga class. Your body is recovering so do whatever you can to help it along!

Focus on Food

Take today to plan out your meal plan for the next week. Grocery shop and spend some quality time in the kitchen cooking and prepping everything you can. A little time today will save you tons of time throughout the week!

TRY DOING THESE

CHOP VEGGIES
PACK SNACK BAGS
PREPARE SALADS
COOK DINNERS

Store in single serving Tupperware

PACK LUNCHES

MAKE SAUCES & DIPS
Like hummus or salad dressing

Relax & Review

Use today to truly rest your body and your mind. Plan out the week ahead of you, review your progress over the last week, then give yourself a break. Do things that help you relax and mentally refresh yourself.

TRY DOING THESE

READ A GREAT BOOK
MAKE A PIN FROM PINTEREST!
TAKE SOME QUIET TIME
WATCH A FAVORITE MOVIE
ORGANIZE YOURSELF
ENJOY A PERFECT CUP OF COFFEE
GET AHEAD ON WORK
SPEND TIME WITH FRIENDS

Day 27

Breathing Exercise

Warm Up Exercise (optional)

Chair March Push Forward

Seated, chair march and at the same time use both arms to push forward

Repeat 8 times



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 28

Breathing Exercise

Warm Up Exercise (optional)

Chair March Push Forward (see day 27)

Bicycle

Lying on floor or bed lift each leg and rotate as if cycling



Cool Down Exercises (optional)

Breathing Exercise and drink water

Day 29

Breathing Exercise

Warm Up Exercise (optional)

Chair March Push Forward (see day 27)

Bicycle (see day 28)

Bridge

Lying on floor or bed pull legs up keeping feet flat on surface and raise butt. Hold 2 sec Repeat 3 times



NB - do not put force or weight on your neck support yourself on your arms at your side

Cool Down Exercises (optional)

Breathing Exercise and drink water