

Chair Exercise – Chair Calisthenics

The seated exercise routine is designed for individuals who suffer from chronic complications of diabetes and are unable to participate in aerobic exercises. Keep in mind, however, that this may be the stepping stone you need to achieve your goal of participating in low-level aerobic, or more active, exercise. Calisthenics are rhythmical exercises that help improve range of motion, joint flexibility, muscular endurance, balance and coordination. Start with 5 repetitions of each set and gradually increases to 10-12 repetitions for a total of 10 minutes. Progress by adding 3-5 minutes at the beginning of each new week.

Head



A) Head Turn — Turn your head in one direction to look over your shoulder; then repeat turning to opposite shoulder.



B) Head Side Tilt — Tilt Your head slowly to one side as far as it is comfortable; repeat to other side.

C) Head Forward and Back — Tip the head forward slightly, chin toward chest, then tip head back slightly. Repeat each 4-5 times.

Shoulder



A) Shoulder Shrugs — Shrug shoulder up to ears, then relax; you may alternate doing one shrug at a time.



B) Shoulder Rolls — Roll shoulders forward, then back to midline, then roll shoulders back, chest out. Motion should come from shoulders, not from arching of back.



A) Start with arms out at sides, circle arms forward, then backward.

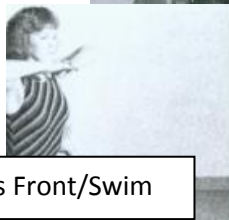


B) May also do with palms facing upward, then backwards.

Arm Circles



C) Or wrists up, then bent down.



A) Elbows out, arms held horizontal in front of chest, fingertips touching: lift arms up to nose, down to chest, then swim movement one arm straight in front, opposite arm straight to back. Repeat sequence to other side.



Arms Front/Swim



A) Arms horizontal, elbows bent, fingertips touching shoulders; then elbows together at midline.



B) May also touch with arms above shoulder level, elbows slightly bent, then brought together at midline.



Arm Pull Backs/Out



A) Arms held in front, elbows straight.



B) Bend elbows back past midline.

C) Straight out to front again.

D) Spread arms out to side.



A) Arms held at midline, elbows out.

B) Reach to left side, elbows straight.

C) Back to midline.

D) Repeat to opposite side.



To the Left and Right



A) Bend elbows, palms facing away from body with fingers spread. Using elbows as pivot points, move forearms from side to side in a sweeping motion.



Windshield Wipers



A) Can be performed while seated, standing, or walking.



Isolation Arm Sequence



A) Grasp chair — knees bent, feet flexed — extend legs straight in front of you off the floor.



Hip Flexor Muscle Exercise



A) While seated, bring one elbow across the chest while bringing the opposite knee up (with bent leg) touching the elbow to the knee.

Elbow to Knee



A) Sit up straight in your chair and lift one leg straight in front of you, then place the foot back on the floor. Repeat using opposite leg.

Leg Extension

If you feel you cannot complete all of the exercises in one session, then break up the exercises into 2-3 sessions. From Kristina Sandstedt, MS – www.diabetesincontrol.com

Exercises with A Flexiband

Resistance exercises help strengthen muscle groups and improve muscular endurance. Building lean muscle helps us burn more calories as rest, which is essential in successful weight loss, and also makes it easier to do the activities of daily living (e.g. carrying groceries, lifting pots and pans, carrying laundry.)

You do not need to do all the exercises each time. Avoid holding your breath, exhale during the more difficult part of an exercise and inhale as you return to the starting position. As your conditioning level improves, make the flexiband shorter by holding onto a greater length of the band. Don't strain to do an exercise. Progress gradually toward the more difficult exercises. Try to do 10-12 repetitions of each exercise you choose. Start with one set of 10-12 repetitions and progress to three sets of 10-12 repetitions.

1. Arm Forward and Back



← Grasp the ends of the flexiband. The closer together your hands are, the greater the resistance. Extend one arm forward at shoulder height and anchor the other hand by placing it against the chest. Swing the forward arm out to the side, then back again. Repeat on the other side.



2. Diagonal Pulls



← Start with bent arms. Pull up diagonally with flexiband. Repeat 10 times. You may also repeat with bent arm — straighten down diagonally.



3. 360° Shoulder Circles

Grasp each end of the flexiband with one hand. Extend one arm forward, shoulder height, anchoring the other hand near the shoulder. Circle your extended arm up over your head. Keep circling 360° until you have passed the starting point 3-10 times. Reverse the direction and repeat.

4. Place flexiband behind you — arms extended out to side. Bring arms together — forward.



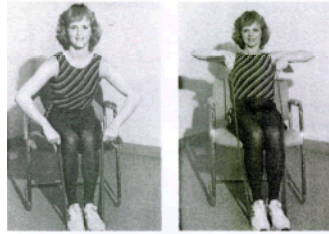
5. Boxing — Flexiband remains behind you — alternate "punching" one arm forward and to opposite side. Repeat with other arm.



6. Alternate Pulls — Place flexiband under both feet — grasp each end. Alternately bend each arm and pull up toward the shoulder.



7. Roll Ups — Flexiband under both feet — grasp the ends with both hands, palms facing up. Bend the arms and curl the hands toward the body.



8. Row Your Boat — Flexiband under both feet — grasp ends and pull toward chin in a rowing motion.

9. Foot Flex/Point (may do one leg at a time or together) — Put flexiband on the soles of your shoes. Hold other end of flexiband in hands — the closer the grip is to the foot, the greater the resistance. Point and flex the feet bringing toes toward body. Combination: 1) Point 2) Flex 3) Move feet apart about 18" — bring back together again.



10. Flex/Kicks — Knee bent close to chest, toes pointing toward chest, flexiband under foot — straighten leg, foot remains flexed.



11. Standing Resistive Exercises — Loop one end of flexiband under foot, stand with weight balanced on opposite foot. 1) Kick leg forward, to side and behind 2) Repeat each one 5-15 times.



Lying Down Exercises

12. Side Leg Lifts — Loop flexiband under one foot, rest on elbow, pelvis/hips rolled slightly forward. Keeping knee pointing forward (not up toward ceiling), lift/lower leg . . . should feel on outer leg muscle.



13. Single Leg Lifts — Lie on back, flexiband under one foot. Bend the knee of other leg and place foot flat on floor. Lift the leg (keeping it straight) as far as is comfortable while pulling up with the hands.



Leg Press — Same as above except 1) lift leg so that knee is close to chest. Extend and press the leg out about 45° from the floor.



Chair Aerobics

When performing these exercises, remember that aerobic exercises are rhythmical in nature and this rhythm should be sustained for at least 20-30 minutes. If you are just starting this particular exercise program it is best to break up the exercise session into 5-10 minute bouts 2-3 times per day, gradually progressing to continuous bouts of 30 minutes of exercise once a day. Performing these particular exercises in longer duration will help your overall functional capacity which can make your activities of daily living (e.g. grocery shopping, laundry, gardening, yard work) easier.

Foot bounces — Sit up straight in your chair with the balls of both feet touching the floor and knees together. Bounce the feet to one side, return to center. Alternate to the other side.



2. Heel Toe — Right heel forward, left foot in place, heel on floor. Alternate. Combine with arms — one arm to front, other out to side. Alternate.

Jumping Jacks — Sit tall in your chair with feet flat on floor and wide apart for stability. Lift both feet, crossing them in the air and placing them on the floor, one foot in front of the other. Then lift them and bring them back to starting position.



4. Arm Pushes/Heels Together — Push arms out to full extension as you come forward with both heels together. Back to starting position, elbows bent chest level, feet flat on floor.

Charleston Basic Step — Begin with feet together. Touch ball of right foot forward and return. Touch ball of left foot back and return. (Touch forward may be replaced by a kick.)



Front Touch/Side Touch — With knees and feet together, slide the feet forward and slide them back (front touch). Keep knees together and separate right and left foot by touching them out to right and left sides and return to place (side touch).

Jumping Rope — Combine feet bounces with small arm circle as if skipping rope.



8. Arms Up/Middle/Down — A) Feet apart, arms spread above head, fingers spread apart; B) Legs together, arms together, clap; C) Feet apart, arms spread apart, hands facing floor. Repeat.

Step Kick — Step right leg in place, kick left leg forward. Step left leg in place, kick right leg forward.