

SIT 'N STAND TRACKER

Name:

City:

Goal:

Day	Total Sit 'n Stands	Day	Total Sit 'n Stands
1		16	
2		17	
3		18	
4		19	
5		20	
6		21	
7		22	
8		23	
9		24	
10		25	
11		26	
12		27	
13		28	
14		29	
15		30	

TOTAL # OF SIT 'N STANDS

Send your final total Sit 'n Stands to communications@parkinsonassociation.ca



SIT 'N STAND CHALLENGE

Join us this April for Parkinson Awareness Month and help us reach our goal of 100,000 Sit 'n Stand's!

WHAT IS A SIT 'N STAND?

A Sit 'n Stand is the transitional movement going from a seated position to an upright standing position. They are a full body exercise that improves mobility, balance and strength for your whole body! They provide great benefits for those with Parkinson's disease and Atypical Parkinsonism.



1 Grab a chair

Sit on the edge of a chair and bring your arms forward so they are parallel with the floor or across your chest. Feet should be flat on the ground hip-width apart

Modification: Sit in front of your kitchen sink and grip the sink to help with balance



2 Stand using lower body

Use your lower body to pull yourself up to the upright standing position.

Tip! Use momentum to power through this movement

3 Lower back down

Sit back down without lowering your arms and hinge at the hips. Inhale on your way up. Exhale slowly on the way down. Repeat as many times as you can!



RSVP TO STAND UP TO PARKINSON'S EVENTS

MONDAY APRIL 7 IN CALGARY FRIDAY, APRIL 11 IN EDMONTON



Join us for our Stand Up to Parkinson's events, where you can connect with our Parkinson's community as we participate in Sit 'n Stands, engage in various exercise activities, enjoy delicious food, and much more! Attendance is free! Scan the QR code to RSVP