Now that you have a good idea of the benefits of exercise lets try some. Start by doing 5 reps of each exercise on this front page. Work your way up to 10 to 20 reps. When you are ready, add the exercises on the other side and repeat. All exercises require no special equipment (just household items like a chair or soup cans). Modify exercises to make them easier or increase the challenge as needed.

Sit-to-Stand

Targets: Legs, core, balance

Sit in a sturdy chair with your feet flat on the floor. Stand up slowly then sit back down with control.

Modify: Use Armrests to help push up.

Challenge: Hold a soup can in each hand for added weight.

Bicep Curls

Targets: Bicep strength, arm stability

Sit upright in a sturdy chair with your feet flat on the floor, arms relaxed by your sides with palms facing up with a slight curl in your fingers. Slowly bend your elbows to bring your hands towards your shoulders, keeping elbows close to your body. Pause briefly at the top, then lower your arms back down with control.

Modify: Do not use any weights. Use one arm at a time.

Challenge: Hold soup cans or water bottles for added weight.

Seated Marching

Targets: Hip flexors, coordination

Sit tall in a chair. Lift one knee at a time, as if marching in place. Keep your core engaged. Put on some music and march to the beat of a song if this is more enjoyable or makes the exercise easier for you.

Modify: Go slower or lift your leg lower.

Challenge: Hold weights or soup cans. If playing music, pick a faster song.

Shoulder Rolls

Targets: Neck, shoulders, posture

Sit or stand tall. Slowly roll your shoulders forward in a circular motion for your reps, then switch to backward rolls.

Modify: Smaller Circles.

Challenge: Hold light weights during rolls.

Ankle Circles

Targets: Ankles, lower leg mobility, circulation

Sit tall in a chair. Lift one foot off the floor and rotate your ankle in a circle. Do all reps in one direction, the switch. Repeat with the other ankle.

Modify: Keep your foot closer to the ground or rest your heel.

Challenge: Draw bigger circles or try and write the alphabet with your foot.

Calf Raises

Targets: Calf strength, ankle stability

Stand behind a chair and hold the back for support. Lift your heels off the ground, then slowly lower back down.

Modify: Do one leg at a time, using the other foot for support or try the exercise seated.

Challenge: Hold for 3 seconds at the top.

Wrist Rolls

Targets: Forearms, wrists, coordination

Sit or stand tall with your arms relaxed at your sides or resting on your thighs. Make slow, controlled circles with your wrists. First in one direction, then switch directions. Keep your fingers loose and relaxed.

Modify: Keep arms supported on a table or on your lap.

Challenge: Hold a small object like a stress ball or soup can for added resistance.

Abdominal Twists

Targets: Core, flexibility

Sit in a sturdy chair and hold a ball or pillow with both hands in front of you. Slowly twist your body to one side, keeping your hips straight. Then return your body back to center and twist to the other side and repeat. Make sure you are not shrugging your shoulders and only focus on rotating your torso, not your arms.

Modify: Rotate less far, only go to where feels comfortable for you.

Challenge: Instead of a ball or pillow, use a light weight such as a soup can or water bottle.

Heel Slides

Targets: Hamstring strength, hip mobility

Sit in a chair with a towel or cloth under the heel of your foot. Side one heel forward, straightening the leg, then slide it back. Switch legs and repeat.

Modify: Do not fully extend your leg. Start with your knee slightly bent.

Challenge: Slightly lift your heel off the floor moving your leg in the same motion.

Seated Row

Targets: Back & shoulder strength, posture

Sit up tall on a sturdy chair with arms straight in front of you without shrugging your shoulders. Keep your chin up and look straight ahead. Pull your elbows towards the sides of your body, focusing on a squeeze between your shoulder blades. Hold the squeeze for a few seconds and repeat.

Modify: Perform one arm at a time.

Challenge: Hold light weights such as soup cans or water bottles in each hand.