**Exercise and Still**

**Keep Your Seat**

1. Use a good sturdy chair.
2. If in a wheelchair, lock the brakes.
3. Sit up in your chair.
4. Keep your feet flat on the ground for arm exercises.

**Hand reaches:** Place both hands on your shoulders. Reach to the ceiling with your right hand and then return your hand to your shoulder. Then reach and return with the left hand.

**Arm Circles:** Extend your arms to shoulder level out to your sides. Slowly make forward and backward circles with your arms.

**Side stretch:** Raise your left arm over your head and gently stretch to the right. Repeat by raising your right arm and stretching to the left.

**March in place:** Lift and lower your feet as if you are walking in place.

**Ankle Circles:** Extend your right foot out in front of you. Make a circle with your ankle. Repeat with your left foot.

**Knee pulls:** Pull your knee up toward your chest and hold for a few seconds. Release and repeat with the other knee.

Start with 5 moves for each exercise every day. Work up to 20 moves for each exercise every day.