**The Sit to Stand**

**The BEST exercise for the over 60s!**

1. **Start seated**
   - Sit in a chair, just off the back rest,
   - Feet flat on the floor, and slightly behind your knees.

2. **Rise up**
   - Lean forward slightly and push yourself up and out of the chair seat,
   - Use your arms for help if needed.

3. **Stand Up**
   - Rise out of the chair until you are standing up,
   - Then begin to lower yourself back into the chair.

4. **Return to sitting**
   - Use your arms to reach for the chair, if needed,
   - Slowly bend your knees and return to a sitting position.

For more information on Move it or Lose it go to:
www.moveitorloseit.co.uk

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