

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 to 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

or email us at info@moveitorloseit.co.uk