

## Sit Down Workouts

## Lesson 8

There are many fun and easy exercises you can do to continue to increase your activity level! The following activities can be done anytime, anyplace including while watching television! Remember, every bit of physical activity counts and can help you to achieve your goal of successful weight loss. Review and try each exercise listed below.

### EXERCISE SET #1

<b>Arm Circles</b> <ul style="list-style-type: none"> <li>➤ Stretch your arms out to the sides, shoulder high</li> <li>➤ With palms up, make small backward circles in the air. Start with 10 reps and increase as time and energy permit</li> </ul>
<b>Waist Whittler</b> <ul style="list-style-type: none"> <li>➤ Sitting tall, stretch arms overhead and interlock thumbs</li> <li>➤ Lean first right and then left</li> <li>➤ Do 5 repetitions</li> </ul>
<b>Sit Downs</b> <ul style="list-style-type: none"> <li>➤ Sitting tall, stretch arms overhead</li> <li>➤ Bend down and touch the ground</li> <li>➤ Do 10 repetitions</li> </ul>

### EXERCISE SET #2

<b>Chair Jogging, Chair Dancing</b> <ul style="list-style-type: none"> <li>➤ Sitting tall and holding on to the chair for support, jog in place as fast as you can for two minutes</li> <li>➤ Sitting in chair, with music on, move your arms and upper body as if dancing</li> </ul>
<b>High Kicks</b> <ul style="list-style-type: none"> <li>➤ Sitting tall and holding on to the chair for support, straighten one leg as high as you can</li> <li>➤ Return to starting position</li> <li>➤ Alternate and do 10 repetitions</li> </ul>
<b>Foot Flex</b> <ul style="list-style-type: none"> <li>➤ Sitting tall and holding on to the chair for support, raise one leg in front. Flex and point your foot 8 times</li> <li>➤ Repeat with other leg</li> </ul>

### ACTIVITY

“Planning” is often the first step for actually “doing.” To help you “do” one of the above exercise programs, “plan” when you will do these exercise activities for the next week in the space provided below. For each exercise session, plan to do Set #1 activities or Set #2. Also, alternate the sets. For example, if you do Set # 1 for Session #1, do Set #2 activities for Session #2.

	EXERCISE SESSION #1	EXERCISE SESSION #2	EXERCISE SESSION #3	EXERCISE SESSION #4	EXERCISE SESSION #5
Day/Date					
Time					
Set #					

Don't forget to continue with your walking program. Increase your walking program to a 35 minute walk, 4 times per week. If you are already at this level, try a 40 minute walk, 4 times per week. Remember to warm up and cool down. On the days you don't plan to walk, do stretching and strengthening exercises. Also, do as many Sit Down activities as possible.



Continue to monitor our heart rate. Adjust your activity as needed - walk faster to increase your heart rate, and slow down if your heart rate is too high.