

Healthy Hawks

Seated Exercises

You do not need equipment for the exercises. You will use your body and imagination to complete each activity.

Reps	Description of Exercise or Activity
10	KNEE LIFTS - Hold on to both sides of a chair seat, raise knees to chest and lower
10	SHOULDER ROLLS - Sit up straight in your chair and roll shoulders forward, then roll shoulders backward
5	LEFT FOOT BALANCE - Stand up from your chair using only your left foot, then sit, repeat
10	RIGHT FOOT BALANCE - Stand up from your chair using only your right foot, then sit, repeat
10	HEEL RAISES - Toes on the floor and pointed out, raise heels, lower, repeat