

## Sitting on the chair and stand up



**Goal:** To maintain leg muscle strength and balance to facilitate everyday activities.

### Instructions:

Ask someone to demonstrate the exercise for you and be nearby in case you need a helping hand.


- Sit on the chair in a comfortable position and with good posture.
- Stand up. Tilt your upper body far enough forward so that you can stand up.
- Sit down as slowly as possible.
- Get up from the chair by leaning your upper body forward enough to stand up. Focus on using your legs (avoid using your arms to help you).
- Repeat sitting down and getting up as many times as you feel comfortable (e.g. 5-10 times).

**TIP!** You can make the exercise easier by rocking back and forth a few times before standing up and grabbing a table. You can make the exercise more difficult by keeping your arms at your side and getting up again as quickly as possible as soon as you feel yourself touching the chair.

### What's Needed:

- A chair

**Time:**   
5 minutes

**Alone or in a Group:**   
This is an individual activity

Source: The activity is created with inspiration from models and ideas from national material banks. ([Institute for the Elderly: Motion card of the week](#)) and ChatGTP's proposal