

Victoria Education Centre and Sports College

Exercise Sitting Down

Whatever your age or fitness level, you can feel better and benefit from gentle exercise.

You don't have to climb a mountain to get fitter! And just because you find it difficult to do standing exercises, you don't have to give up the idea of improving your stamina and strength.

You can try these seated exercises alone or enjoy practising the exercises with a friend or even in a small group.

These gentle seated exercises are **suitable for all**, subject to your discretion and medical advice.

If you bring regular gentle seated exercise into your life, you can expect to experience all or some of these benefits.

This is a series of gentle seated exercise suitable for everyone, including the elderly and those recovering from injury or illness. Whether you are an office worker, home worker, elderly or chair bound, these seated exercises will help you to feel fitter, more energetic and more invigorated.

By following this series of seated exercises, you can increase your mobility and flexibility. If you practise them regularly, at a pace to suit you, you can easily increase your general stamina and endurance.

By following these easy-to-follow seated exercises, you can immediately incorporate exercise into your daily regime, whatever your age or current fitness level.

You can benefit from these seated exercises whether you are elderly, chair bound or working in an office and spending much of your day sitting down.

- ✓ Feel more energised and stronger
 - ✓ Boost your immune system
- ✓ Become more mobile and flexible
 - ✓ Gain stamina and endurance
- ✓ Heighten your mental clarity and ability to focus
- ✓ Reduce your experience of stress and mental tension
- ✓ Increase your creativity and emotional well-being
 - ✓ Improve your overall health and well-being
 - ✓ Counter the effects of ageing



You probably already know about the risks to your health of working long hours sitting at a computer or desk. You've probably been told at some time to take regular breaks, to get up and walk around, to sit in the correct position. But how often do you follow that advice?

Our bodies are designed to move. We need to move to stay fit, healthy and just to feel properly alive. When we are sitting down and don't move much for protracted periods of time, our bodies begin to falter.

Energise and strengthen your body

By gently working your muscles, and gradually increasing the demand, your body will get stronger. Your body's cells are like batteries - use gentle exercise to recharge them!

Improve your overall health and well-being

In an office situation, where you spend a lot of time sitting down, your circulation slows down. When you exercise, even sitting down, you will increase your circulation, leading to more oxygen in your body. You will start to charge up your whole system.

Boost your immune system

The immune system is complex. How we feel mentally affects the immune system and exercise helps strengthen it. Following a series of gentle, regular exercises can have a real impact and make you less vulnerable to infection and long term disease.

Heighten your mental clarity and ability to focus

It gets better and better! A positive effect on your body creates a positive effect on your mind. You will be better able to focus your attention and hold that focus.

Reduce your experience of stress and mental tension

Experience of stress can do long-term damage to your health if not managed. Gentle exercise, done regularly, can improve your physical and mental health, so that you become better able to handle the stresses in your life.

Increase your creativity and sense of emotional wellbeing

Tension - whether physical or mental - can be a real block to creativity. It can dominate your feelings and narrow your experience.

Don't you want to experience the joys of life? The laughter, the pleasure, the enjoyment of small everyday things that can light up your day unexpectedly?

Regular gentle exercise can reduce your experience of tension and bring the colour back into your life. You can bring a fresher outlook on your problems and tasks. A relaxed mind is more creative and open to new ideas and inspiration.

And they are all exercises to do while sitting in a chair - at your desk, in the park, at home, wherever!