

Everyday Healthy SERIES



Band exercises (repeat all exercises 10-15 times)

Upper Body:

- Seated in chair (use a chair without rollers), place one foot into middle of band holding the ends securely. Sit tall and towards the front of the chair. Extend the leg either with your heel on the floor or slightly above the floor and pull your arms back by bending your elbows, exhaling as you pull. Focus on squeezing your shoulder blades together as you bring your elbows back. (upper back and biceps)
- Seated position, hold the band at chest height with arms shoulder width apart. Keep elbows and wrists straight while you stretch the band squeezing your shoulder blades together. (upper back/postural muscles)
- Seated position, place the band behind you bringing the ends under your armpits. Gather up the ends of the band into your hands with your elbows bent. As you exhale, straighten your arms in front of you at mid chest height. (chest and triceps)

Lower Body:

- Seated position, place the bottom of your right foot into the middle of the band with your knee bent. Gather up the ends of the band into your hands. Sit tall and extend your right leg against the pressure of the band until the knee is almost straight. Release to bent position slowly. Repeat 10 times. Change to left leg. (front and back of thigh, buttocks)
- Seated position at front of chair, wrap band around legs just above your knees with knees together. Sit tall, keeping knees bent, move legs away from each other. (outer thighs and hips)