

# Chair Exercises with Paul 1



## New Directions: Health and Wellbeing



Name:



Date:

### What you will need: Chair

1. Sit straight in your chair. Warm up by moving your shoulders in big circles in both directions.
2. Stretch each arm up over your head. Repeat on each side.
3. Put your arms in front of you in the centre. Then reach to the left, come back to the centre, then reach right. Repeat.
4. Let your arms hang either side of you. On your right lean to the side as far as you can. Try this with your other arm. Remember to keep sitting up tall.



5. Put your arms behind your ears. Move side to side slowly.



6. Next we hang our arms on each side. Slowly move your arms up and down.



7. Put your arms behind your head. Move forward from the waist up and back to a tall position. Repeat.



8. Place your arms across your upper body. Move to the edge of your seat then bend back on your chair. Sit up tall. Repeat.



**Try doing these exercises to your favourite music, we find this makes it really fun!**

