

# 7 seated exercises to help you keep moving

## Alternate hand rotations



1

Place your hands on your knees. Turn one palm to face upwards and one palm to face downwards.



2

Alternate the palm which faces upwards. Try this action 20 times.

## Nose and ear grabbing



1

Grab your nose with your left hand whilst grabbing your left earlobe with your right hand. Make sure to grab your ear and nose with a light touch using your index finger and thumb.



2

Clap your hands.



3

Repeat the nose and ear grabbing from the first step, but this time grab your nose with your right hand and your right earlobe with your left hand. Repeat this 20 times.

## Marching



1

Raise your left leg up off the ground.



2

Place your left leg back down on the ground whilst raising your right leg up. Repeat this 20 times.



1

Raise your right leg up off the ground, whilst swinging your left arm up in the air.



2

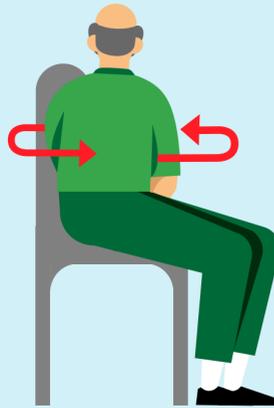
Place your right leg back down on the ground whilst raising your left leg up. Repeat this 20 times.

## Turning the upper body from side to side



1

With your legs and feet facing forward, twist your upper body to the right and grab the right under side of your chair with both hands.



2

Still with your legs and feet facing forward, now twist your upper body to the left and grab the left under side of your chair with both hands. Repeat this 20 times.

## Canned food bicep curl



1

Take any canned food that you might have, for example a tin of soup or a can of chopped tomatoes. Hold the can in your left hand and lift the can towards your chin.



2

Lower your can back down towards your knee. Repeat this 20 times and then switch arms.

## Arm raises



1

Sit with a straight back and your hands resting on your knees.



2

Raise both of your hands to the sky and then back down again to your knees. Repeat this 20 times.

Anything is better than nothing. So if you haven't been active for a while - start slow, build your confidence, and enjoy yourself!

**If you need dementia support, we're here for you.**

Call our Dementia Connect support line on **0333 150 3456**.

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645.

