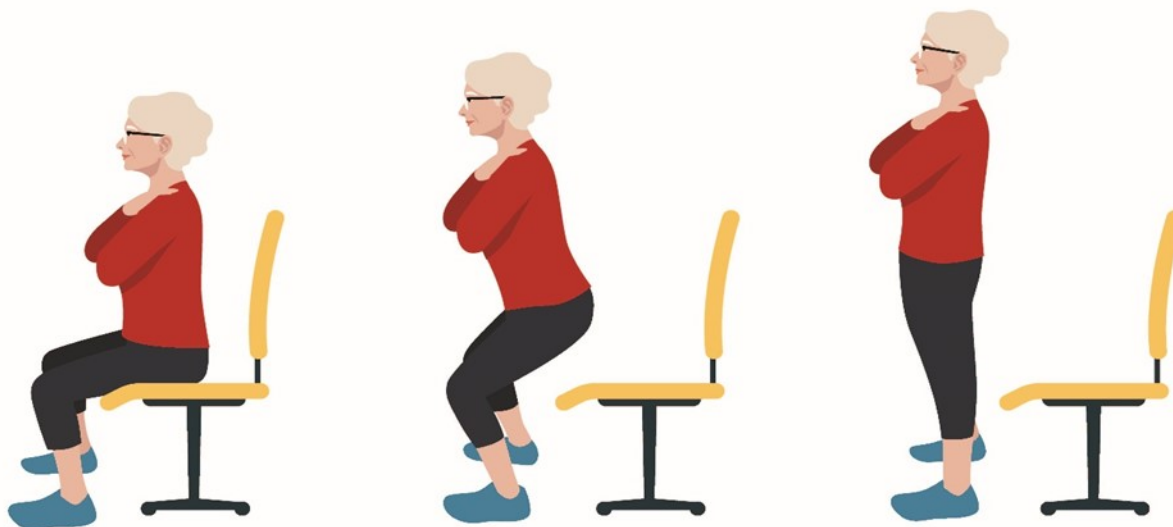


Chair Rise Exercise

Why do this? To make your leg muscles stronger and help prevent falls

Your Goal: _____



Getting Started

1. Use a firm chair, **not** one that you “sink into”.
2. At first, you may need to press down on the seat with your hands to rise.
3. OK to keep your hands straight down at your sides.
4. As you get stronger you will use just your legs to get out of the chair.

You will be able to do the exercise the way it’s shown.

Directions