

Lifestyle by Homecare Services | Seated Home Exercise Guide

Simple Movements for a Stronger Heart & Independent Life

National Heart Month (February) is the perfect time to start a gentle daily routine. These exercises are designed to be done in a sturdy, upright chair to improve circulation, strength, and posture.

Safety Checklist

- Use a sturdy chair (no wheels or deep sofas).
- Sit tall with your feet flat on the floor.
- Breathe: Don't hold your breath; exhale on the effort.
- Stop if you feel any sharp pain or dizziness.

1. Knee Lifts (The "Seated March")

How: Lift one knee toward your chest as high as comfortable, then lower it. Alternate legs.

Benefit: Improves circulation and makes walking easier.

Goal: 10–12 lifts per leg.

2. Leg Lifts (Knee Extensions)

How: Slowly straighten one leg out in front of you. Hold for 2 seconds, then lower.

Benefit: Strengthens the thighs to help with standing up safely.

Goal: 10 repetitions per leg.

3. Arm Raises

How: Lift both arms out to the side or front, reaching toward shoulder height. Lower slowly.

Benefit: Keeps shoulders flexible for dressing and reaching cupboards.

Goal: 10–12 raises.

4. Seated Rows

How: Reach arms forward, then pull elbows back sharply, squeezing your shoulder blades together.

Benefit: Improves posture and opens up the chest for better breathing.

Goal: 15 "rows."

5. Thigh Squeezes

How: Place a rolled towel or soft ball between your knees. Squeeze firmly for 5 seconds, then release.

Benefit: Increases pelvic stability and balance when walking.

Goal: 10 squeezes.

6. Tummy Twists

How: Fold your arms across your chest. Slowly rotate your upper body to the right, return to center, then rotate left.

Benefit: Improves spinal flexibility and aids digestion.

Goal: 5 twists per side.

Staying Heart Healthy with Lifestyle by Homecare Services

Our Carers are here to support you! We love helping our Service Users stay active and independent. If you enjoyed these exercises, let your Carer know during their next visit.

Contact us:

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