

# 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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