



Wear Red Canada: Chair Exercise Routine

Sunday February 13, 2022

1. Warm-up (5-10 minutes)
2. Cardio (10-30 minutes)
3. Resistance exercises
4. Cool down with stretching (5-10 minutes)
5. Meditation (1-5 minutes)

Chair exercises are great way to exercise if you have mobility challenges or a lower level of fitness.

Always begin your exercise routine with a 5 – 10 minutes of warm-up. A warm-up allows your blood vessels to relax and increases blood flow to your muscles, joints and to your heart. Begin slow and easy gradually increasing your intensity and range of motion.

Continue your chair exercise program with 10 – 30 minutes of cardio activity. I like to add music to my routine for motivation and fun. I download – Fitness music from Power Music. Move your arms and legs to get your heart pumping. Work at a pace that you feel is moderate to strong or 3-5/10 level of intensity. You will feel your heart beating a bit faster, you will be breathing a bit harder and lightly sweating. You should still be able to talk and should feel relaxed.

Add resistance exercise to your routine every other day, to increase your muscular strength and endurance. Improving your overall strength makes everyday activities like climbing stairs and lifting groceries easier. You can use light weights, resistance bands or your own body weight. You can even use water bottles or soup cans! Start with one set of 10 -15 repetitions for each muscle movement. You can progress by adding more resistance, more repetitions or a 2nd or 3rd set or exercises.

Cool down with slower gentle movements for a least 5 minutes. This allows your heart to slow gradually and for the blood to circulate without pooling in your lower extremities.

Stretch your warmed muscles to increase your range of motion. Hold the stretch for 15 – 30 seconds. You should feel a gentle pull but you should not feel pain. Make sure to stretch each muscle group.

Finally finish off your routine with a positive meditation – 1 – 5 minutes. For example - May I be happy, may I be kind, may I be peaceful, may I be healthy...thinking of your loved one...say they mantra again.

Cheers! Happy Wear Red Canada Day.