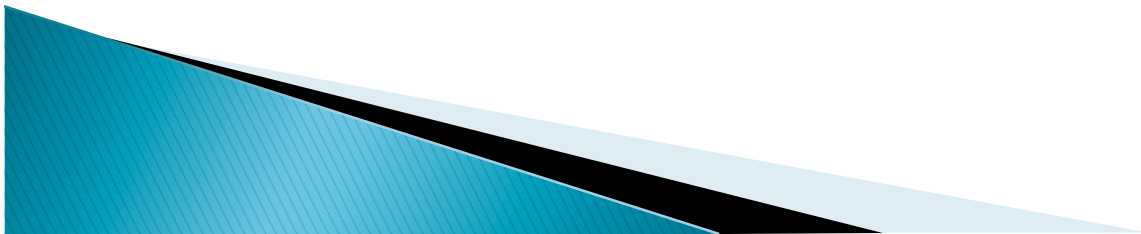
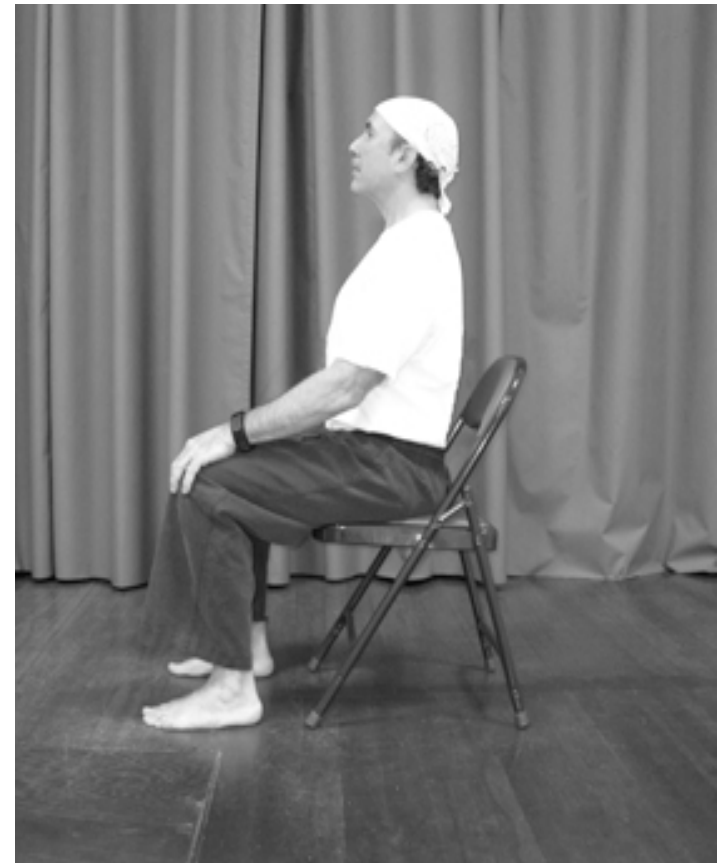


# Gently Enhancing Vitality, Flexibility, and Strength: Chair Sitting Routine



# Before You Begin Moving

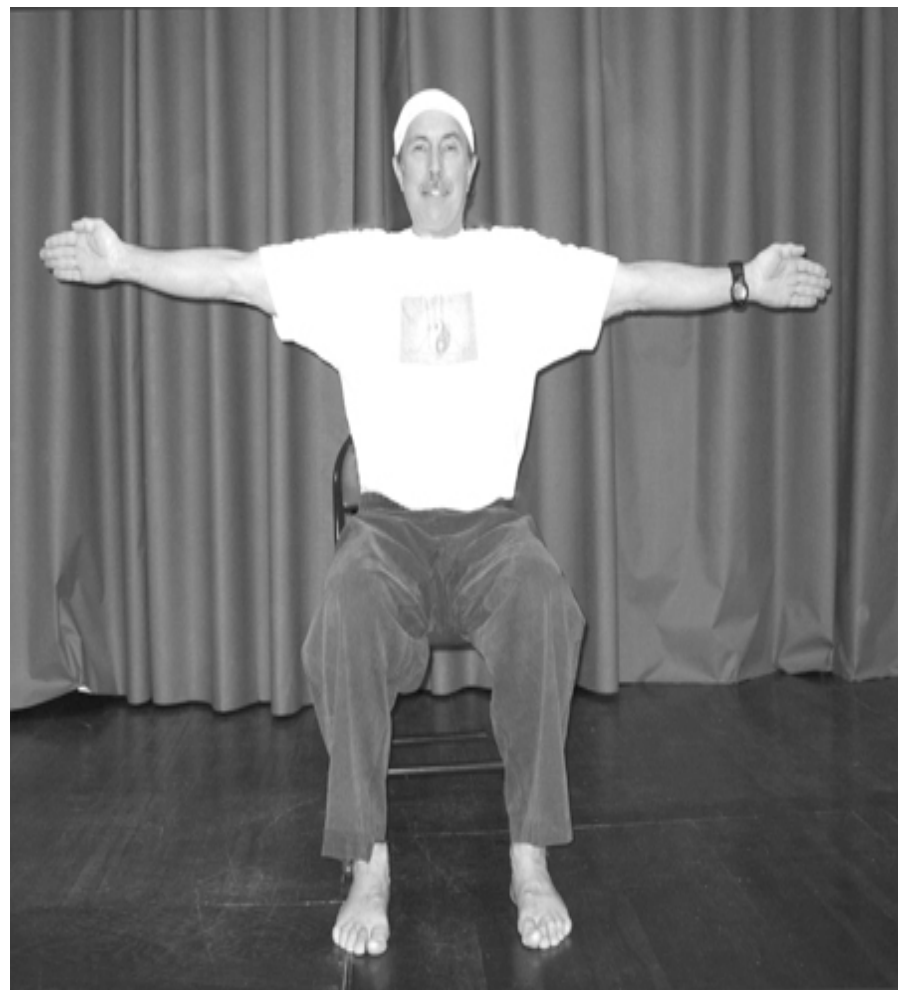
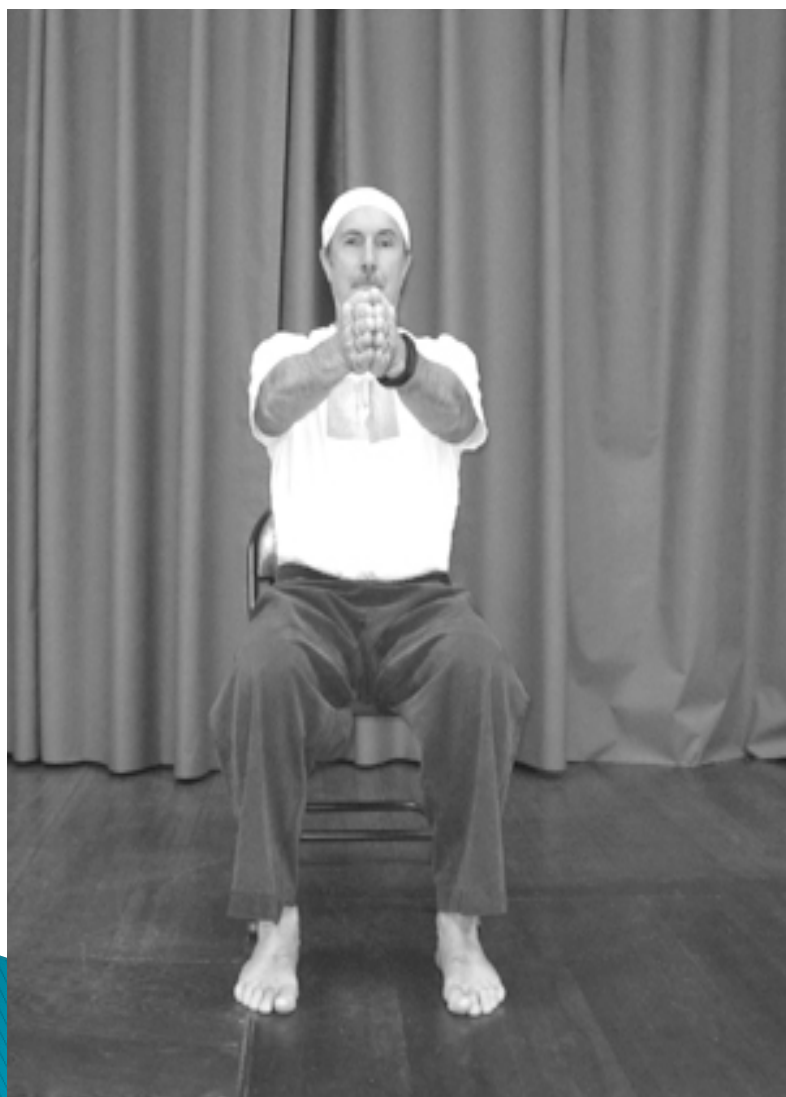
- Ensure that the client is secure in the chair
  - Sit upright, slightly forward
  - Hold on to chair seat if needed
  - Let feet touch the floor
- Take a moment for awareness of sitting
- Breathe comfortably for several minutes



# Modified Chair Sitting Arm Reach



# Chair Sitting Arm Swing



# Chair Sitting Triangle



# Chair Sitting Sun Salutation

