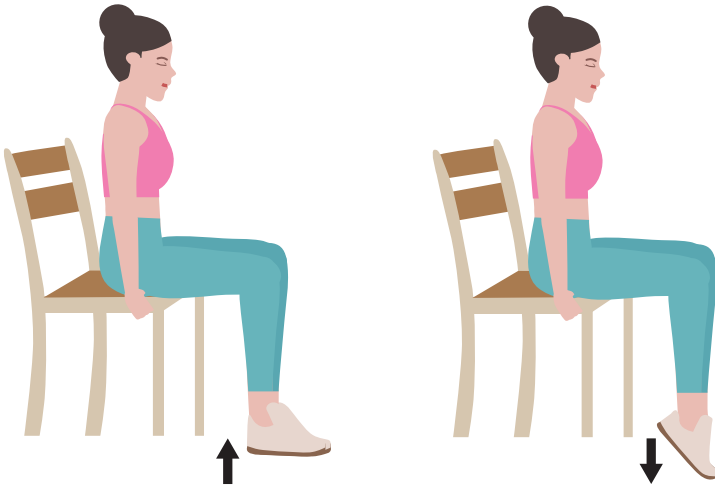


Exercise

Helps Control Blood Glucose

1

Ankle Movements in Sitting



- a. Keep your feet flat on the ground.
- b. Move your heels up and down.
- c. Repeat for 30 seconds.

2

Trunk Rotations in Sitting



- a. Rotate to one side, hold for 5 seconds and return to starting position.
- b. Rotate to the other side, hold for 5 seconds and return to starting position.
- c. Repeat 8 times.

Exercise

Improves Insulin Sensitivity

3

Marching in Sitting



- a. Alternately lift your knees up and down, as if you are marching in place.
- b. Repeat for 30 seconds.

4

Arm Circles in Sitting



- Extend your arms to your sides.
- Rotate your arms clockwise at the shoulders.
Repeat 10 times.
- Rotate your arms anticlockwise at the shoulders.
Repeat 10 times.

Exercise

Boosts Energy Levels

5

Knee Extensions in Sitting



- Slowly, lift your foot forward, straightening your knee as much as possible.
- Point your toes towards the ceiling. Hold for 3-5 seconds.
- Slowly lower your foot back to starting position.
- Repeat 10 times on each leg.

6

Arm Raises in Sitting



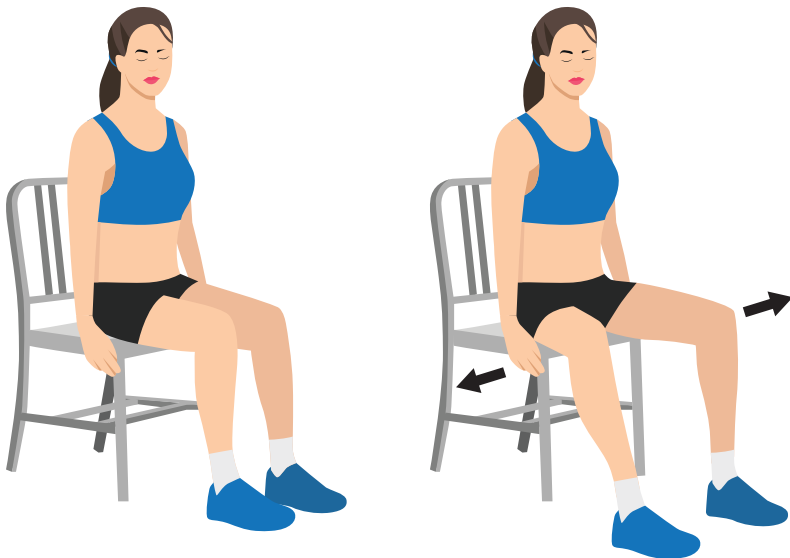
- Keeping your elbows straight, lift your arms up from your shoulders.
- Slowly lift both arms up and down.
- Repeat 10 times.

Exercise

Supports Heart Health

7

Hip Abduction in Sitting

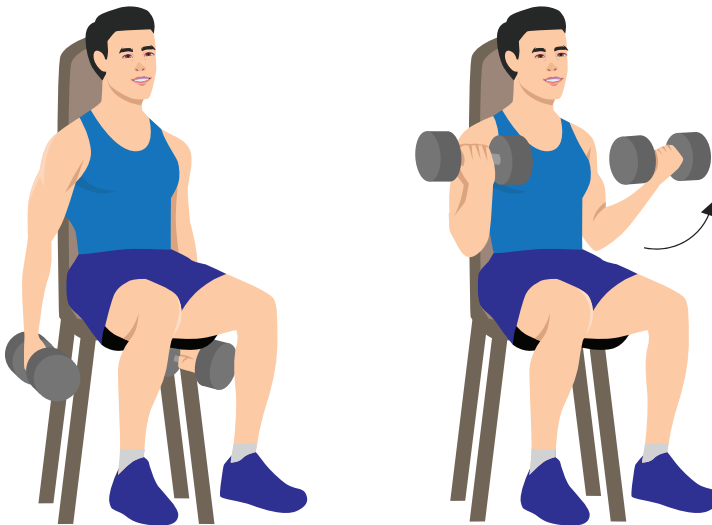


- Push your knees apart, keeping your feet flat on the ground.
- Slowly bring your knees back to the starting position.
- Repeat 10 times.

8

Biceps Curls using 0.5kg Weight in Sitting

(You can use 0.5L bottles or food cans as weight)



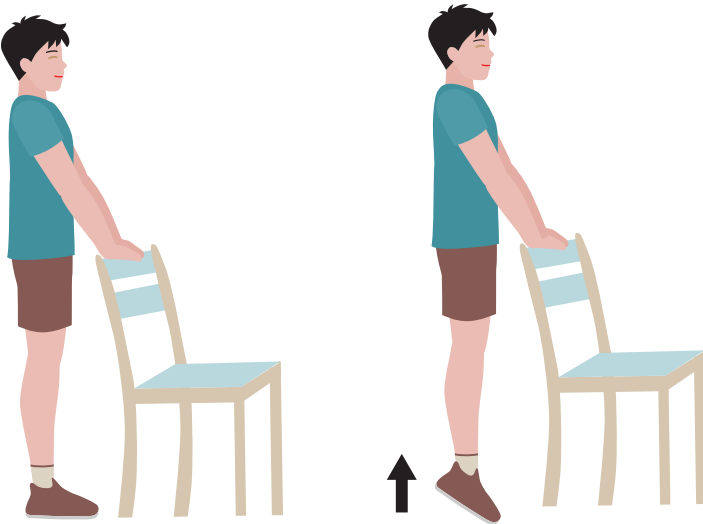
- Let your arms hang down at your sides with palms facing forward.
- Slowly bend your elbows to lift your hands toward your shoulders, then lower them back down.
- Repeat 10 times on each arm.

Exercise

Controls Weight

9

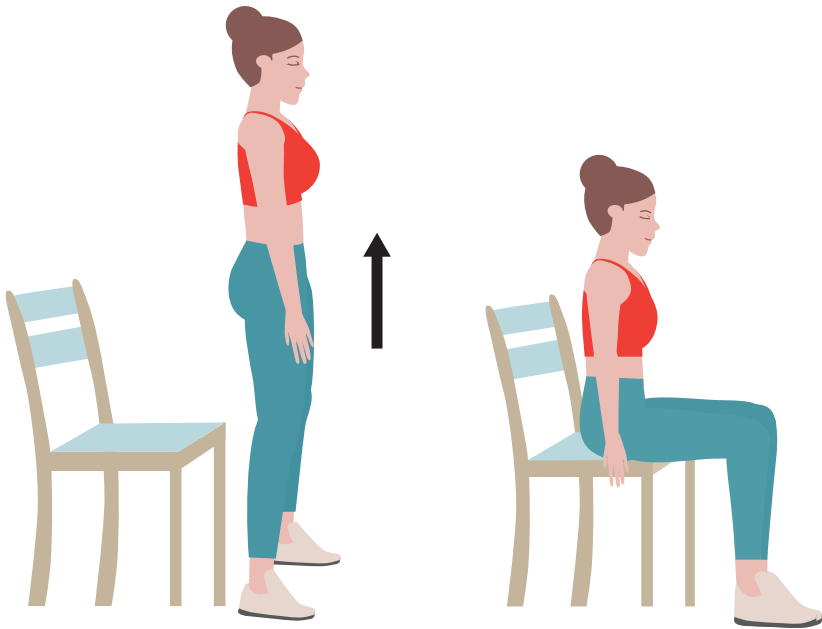
Calf Raises in Supported Standing



- Keeping your knees straight, slowly lift your heels off the ground, rising onto your toes.
- Hold this position for 1-3 seconds.
- Gradually lower your heels back down.
- Repeat 10 times.

10

Sit to Stand



- Start in a sitting position; place your hands on your thighs or on the sides of the chair.
- Lean slightly forward and press feet into the floor to lift your hips off the chair into a standing position.
- Before sitting, ensure you can feel the chair at the back of your knees.
- Bend slightly at the knees to push your hips toward the chair, and slowly, lower your body to a seated position.
- Repeat 5 times, rest for 15 seconds, then repeat another set.

Exercise

Reduces Stress

11

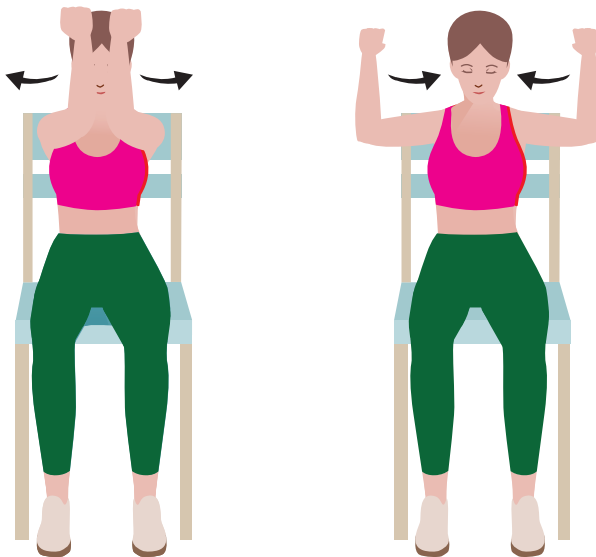
Back Kicks in Supported Standing



- Bend your right knee taking your foot backwards and return your foot to the ground.
- Repeat alternately on both legs.
- Repeat 10 times on each leg.

12

Shoulder Movements in Sitting



- Keep your arms raised to shoulder level with elbows bent at 90 degrees.
- Slowly move your arms outward to the sides, keeping elbows bent and at shoulder height throughout the movement.
- Return to the starting position.
- Repeat 10 times.

Exercise

Improves Sleep Quality

13

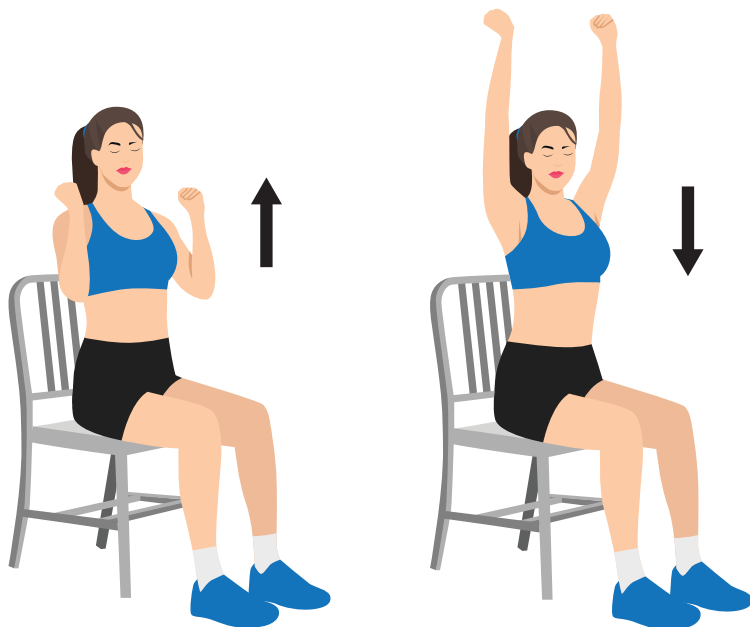
Hip Abduction in Supported Standing



- a. Keep your knees straight and toes pointing forward.
- b. Take your leg out to the side while keeping it straight. Hold for 1-3 seconds, then lower slowly.
- c. Repeat 10 times on each leg.

14

Shoulder Press in Sitting



- Raise your hands to shoulder level with elbows bent and palms facing forward.
- Push your hands upward as if lifting something overhead, fully extending your arms.
- Slowly bring your hands back down to shoulder level.
- Repeat 10 times.

Exercise

Keeps you Strong

15

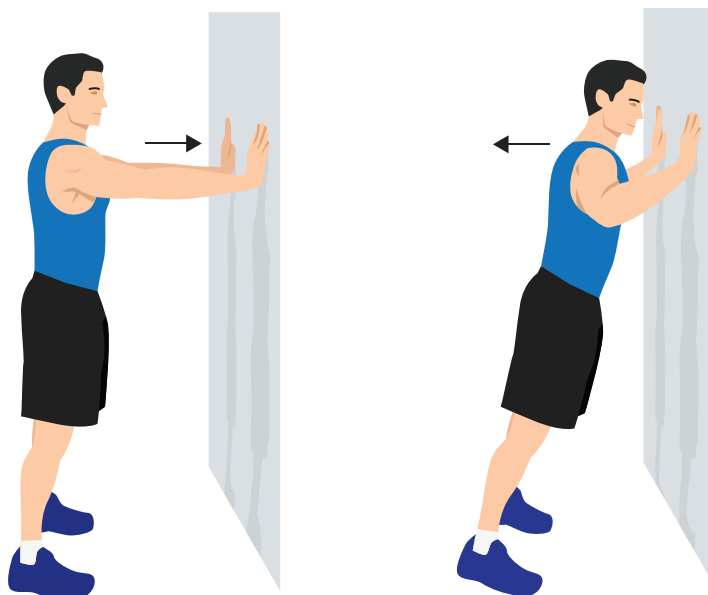
Hip Extension in Supported Standing



- Keep your knees straight and toes pointing forward.
- Take one leg backwards, keeping it straight. Hold for 1-3 seconds, then lower slowly.
- Repeat 10 times on each leg.

16

Wall Push-up in Standing



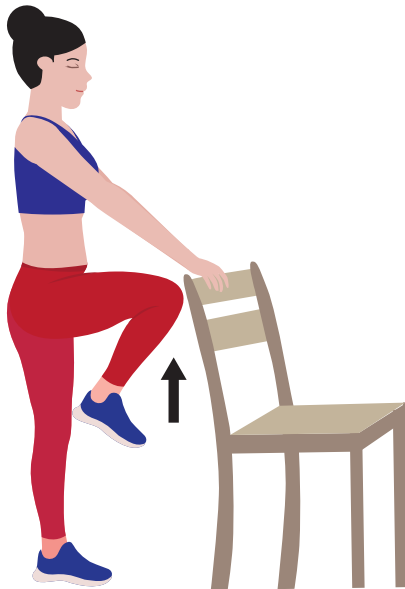
- Face a wall, place your hands on it at shoulder height, slightly wider than shoulder-width apart.
- Lower yourself towards the wall in a controlled movement.
- Keep your back and hips straight as you lower yourself.
- Push yourself back up in a slow, controlled motion.
- Repeat 10 times.

Exercise

Improves Mood

17

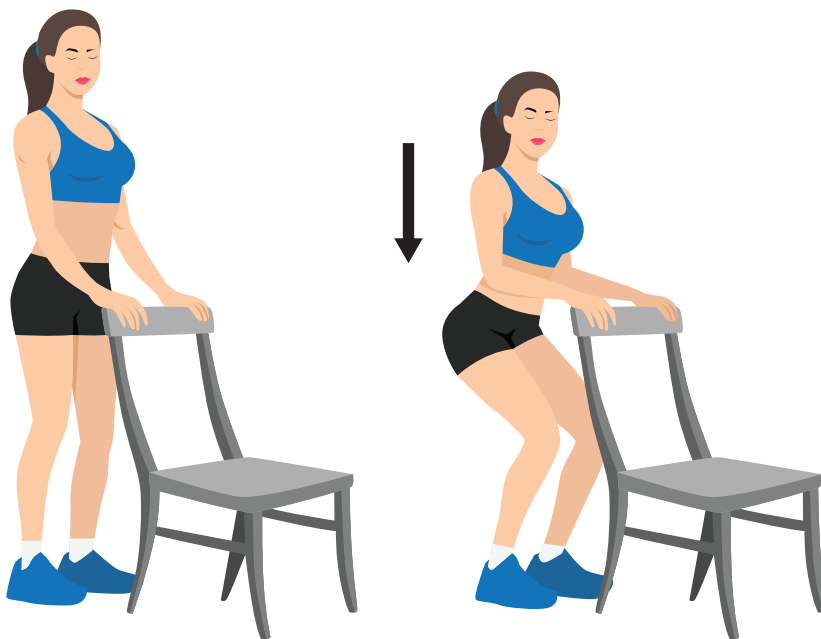
Marching in Supported Standing



- Lift one knee to hip height, then lower it.
- Repeat on the other side, alternating continuously.
- Repeat for 30 seconds.

18

Supported Squats



- Stand with feet shoulder-width apart, chest up and hold onto a chair for support.
- Bend your knees as if you are sitting down.
- Lower yourself as far as comfortable, keeping heels on the ground, then push back up to standing.
- Repeat 10 times.