

livewell from your chair



We're bringing chair-based
exercises to your home!

Introduction



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Hi, I'm James Taylor, Health and Wellbeing Co-ordinator for Eastlight Community Homes. I lead a team of volunteer Chair-Based Exercise Leaders who teach free classes in Essex.

If you would like to improve your mobility and overall health, please take a look at my simple chair-based exercises.

If you're online, you can watch a video of me demonstrating these exercises by visiting 'Eastlight Community Homes' on YouTube.

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Medical check:

We are not medically trained. If you have concerns about a health condition conflicting with these exercises, we strongly advise you to speak to your health professional first before starting.



Equipment required:

1 x chair & 2 x tins



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Listen to your body and rest in-between activities when you need too.

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Circulation booster 1

3 x circuits; leg & arm movements done 'separately' - up to 30 seconds for each movement per circuit

Leg marching (*figure 1*) & arm swings (*figure 2*)



Circulation booster 2

3 x circuits; leg & arm movements done 'together' (opposite leg to opposite arm) - up to 30 seconds per circuit

Leg marching (*figure 6*) & arm swings (*figure 7*)



Mobilising joints

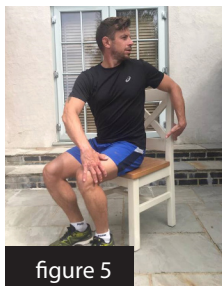
4 x shoulder lifts (*figure 3*)



4 x shoulder rolls (*figure 4*)



4 x trunk twists (each side) (*figure 5*)



Static stretches

(Hold for 8-10 seconds)

Chest stretch (*figure 8*)



Back of thighs stretch (*figure 9*)



Strength (5-8 reps)

Arm curl (figure 10) & Upper Back Stengthener (figure 11)



Sit to stand (figure 12)



Endurance (up to 30 seconds per circuit)

2 x curcuits of Canoeing (figure 13)



Cooldown (slowing the movements down)

Repeat circulation booster 1 (figures 1 and 2) & stretches (figures 8 and 9)

Relaxation (1min) OPTIONAL

Focus on an aspect of breathing with eyes open or shut, such as; gentle rise of the chest or the stomach expanding.

Revitaliser (up to 30 seconds)

Lightly tapping the body should give a feeling of alertness following the relaxation, preparing your body for movement.

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The benefits of CBE are enormous: one lady couldn't get in and out of a car when she started, another couldn't open jars & bottles, another couldn't get out of a chair unaided - now they can do it all!

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To express an interest in taking part in a class
(face-to-face or online) or being trained
to become a CBE Leader,
contact James Taylor

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