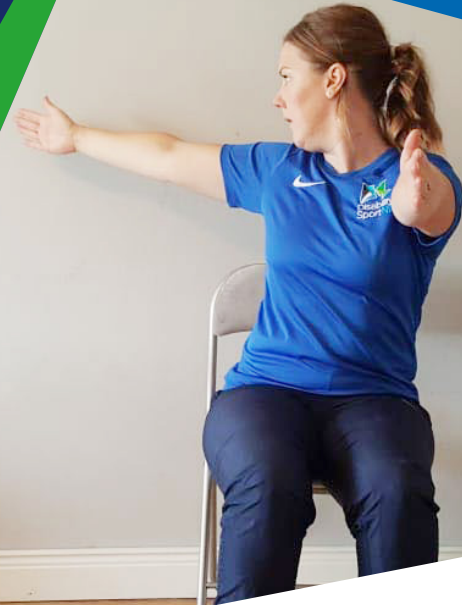


STAY ACTIVE RESOURCE CARD

Mobilise Me

SEATED EXERCISES FOR FLEXIBILITY AND MOBILITY

Other Stay Active Cards available
Contact email@dsni.co.uk



1

Neck

KEY POINTS:

- Sit upright, hands on lap looking forwards
- Slowly look up, back to centre, down, back to centre
- Look left, back to centre, right, back to centre



2

Shoulders and Elbows

KEY POINTS:

- Sit upright, arms by your sides
- Part 1 - Raise arms out and up to a comfortable position then lower
- Part 2 - From starting position, touch shoulders then lower
- Repeat

• **TIP: Work each arm individually to make it less challenging**



3

Torso

KEY POINTS:

- Sit upright, arms stretched out in front
- Slowly move right arm clockwise, following with head and upper body to a comfortable position
- Slowly return to starting position and repeat anticlockwise with left arm



4

Knees

KEY POINTS:

- Sit upright, feet flat on ground, holding sides of chair
- Slowly straighten leg, pointing toes up and return to starting position
- Repeat on left side

