

# 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.

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## 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*)



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## Mobilising joints

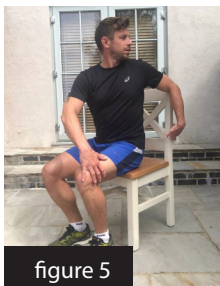
4 x shoulder lifts (*figure 3*)



4 x shoulder rolls (*figure 4*)



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



# 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*)



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## 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*)



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# 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*)

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## **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.

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## **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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