

## Sitting Exercises

You need your feet to be working well to help you maintain balance. Good mobility in your feet will make walking more comfortable and literally put a spring in your step. Take a few minutes each day to practise these simple exercises and see what a difference they can make.

### What is good sitting posture?

To get started with sitting exercises use a good sturdy chair with a **firm seat**.

- Sit on the front third of your chair
- Keep your knees and feet parallel - hip distance apart (about a tennis ball)
- Your weight should be evenly balanced on your sitting bones
- Keep your knees bent at 90 degrees and your feet flat on the floor
- Lengthening through your spine, gently draw in your centre
- Keep the crown of your head pointing to the ceiling and the back of your neck long with your chin parallel to the floor
- Relax the breastbone down; keep your shoulders broad and open and glide your shoulder blades down your back



### Exercise Nine – Calf Stretch with Dynaband

#### What to do

Loop the dynaband under one foot keeping the other foot flat on the floor. Hold the ends of the band securely in both hands, (the closer the grip is to the foot, the greater the resistance). Then, flex and point the foot 5-8 times. Repeat the exercise on the other foot.

#### Flex Foot



#### Point Foot



### Exercise Ten – Dynaband Progression

#### What to do

Place the dynaband flat along the length of the foot from the toes to the heel. Keep the other foot flat on the floor. Hold the end of the band in both hands. Flexing and pointing the foot 5-8 times, repeat on the other foot



### For more information contact:

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## Sitting Exercises

## 10 Pilates Foot Work Exercises

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Any exercise, no matter how gentle may not be right for all people - please check with a health professional whether these exercises will be suitable for you.



### Exercise One - Picking up a scarf

#### What to do

Place a scarf or hand towel under your feet. Try to gather the scarf towards you by scrunching up your toes. Try doing it with your feet at different angles.



### Exercise Two - Foot Massage

#### What to do

Roll the spikey ball back and forth, side to side and in a circular movement on the sole/arch of your foot. Massage the area for at least 15 seconds. Repeat on both sides.



### Exercise Three - Heel Raises

#### What to do

Slowly peel one heel off the ground, keeping your leg in good alignment, place it back down repeat on the other side. Repeat 10 times on each foot.



### Exercise Four - Toe Raises

#### What to do

Slowly lift the toes of one foot off the ground until only the heel is on the floor. Place the toes back down. Repeat 10 times on each foot.



### Exercise Five - Walking on the Spot

#### What to do

Alternate toe and heel raises. Simultaneously, lift the toes of one foot off the floor until only the heel is left on the floor while peeling the heel of the opposite foot off the floor. Repeat on the other side. Do 10 repetitions on each leg. ***Focus on a slow steady rhythm keeping good alignment of the legs especially the ankles.***



### Exercise Six - Single Leg Slides

#### What to do

Glide your foot along the floor keeping good leg alignment and then slowly draw your foot back to the start position.



### Exercise Seven - Calf Stretch

#### What to do

Slowly glide one foot along the floor keeping good leg alignment, and extend the knee until straight and bring your toes up towards the ceiling to stretch the calf muscle. Breathe in and hold the stretch, then breathe out and bend the knee, then glide the foot back to the starting position. Repeat 5 times on each leg.



### Exercise Eight - Ankle Circles

#### What to do

Slowly glide one foot along the floor keeping good leg alignment and extend the knee until straight. Circle your foot up to 10 times in one direction and then 10 in the opposite direction. You may want to glide the foot back down to the start position before reversing the direction. Repeat with the opposite foot, keeping good leg alignment.



***Focus – Concentrate on your sitting posture keeping the spine upright all the time.***