

Try these simple tests:

First try the chair stand. Sit and stand 15 times. Begin by sitting at the edge of your chair (without wheels please!) Cross your arms over your chest. Keep your legs parallel to one another, breathe in and exhale as you stand. Shift your weight towards your heels and maintain a 90 degree angle at your knee joint. Repeat 15 times and remember to breathe. Counting out loud will ensure that you are breathing.

Was this difficult? Did your knees hurt? Were you able to sit and stand without the assistance of your hands?



Next, head for the wall. Now, place your palms flat on the wall directly in line with your shoulders. Angle your body back as shown in the picture. Maintain a straight line from the shoulders to the heels of the feet, keeping the stomach muscles squeezed tightly, the buttocks in line with your body and the heels flat on the floor. Bend the elbows, then straighten them. Repeat 15 times, count and breathe. This exercise, the push-up, will strengthen your chest and the muscles at the rear of your upper arms, the triceps. The next progression is to perform this exercise using a counter top, and finally the floor.

How did you feel following this exercise?

