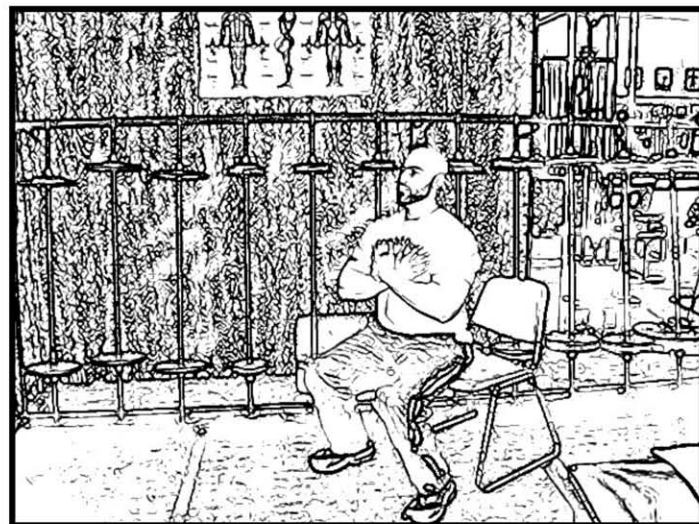
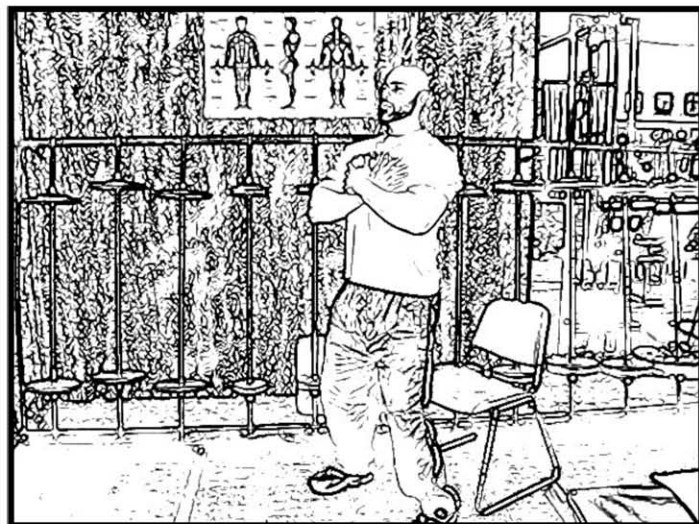


# Chair Squat

- Always consult a physician before beginning any exercise routine.
- Muscle decline can be a result of disuse more than just aging, so exercise can be a fountain of youth.
- 30 minutes of moderate activities (brisk walking, bike riding) should be done 4-5 days a week.
- Exhale through the mouth with exertion, inhale through the nose as you relax.
- Include strength exercises for all your major muscle groups at least twice a week, but vary the exercises so you don't work the same muscle group 2 days in a row.



Focus of exercise: Butt and Leg muscles

Stand in front of a sturdy chair, feet shoulder width apart with a slight bend in the knees, arms across the chest or out in front. This is the starting position. Inhale, lean slightly forward at the hips and lower the backside toward the chair. Exhale and stand slowly, pushing through the heels to return to the starting position for one repetition. Go 1/2 way down to start if need be, then progress as the legs get stronger. Focus on using the quadriceps, hamstrings, hips and abdominals when sitting and standing, never arching the back.

(You should feel no pain at your hips, back or knee joints-if so, discontinue exercise and consult your doctor to avoid further injury due to pre-existing conditions such as osteoarthritis, lower back or hip surgery.)

Continue for 2 sets of 8-15 reps.