

# Sit-to-stand exercise



The sit-to-stand exercise strengthens your lower body and helps you [prevent falls](#) by maintaining or improving your mobility and balance.

Aim to complete the following exercises in a slow, controlled manner without using your hands to assist you. Start by doing 5-10 repetitions. Have a rest for 1 minute, then repeat 2 or 3 times.

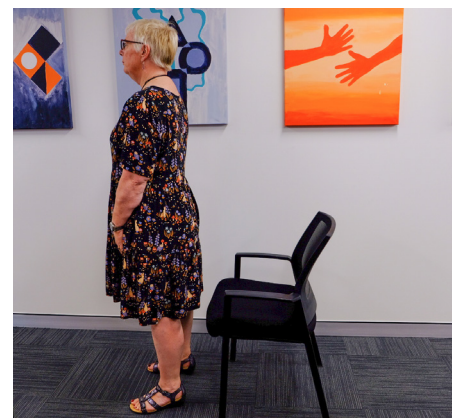
- Sit at the front edge of a sturdy chair with or without armrests.
- Place your feet flat on the floor, shoulder-width apart.
- Bend your knees slightly.



- Lean forward to bring your nose over your feet.
- Push through your legs to carefully stand up.
- *Optional: To make this more challenging, do this step without using armrests.*



- Stand up tall.
- To sit back down, slightly bend your knees and push your hips toward the back of the chair.
- Slowly lower yourself safely back onto the chair.
- Repeat.



You can adjust the difficulty of these exercises depending on your fitness level.

**You can make the exercises easier by:**

- Sitting on a chair with armrests and using them to assist you when standing up
- Doing fewer repetitions
- Increasing the height of the chair by adding a cushion to your seat

**You can make the exercise more challenging by:**

- Doing more repetitions
- Using a lower chair
- Holding a small weight while you exercise (try holding a can of tinned food or a bottle filled with water to create light resistance)

**This exercise may not be suitable for you. Consult a health professional before beginning this exercise if you are unsure.**

You may experience mild muscle soreness that lasts a few days after this exercise. Seek medical assistance if the soreness persists, if you feel any new or increasing pain, or if you feel dizzy, clammy, or short of breath.

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## Contact us

**Website:** [liveup.org.au](http://liveup.org.au)

**Email:** [support@liveup.org.au](mailto:support@liveup.org.au)

**Phone:** 1800 951 971

**Facebook:** [facebook.com/LiveUpAus](https://facebook.com/LiveUpAus)

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