



## Sit<>Stand

- 1) When: Before each meal
- 2) Where: from a chair that is not painful (difficult is good, variety is good)
- 3) What: Stand up and lift arms, lower arms and sit down (fine to use hands to push up-especially for triceps/bottom of upper arm toning)
- 4) Why: To build strength and endurance in this very functional activity

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