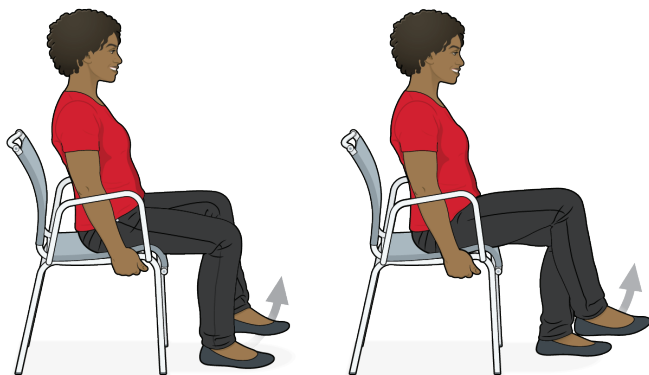
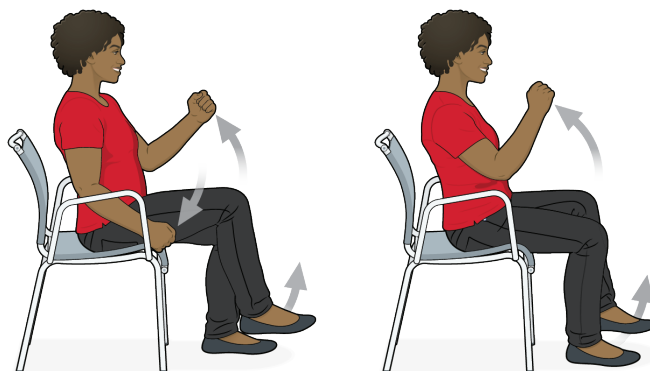


Aerobic Exercises

Start by choosing an aerobic activity that you can do almost daily, such as taking 5-minute walks throughout the day or parking farther away so you will take more steps. You don't even have to break a sweat or change clothes.

Seated March

- Start by sitting upright and marching your feet in place.
- Lift right foot up; place right foot down. Lift left foot up; place left foot down.
- Swing your arms back and forth with your elbows bent while you march.
- March for about 1 minute.



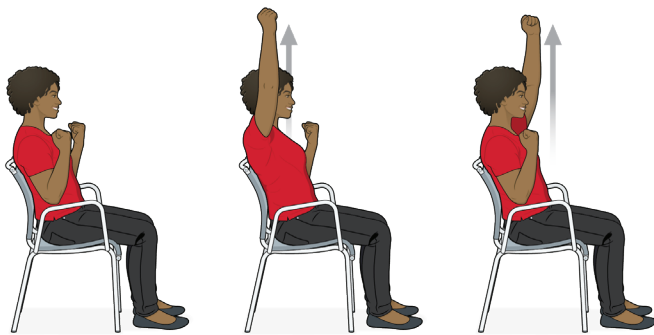
Seated Foot Drill

- Sit upright and pick up the pace by tapping your feet faster.
- Keep tapping for 45 seconds.

Aerobic Exercises

Seated Arm Curls

- Start with your fists beside your legs.
- Move your fists up toward your shoulders.
- Bring your fists back down to your legs.
- Repeat the arm curls for 30 seconds (about 30 arm curls).



Seated Overhead Punches

- Start with our fists in front of our shoulders.
- Punch your right fist up overhead and bring it back down.
- Then punch your left fist up overhead and bring it down.
- Switch from right- to left-side punches for 45 seconds (about 20 times for each arm).

Standing March

- If you are able to stand up, march in place for 45 seconds.
- It's fine to stay seated if you need to.

