



Easy Exercises for Couch Potatoes

“COUCHERSIZING”

“Couchersizing” during TV time builds quads, calves, grip strength, and protects mobility.

Sit to Stand

Go from sitting to standing to sitting again, 10 times in a row. Rest for a minute, then repeat.

Works the quadriceps in the front of the thigh and gluteal muscles in the buttocks, which helps protect your ability to get up from a chair, out of a car, or off a bathroom seat.

Couch Stretch

Sit on the edge of a couch with your feet flat on the floor. With one leg, keeping your heel on the floor, lift and point the toes toward the ceiling, so that you feel a stretch in your calf muscle. Hold for 30 seconds, then do the same with the other leg, three times per leg.

Keeping your calves optimally flexible can keep your walking stride longer, reduce your risk of tripping over your toes, and reduce your risk for common foot injuries.

Stand on One Leg

Holding on to the back of a chair for stability, lift one heel toward your buttocks. Hold for 30 to 45 seconds, three times per leg. To improve your balance on unsteady surfaces, try this with shoes off on a balled-up beach towel.

Balance gets better if you practice it, which can decrease the risk of falling.

Hand Squeeze

While seated upright, hold a ball (the size of a basketball) over your lap with both hands, then squeeze the ball as if you're trying to deflate it. Hold for a few seconds, then release. Repeat 10 times, rest, then do another set of 10 repetitions. You can also improve your grip strength by squeezing a small rubber ball in one hand.

Keeping your grip strong makes it possible to turn a door knob, open a jar, and grasp a gallon of milk.