

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.

Contact us

Website: liveup.org.au

Email: support@liveup.org.au

Phone: 1800 951 971

Facebook: facebook.com/LiveUpAus

LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.