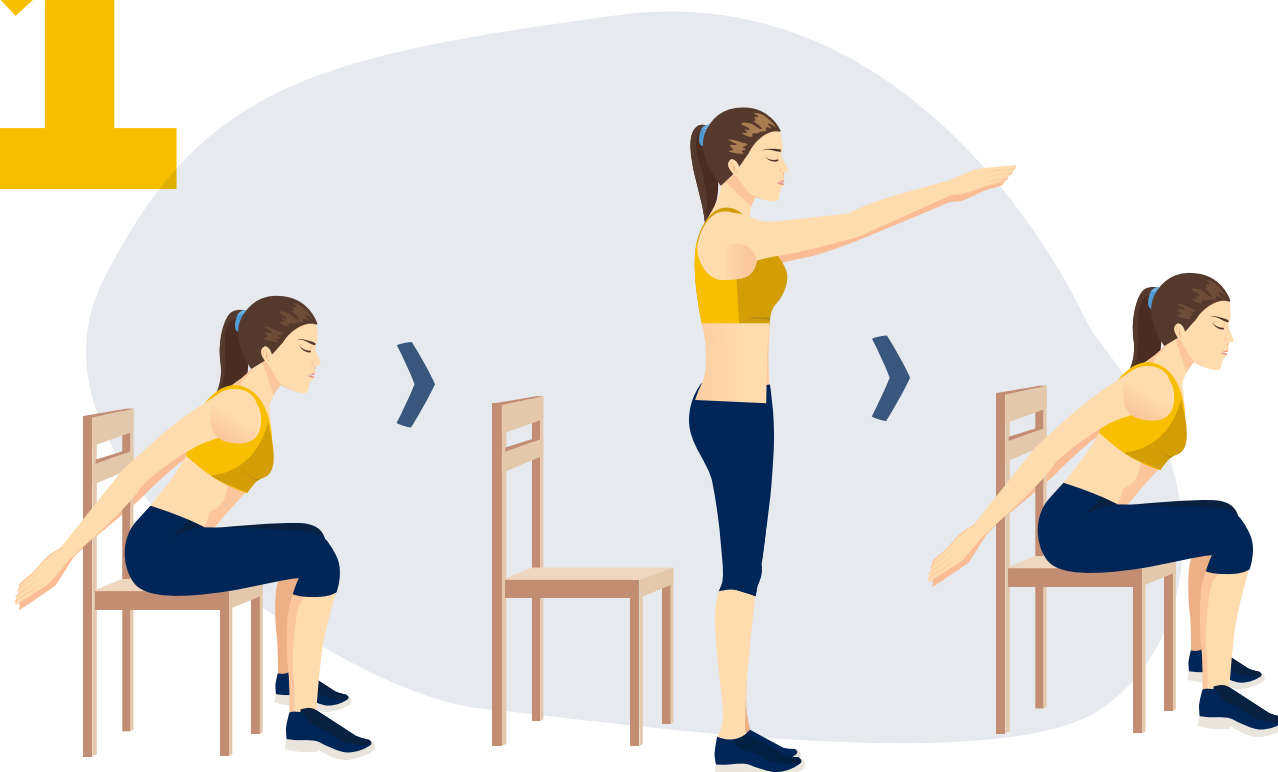


How to Get Started With Exercising at Home During Cancer

1 Sit to Stand



This is also known as a squat. Start by sitting at the edge of a hard-backed chair and pressing through your heels, moving to a standing position. Try to keep your eyes forward. As you stand up fully, squeeze your tush muscles, pause, and lower back down with as much control to your chair. Repeat.

2 Countertop Push-ups



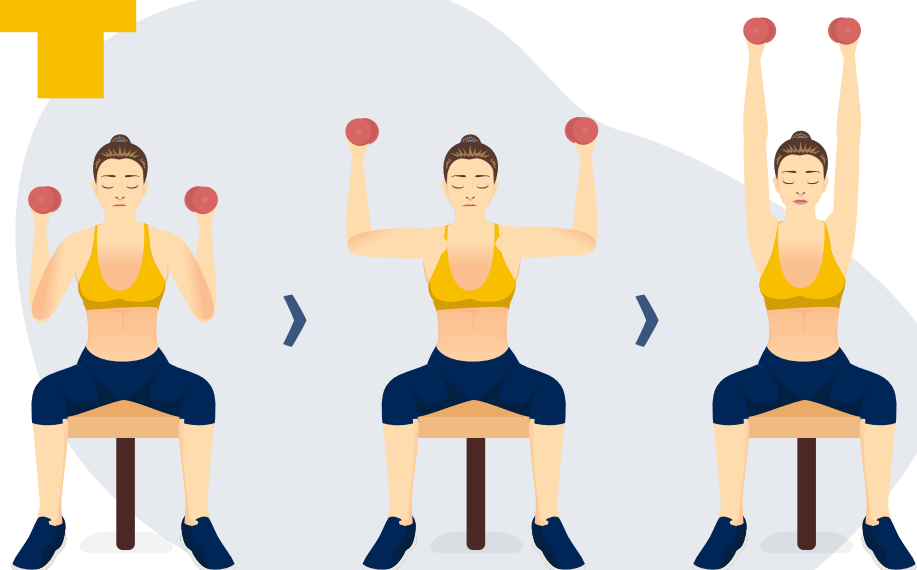
These can be done in a kitchen or bathroom. Start with your hands slightly wider than your chest on a secure, clean, and dry countertop. Walk your feet back until your body is in a straight line from your head down to the back of your body and your heels. Lower your chest—not your nose—to the edge of the countertop. Keeping your elbows in, press your body back to the starting position. Pause and repeat. To make this easier, stand closer to the counter and move your feet back as you get stronger. This exercise is much better for your wrists, shoulders, and core than wall push-ups and can be modified to suit nearly everyone.

3 Split Lunges



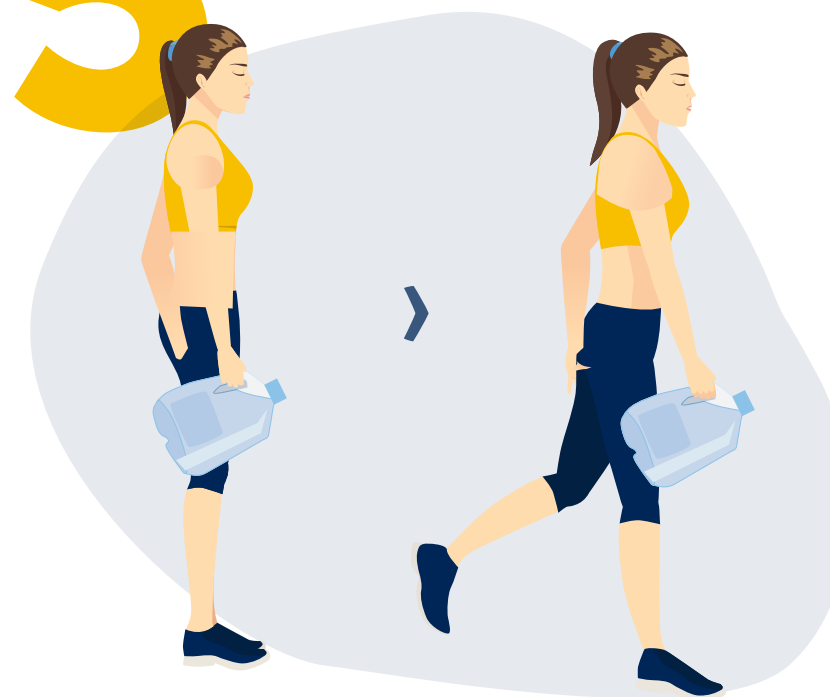
For this exercise, stay near your counter or near a firm chair back. Step 1 foot back, keeping your feet shoulder width apart. Slowly begin to lower your back knee down, keeping your weight evenly distributed in the center of your body and your chest up (versus leaning forward). Only lower as much as you can control. Then, lift your body back up. Keep your feet where they are and repeat.

4 Shoulder Press



Either while seated at the edge of a chair or standing, start with your arms bent and your thumbs resting on your shoulders. You can do this without weight or add small soup cans or hand weights. Press your arms up so that they are in line with your ears. If you are not sure if you are in the right position, use a mirror or stand with your back against a wall. Keep your stomach muscles tight and your back straight. Lower your arms back down with control and repeat.

5 Odd Object Carry



This exercise can be completed with anything that you have around your house that is oddly shaped or an odd weight. Ideas include a laundry basket that is either empty or has something simple in it, such as towels, or such items as 1 or 2 soup cans, a jug of water, or a small backpack. Start by walking down a hallway or along the back of a couch if you need balance assistance. As you feel stronger, try to take this item up or down stairs or throughout your home. Complete several times or for 1-minute intervals.