



# SAIL® Home Activity Program – Level 1: Sitting

**Do only the activities you feel safe and comfortable doing.**

- Sit tall through all the activities, preferably in a firm chair with armrests.
- Keep breathing normally. Do not hold your breath.
- Hold position means hold position for 3 seconds (count thousand 1, thousand 2, thousand 3).
- If necessary, begin with just a few of the activities but do them several times each day.
- Over time, add more activities until you are doing all of them.
- Over time, do more of each activity.

If any of these activities add to your pain or shortness of breath, stop and rest. Do less another day. Talk with your doctor or other health care professional.

## 1. Toe and Heel Lifts (sit with feet close to chair)

### Toe Lifts:

1. Lift toes of **both feet** as high as you can (keep heels on floor). Hold. Relax feet on floor. Do 2-3 more times.

### Heel Lifts:

2. Lift heels of both feet up together (keep toes on floor). Relax feet on floor. Do 2-3 more times.

### Too easy?

- Slowly do more (up to 15 times each).
- Lift toes of one foot while lifting heel of other foot. Switch.





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### 2. Marching on the Spot (sitting)

1. March on the spot, raising each knee high.
  - Continue for 5-10 seconds. Rest.
  - Repeat for another 5-10 seconds. Rest.

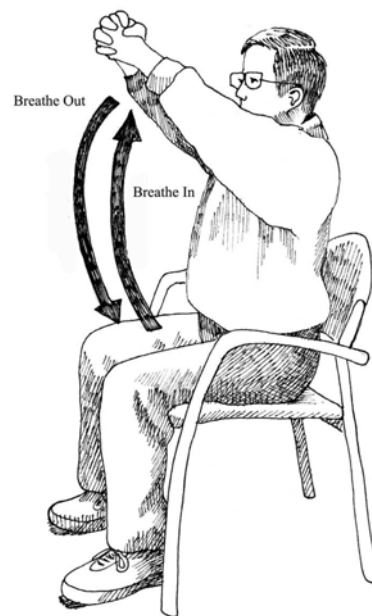
#### Too easy?

- March for 5-10 seconds, then rest, up to 15 times.
- Slowly do for longer (up to 2 minutes without resting).



### 3. Arm Raises and Breathing Activity (sitting)

1. Rest hands on sides of lower rib cage. Keep shoulders relaxed.
2. Breathe in through your nose. Feel your lower ribs move out.
3. Breathe slowly out through your mouth. Feel your rib cage relax. Do 3-4 more times.
4. Now, clasp hands together. Breathe **in** as you **lift arms up** (only as high as comfortable).
5. Breathe slowly **out** as you **lower** your arms. Do 3-4 more times.





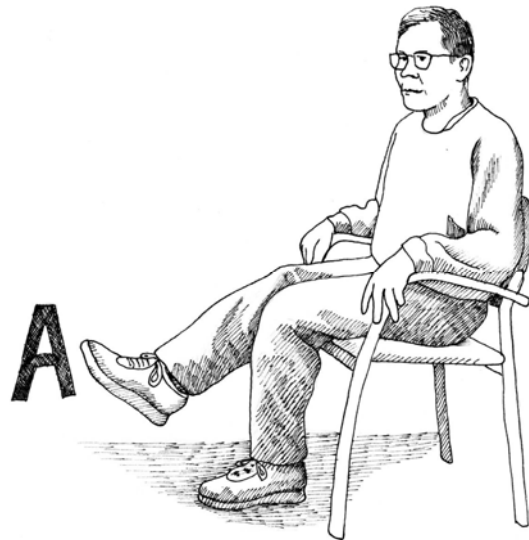
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### 4. Letters in the Air (sitting)

1. Make a letter “A” in air with one leg. Rest.  
Do the same with the other leg. Rest.
2. Make a letter “B” in air with one leg. Rest.  
Do the same with the other leg. Rest.

#### Too easy?

- Do more letters in same way. Goal: Do all letters of the alphabet with each leg.
- Do several letters in a row with same leg. Relax.  
Repeat with other leg.
- Make bigger letters in the air.

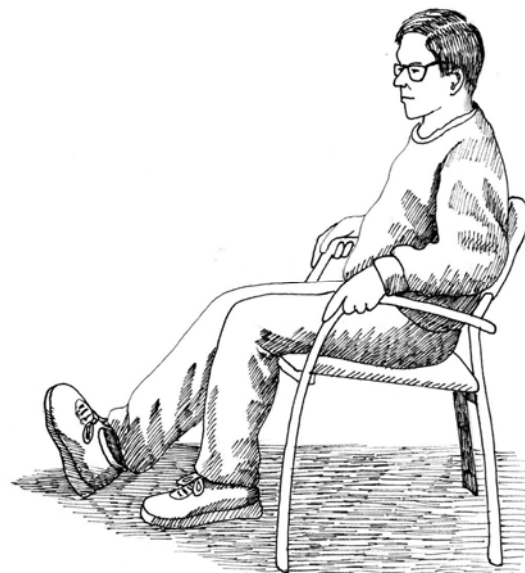


### 5. Tap Dancing (sitting)

1. Tap one **heel forward** and return, **sideways** and return.
  - Do the same with other foot.
  - Do 2–3 more times with each foot.
2. Tap **once** with one heel, then **once** with other heel.  
Repeat, alternating feet 2 - 3 more times.

#### Too easy?

- Slowly do more (up to 15 times each leg).
- Do it faster.
- Hold one arm up while tapping heels.
- If still too easy, hold both arms up while tapping heels.
- Say the days of the week forward then backward or the months of the year forward and then backward or count backwards by 3 from 100 or other fun brain activities while doing the heel taps.





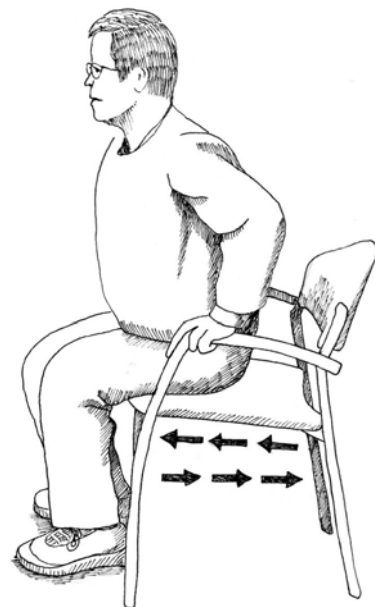
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## 6. Buttock Walk (sitting)

1. Lift and shift one buttock **forward**, then other buttock forward (scooting) to move forward in chair.
  - Do the same going **backward**.
  - Do 2-3 more times forward and backward.

### Too easy?

- Slowly do more (buttock walk forward and back, up to 15 times each direction).
- Hold one arm out to side while doing buttock walk.
- If still too easy, hold both arms out to side.
- Sing a song or recite a poem while doing the buttock walk.



## 7. Buttock Lifts and Sit to Stand

If needed, sit closer to the front of the chair.

Make sure your feet are close to the chair and far enough apart.

1. Put hands on armrests of chair or on thighs.
2. Lean forward. Push heels into floor as if going to stand. Hold. Relax. Do 2-3 more times.
3. This time, **lift** buttocks up off chair slightly. Feel the weight through your feet. Sit back down. Relax. Do 2-3 more times.

### Too easy? Sit to Stand

- If using a walker, position it in front, with the brakes on.
- Place hands on armrests or thighs. Lean forward, feeling the weight through your feet. **Stand up**.
- Stand for 5 seconds, holding onto walker if needed.
- **Slowly** sit down. Reach back to hold onto armrests if needed. Repeat 2 to 3 times.

### Too easy?

- Slowly do more (up to 15 buttock lifts and 15 stands).
- Slowly use your arms less until you can stand without using your arms at all.

