Have A Seat

1. Grab a chair and place it in front of you.
2. Now sit, then stand, then sit, then stand.
3. Repeat 5 or 6 times.
4. This round sit half-way down, stand, sit half-way down and hold for 10 seconds, stand.
5. Repeat 5 or 6 times.
6. This time sit, then raise your bottom two inches off the seat and stay that way for 10 seconds, then stand.
7. Repeat 5 or 6 times.
8. For this last round, do a quick “barely-sit” and then stand. Repeat 10 or 12 times.
9. Now have a seat and think about how physical activity makes you stronger!

Activity adapted from Take Time: Physical Activity Program

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