

# Stay Strong Stay Healthy



## Cool down



John Hancock Center for Physical Activity & Nutrition  
Friedman School of Nutrition, Science & Policy  
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Adapted from the Strong Woman Program:  
A National Fitness Program for Women

UNIVERSITY OF MISSOURI  
**Extension**

equal opportunity/ADA institution

MP 696 New 7/07, Revised 1/11



# Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



10 dives



10 raised arm circles  
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches