

Try This: Sit and Get Fit! On YouTube

Paul Eugene presents Chair Aerobics with a flair that keeps you engaged.



Enter the addresses below (beginning with www) into the address window at the top left of your computer screen or at the top of your smartphone screen.

Chair Dance Fitness Aerobics 4 Seniors Baby Boomers & Anyone Else

www.youtube.com/watch?v=ceN2VscHCI4

Chair Aerobics 1 Full Version! 100% Seated Fun Energetic Workout!

www.youtube.com/watch?v=HZkfQA-h8YI

Senior Chair Fitness Exercise - 100% Seated Dance Cardio Workout!

www.youtube.com/watch?v=NbioVF_wALQ

Latin Chair Salsa Workout

www.youtube.com/watch?v=YI1CR6cmPe0

Sit, Exercise to get fit---On the Beach!

www.youtube.com/watch?v=NtQ6smbuEMo

If you are on **supplemental oxygen**, check your oxygen saturation frequently at first and adjust oxygen accordingly. If you are **more than moderately short of breath**, limit arm movements until breathlessness decreases. Add limited arm movements if you are able. If you have **heart failure** or are on **sternal precautions**

from recent surgery, avoid overhead movement. As always, **avoid movement that hurts.**