

# Chair Aerobics: You Can Take This Sitting Down

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Ever felt helpless because you wish to get more active but your arthritic knees do not seem to cooperate with you? Or perhaps due to certain medical conditions, you have to spend a great amount of time on the chair? Then, chair aerobics may be a way to tear down that barrier to exercise!

Chair aerobics is a form of aerobic exercise where the participant stays seated in a chair for the duration of the exercise session. Normally targeted at those with mobility problems, chair aerobics aims to give a complete workout while limiting the stress and strain on joints.

You can choose your own pace when performing chair aerobics. You can also choose how hard you want to work yourself out. A strengthening component can be added to the exercise by using dumbbells, exercise bands and ankle weights. If you are not keen to spend on such accessories, filled-up water bottles can be used as weights too.

A typical aerobic workout consists of a **warm-up** (at least 5 to 10 minutes), **aerobic work** (approximately 30 minutes or longer), **cool-down** (at least 5 to 10 minutes or longer if needed for heart rate recovery) and stretching/relaxation (at least 5 to 10 minutes if time permits). If you find yourself unable to endure longer periods of exercise, you can always shorten the actual workout by half.

Here are some illustrations of the exercises you can do:

你可曾想要活得更积极, 但因为您的膝盖关节炎, 而无法参与活动? 或由于一些医疗情况, 你必须长时期坐在椅子上。椅上运动可能是一种排除这些障碍的方式。椅上运动是一种有氧运动形式, 参与者会坐在椅子上进行这项运动。这项椅上运动适合行动不便的人, 为长时期需坐在椅上的人提供一个完整的训练, 减低对关节所造成的压力。

您可以选择适合自己的步伐和运动量来做椅上运动。您也可以选择运用哑铃、运动松紧带或脚踝哑铃的重量, 来加重您的运动量。如果您不要花钱购买这些器材, 填满水的瓶子, 也可以用来当作哑铃。

一个基本的有氧锻炼运动, 将包括热身(至少5到10分钟), 有氧运动(约30分钟或更长的时间), 缓身(至少5到10分钟或更长时间, 如果需要心率恢复)和拉伸/松弛(如果时间允许, 至少5到10分钟)。如果您发现您只能忍受较低的运动量, 可把运动量缩短一半。以下是一些椅上运动的图片供您练习:

## Chair Warm-Up Techniques

Never stretch a "cold" muscle. The following pictures show how you can warm up:

未热身之前, 切勿做伸展运动。以下图片能教导您如何热身。

a) Do Marching On The Spot (MOTS) while sitting down, combined with hand movement (hand clenching and punching into the air)  
坐在椅子上, 两脚原地踏步, 可配合手部动作, 双手紧握或向空中击拳。



b) Turn the toes inward and outward for 8 counts of 8.  
双足向内转, 再向外转, 重复8次。持续8回。



c) Alternate between heel raises and toe raises for 8 counts of 8.  
脚跟提高, 再提高脚趾, 重复8次。持续8回。



d) Bend and extend the elbows for 8 counts of 8.  
双肩提至90度, 弯曲手肘, 然后伸展出去, 重复8次。持续8回。



e) Bend and extend the wrists for 8 counts of 8.  
双肩提至90度, 往下弯曲手腕, 然后手腕往上弯曲, 重复8次。持续8回。



**Stretching of Muscles:** Perform each action at least 2 times, hold for at least 10 seconds in each position.

伸展运动: 每个动作重复2次, 每个姿势静止10秒钟。

(a) Neck (颈项)

Lower ear towards shoulder on any side, hold for at least 10 seconds, then repeat the movement on the other side.

把头侧弯, 静止10秒钟, 朝向另一方重复同样的动作。



Look up, without hyper-extending the neck, hold, and then look down.

仰望, 静止10秒钟, 俯视。



Neck Rotation: turn head toward shoulder. Repeat on the other side.

颈部旋转至一边, 静止10秒钟, 朝向另一边重复同样的动作。



(b) Shoulders (肩膀 - 三角肌)



(c) Triceps (肱三头肌)



(d) Biceps (肱二头肌)



(e) Lower Back (腰部)



(f) Chest (胸肌)



(g) Back (背部)



(h) Hamstrings (后腿 - 股二头肌)



(i) Calf (腓)



(j) Toes (脚趾)



**Aerobic Exercises (有氧运动)**

(a) Start off with MOTS again.

(8 sets of 8 repetitions)

重新原地踏步。(8 X 8次)

Punch into the air. (8 sets of 8 repetitions)

朝天空拳击。(8 X 8次)



(b) With arms outstretched, open and close fist. (8 sets of 8 repetitions)

双肩向前伸直, 张开掌心, 然后握拳。(8 X 8次)



(c) Clap hands in sync with MOTS. (8 sets of 8 repetitions)

随着原地踏步的节奏, 拍手。(8 X 8次)



(d) Alternate hand movements between clapping and snapping of fingers in sync with leg movements.

随着足部的节奏, 互相交替拍手和捻手指的手势。



(e) Instead of marching on the spot, leg movement can be changed to add a bit of coordination work to it. (See below)

除了原地踏步, 你可以更改足部活动, 以练习手脚配合的能力。

Chinese figure of 8 walk (走八字步)



(f) Master the leg movement first before adding the hand movement again. 先学会足部活动，才加上手部活动。 While working on the legs, you can shape your biceps by using water bottles to provide some resistance. 你可以一面锻炼足部，一面利用水瓶锻炼肱二头肌。



(g) Instead of MOTS, the leg work can be changed to leg extensions. 原地踏步可以更改成腿部伸展。



(h) When extending either leg out to the side, flex both elbows in the same direction. 腿部向侧伸展，双肘朝同一方向弯曲



(i) Increasing the challenge: perform the same leg movement as before, but flex both elbows in the opposite direction. 增加挑战性：腿部向侧伸展，双肘朝相反的方向弯曲。



(j) If you are able to perform some standing exercises, that will be even better. You can perform the following exercises after you have completed the chair component. 如果做完椅上运动后，你还不累，能起立作一些简单的运动，那会对你更有益处。

(k) Modified Squat (半蹲)



Note: the knees must not extend beyond the toes. 注意：膝盖不得伸过脚趾。

(l) Hip extension (向后踢腿)



(f) Hip Abduction (向侧踢腿)



## Post Aerobic Cool-Down Exercises

Repeat the steps you did for warm-up, including stretching. Slow your pace down gradually as the aim is for the heart rate and blood pressure to return to resting level. Conclude your workout with relaxation breathing exercise. Perform relaxation breathing for about 3 to 5 times.

### How to make your exercise session more interesting

- Use a piece of music or song that you like for your workout. Make sure that it is light and pleasant.
- Do not fret if you are unable to follow the tempo closely. Just exercise at your comfortable pace.
- If possible, get a friend or family member to join you.

The above exercises are just some of the various movements you can do while sitting on a chair. There are plenty of resources such as books and online references that you can use to learn new exercises and movements. Enjoy your workout!

### 有氧运动之后的缓身

重复运动前，热身运动的步骤，包括伸展运动。逐渐放慢步伐，以让心率和血压恢复到运动前的水平。用3到5次的放松呼吸来结束缓身运动。

### 如何更有趣的做运动

- 运动或锻炼身体时，使用一些您喜欢和轻快的亲音乐或歌曲。
- 不要为了跟不上步伐而烦恼。按造您本身舒适的运动步伐。
- 如果可能的话，鼓励您的朋友或家庭成员一起做运动。

上述运动只是一些供您参考的椅上运动之一。您也可以从书本或互联网上学习其他姿势和运动。祝您运动愉快！