

Tall Sit

Posture &
Core Strength

Get Ready

Sit comfortably, towards edge of chair. Head over shoulders, shoulders over hips, chin level, feet flat on floor.

Improve your posture and strengthen your back

Lengthen Spine

Inhale deeply and lift ribs to lengthen spine. Pull in abdominals and brace midsection

Keep it Tall

Exhale slowly. Stay tall, pull shoulder blades back and down. Hold Tall Sit 3-5 seconds



Make it easier

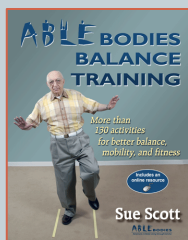
Sit all the way back in chair (Hips touch back of chair, but not your back).

Take it Further

- Hold Tall Sit longer: 10-30 seconds
- Add Genie Arms: Fold arms and hold them up, away from chest
- Add simple arm movements, like arm swings to Tall Sit

Be Safe

Do only what is comfortable and feels good
Stop or adapt the activity if uncomfortable



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