**Tall Sit**

**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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Available in Able Bodies Balance Training, page 113