



Teeter Totter Chair Stands

Get Ready

Sit Tall at front of chair, feet on floor. Heels behind knees & lifted

The Moves



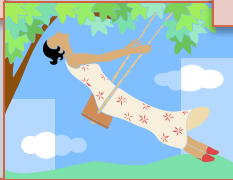
Lean Back



Lean Forward



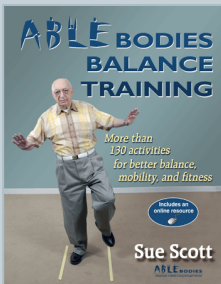
Stand Up!



Think of a playground swing. Connecting the movements of leaning back and forward generate momentum . . . upwards
Lean back, lean forward, stand up!

Be Safe

Use a sturdy chair and/or hand railing.
Stop or adapt activity if uncomfortable.



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