

CHAIR YOGA

for Weight Loss

**1. Seated
Jumping
Jacks**



**2. High
Knees**



**3. Arm
Raises**



**4. Leg
Kicks**



**5. Side
Bends**



6. Sitting



7. Punches



**8. Seated
Bicycle**



**9. Arm
Circles**



**10. Seated
Jog**



**11. Side
Leg Lifts**



12. Rowing



**13. Cross
Punches**



**14. Knee
Extension**



**15. Heel
Digs**



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16. Elbow to Knee



17. Seated Skaters



18. Seated Crunch



19. Inner Thigh Squeeze



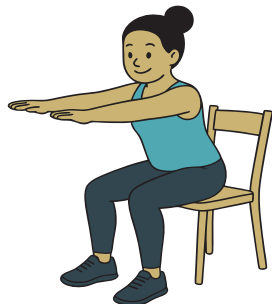
20. Lateral Leg Lifts



21. Torso Twists



22. Seated Squat



23. Forward Punches



24. Seated Mountain Climber



10. Seated Toe Touches



11. Seated Side Punches



12. Seated Calf Raises



13. Foot Taps



14. Seated Overhead Reach with Side Stretch



15. Seated March with Arm Swings





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PROGRESS TRACKER

1.♡	2.♡	3.♡	4.♡	5.♡
6.♡	7.♡	8.♡	9.♡	10.♡
11.♡	12.♡	13.♡	14.♡	15.♡
16.♡	17.♡	18.♡	19.♡	20.♡
21.♡	22.♡	23.♡	24.♡	25.♡
26.♡	27.♡	28.♡	29.♡	30.♡

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HELPFUL HINTS



Start Slow and Gentle

Ease into each stretch—never force your body into a position. Flexibility builds gradually.



Breathe with Intention

Always inhale through your nose and exhale through your mouth during each movement. Your breath should guide the stretch.



Hold Each Stretch 20–30 Seconds

Use a timer or count slowly to ensure you're spending enough time in each position for benefits to take effect.



Stay Consistent

Aim to stretch at least 4–5 days a week. Daily short sessions are more effective than long, inconsistent ones.



Warm Up First

Always warm up with light movement before stretching—like walking or arm circles. Never stretch cold muscles.



Balance Both Sides

Do each stretch on both sides of the body to promote symmetrical flexibility and reduce imbalances.



Maintain Good Posture

Focus on alignment. Even in seated or floor poses, keep your spine tall and chest open.



Track Your Progress

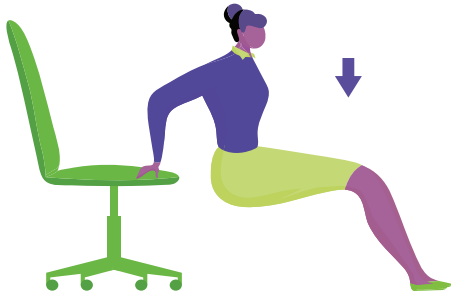
Use a 30-day tracker or journal to stay motivated. Mark your improvements and how your body feels after stretching.



Be Patient With Your Body

Flexibility improves over time. Celebrate small wins and enjoy how good your body feels after each session.

Daily Workplace Easy Desk Stretches



Tricep Dips Down



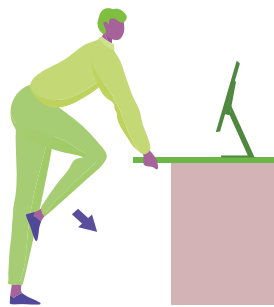
Tricep Dips Up



Seated Side Stretch



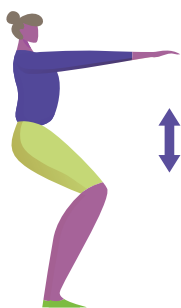
Standing Chair Chest Opener



Standing Desk Stretch



Stand Side Bend



Chair Squat



Seated Leg Extension



Seated Alternating Knee Lifts



Standing Arm Stretch



Standing Quad Stretch



Standing Knee Raise

30 Day Health Challenge



Chew 30 times	Drink a lot of water	Eat six small meals a day	Eat more fruits	Drink herbal tea
Eat mindfully	Avoid salt	Don't eat processed foods	Laugh and smile	Don't deprive yourself
Take a cold shower	Walk to work	Do chair yoga exercises daily	Eat more vegetables	Regular doctor checkups
Keep in phone contact with friends	Make homemade food	Grocery shop mindfully	Don't eat past 7 pm	Stretch
Buy a herb plant	Use sunscreen	Walk with friends	Sleep for eight hours	Don't eat refined sugar
Focus on your posture	Give up weighing yourself	Avoid saturated fats	Eat lean meat	Eat whole carbs