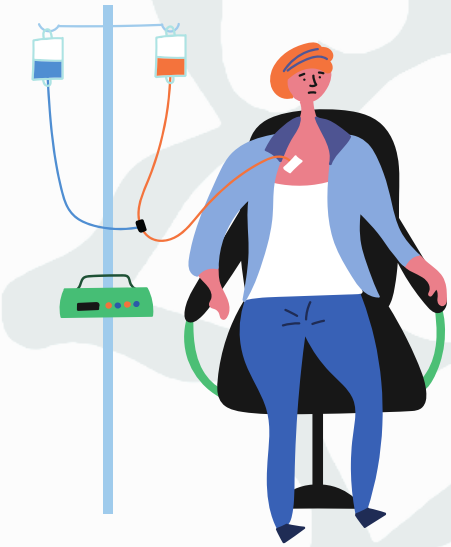
Exercising During Treatment:

Tips for low-impact exercise to tone your arms

This low-impact exercise can help you tone your arms.

Sarah Ayers, a certified personal trainer, explains how a small inflatable ball can give you a workout at the infusion center or at home. Here's how:

- **Sit a little forward in the chair and feel your sit bones firmly against the seat of the**
- **chair.**
- **Keep your feet flat on the floor and sit tall. That's like being a puppet and having a**
- **string at the top of your head that can be tugged so the crown of your head points to**
- **the ceiling, your ears are over your shoulders and your shoulders are over your hips.**
- **Breathe in through your nose and breathe out through your mouth.**
- **Hold a small inflatable ball between your palms, pointing your fingers toward the**
- **ceiling. Keep your elbows by your sides.**
- **Breathe in. As you breathe out, press on the ball.**
- **Repeat up to 10 times. Rest. Then try to do 10 more.**



notes

Always consult your physician before beginning any exercise program

(585)469-5727
7 Brickston Drive, Pittsford NY 14534
www.CancerWellnessConnections.org

cancer wellness connections