Sit to Stand Technique

1. **Shuffle forward:** Move to the edge of the chair before trying to stand.
2. **Feet back, under knees:** Tuck your feet in so they're slightly behind your knees – this creates a stronger push-off position.
3. **Lean forward:** Bring your nose over your toes before you start to stand – it's all about shifting your weight forward first.
4. **Use your arms wisely:** Place your hands on the arms of the chair or your thighs for a little boost but avoid yanking on furniture that might tip.
5. **Exhale as you stand:** Breathing slowly out engages your core and can make movement feel smoother.

These tips alone can make a surprising difference – but for lasting change, we need to strengthen the muscles that do the heavy lifting.

Sit to Stand Exercises

Exercise 1: Sit-to-stand from a higher surface

- Start from a dining chair, feet hip-width apart.
- Lean forward, stand up, then sit down slowly.
- Aim for 8–12 reps, 2–3 sets.

Exercise 2: Mini squats

- Stand holding a countertop or sturdy surface.
- Bend knees slightly, hips back, then push back up.
- Keep knees in line with toes.
- 10–15 reps, 2–3 sets.

Exercise 3: Step-ups

- Use the bottom step of your stairs.
- Step up with one foot, then the other, then step back down.
- Alternate leading legs.
- 8–10 each leg, 2–3 sets.

Exercise 4: Calf raises

- Stand holding on for balance.
- Rise onto your toes, then lower slowly.
- 10–15 reps, 2–3 sets.

Exercise 5: Hip mobility : The Slow March

- Sit tall on the edge of a chair.
- Gently lift one knee toward your chest, hold for 3–5 seconds, then switch.
- 10 reps for each leg.