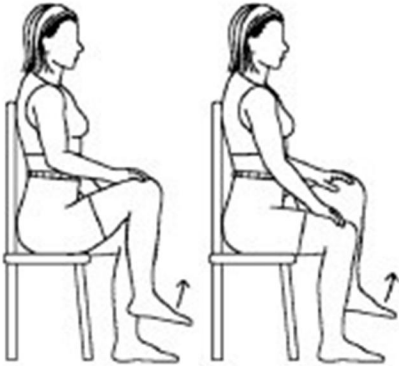


seated march

3 sets of 20

Strengthens core

Strengthens abs



Sit in a chair with your hips and knees at 90°. Lift your left leg up, then lower back down. Repeat with right leg.

Want a little more? After you lift your leg, straighten it out in front of you, then bend and lower back down.

The **seated march** is great for strengthening your core and abs.

Perform 3 sets of 20, 3 times per week. Start by sitting in a chair with your hips and knees at 90 degrees. Lift one leg up, lower back down, and repeat with the other leg. If you want a little more intensity try this instead: lift one leg, then straighten it out in front of you, bend and lower back down. Repeat with the other leg.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our