

Julie's top picks for starting your exercise program:

4-7-8 breathing: <https://www.medicalnewstoday.com/articles/324417#how-to-do-it>

Chair rise: <https://www.cdc.gov/steady/pdf/STEADI-Brochure-ChairRiseEx-508.pdf>

Sit to stand to sit: <https://www.vidawellness.co.uk/sit-to-stand-exercise-for-strong-legs-and-hips-video/>

Counter-top push-ups: <https://www.youtube.com/watch?v=ED9WXWdPM64>

Stair step-ups: <https://www.youtube.com/watch?v=NSmHKkt77s>

Flint Michigan PT stroke rehab at home: <https://www.flintrehab.com/physical-therapy-for-stroke-patients-at-home/>

Walking: <https://www.neurorehabdirectory.com/walking-and-stroke-recovery-what-you-need-to-know/>
Record your minutes in a log. Include housework and exercise. Give yourself credit for what you do daily.

Connect with your body and loved ones (pet, child, spouse, friend) with activity check-ins and shared activity.

Soup can arm strength exercises:

https://www.google.com/search?q=soup+can+arm+exercises&rlz=1C1CAFA_enUS621US629&oq=soup+can+arm+exercises&aqs=chrome..69i57.15839j1j7&sourceid=chrome&ie=UTF-8#kpvalbx=51UHYL3SB_uF9PwPp_CYuAQ9

If an arm or leg cannot complete the exercise, modify the exercise to do what you can. Assisting the stroke involved arm with the other arm is also a good strategy!

Additional websites with exercise ideas:

American Stroke Association-Keeping Moving after Stroke: <https://www.stroke.org/en/professionals/stroke-resource-library/post-stroke-care/patient-focused-rehab-resources/exercise-recommendations-after-stroke>

American Stroke Association: Post Stroke Exercise links: <https://www.stroke.org/en/help-and-support/resource-library/post-stroke-exercise-videos>

American College of Sports Medicine Exercise for health webpage:

https://www.exerciseismedicine.org/support_page.php/rx-for-health-series/

National Health Service: <https://www.nhs.uk/live-well/exercise/gym-free-exercises/>

National Council on (healthy) aging: <https://www.ncoa.org/healthy-aging/>

Very well fit: <https://www.verywellfit.com/exercise-on-a-budget-1231127>

The Ellen Langer study on how considering work exercise improved worker health:

https://dash.harvard.edu/bitstream/handle/1/3196007/Langer_ExcercisePlaceboEffect.pdf?sequence=1