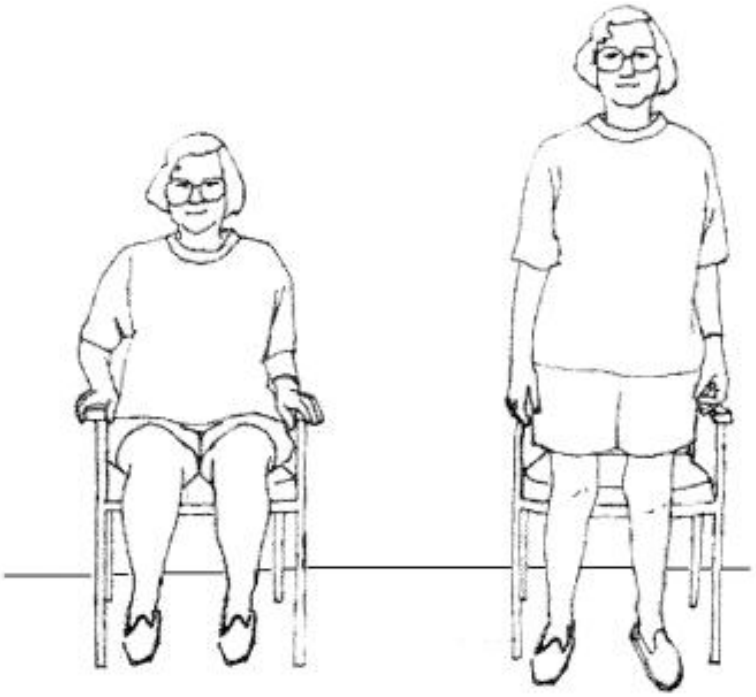
www.nshealth.ca

2026

Seated Balance Program
Sit to Stand



- Move to the front of your chair.
- Put both of your hands on the arms of your chair.
- Lean forward, look up, and then stand.
- Stand for _____ seconds.
- Reach back for the arms of your chair and sit down.
- Repeat _____ times.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: https://811.novascotia.ca

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