CHAIR-FIRST CARD · ADULTS 60+ ON A GLP-1

Seated start

For days when standing up from a chair still needs your hands.
Use a sturdy chair without wheels, next to a counter or wall. Move slowly. Breathe out on the effort.

1	**Seated march** Lift one knee, then the other, sitting tall	**30 seconds**
2	**Heel and toe raises** Feet flat, lift heels, then lift toes	**10 each**
3	**Seated leg extension** Straighten one knee, hold 2 seconds, lower	**6 each leg**
4	**Arm press** Press palms up toward the ceiling and lower	**8**
5	**Hands-on sit-to-stand** Push from the armrests, stand, sit slowly	**3 to 5**

Tick a box each time you do the card (2 or more days a week)

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Session 1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

30-second chair stand (arms crossed, same chair, same time of day)

START	WEEK 4	WEEK 8	WEEK 12
_____ stands	_____ stands	_____ stands	_____ stands

General information, not medical advice. Talk to your clinician before starting, especially after a fall, fracture, dizziness or pain.
Stop if you feel chest pain, dizziness, unusual shortness of breath or sharp pain. Sources: CDC guidelines for adults 65+ (2025); CDC STEADI (2017).
Made by Honest Little Apps. Free to print and share. Sturdy: Strength on GLP-1 is a free iPhone app.

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Supported start

For people who stand fine but like a counter or rail close by.

Use a sturdy chair without wheels, next to a counter or wall. Move slowly. Breathe out on the effort.

1	**Sit-to-stand** Hands on thighs or crossed, stand tall, sit slowly	**5 to 8**
2	**Supported heel raises** Hold the counter, rise onto toes, lower	**8 to 10**
3	**Wall push-up** Hands on the wall at shoulder height	**6 to 10**
4	**Standing march** Hold the counter, march in place	**30 seconds**
5	**Side steps** Step sideways along the counter and back	**5 each way**

Tick a box each time you do the card (2 or more days a week)

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Session 1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

30-second chair stand (arms crossed, same chair, same time of day)

START	WEEK 4	WEEK 8	WEEK 12
_____ stands	_____ stands	_____ stands	_____ stands

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Standing start

For people who stand easily and want a little more challenge.

Use a sturdy chair without wheels, next to a counter or wall. Move slowly. Breathe out on the effort.

1	**Sit-to-stand, arms crossed** Stand fully, sit down slowly over 3 seconds	**8 to 12**
2	**Heel raises, fingertip support** Light touch on the counter only	**10 to 15**
3	**Counter push-up** Hands on the kitchen counter, body straight	**8 to 12**
4	**One-leg stand** Near the counter, hands ready	**up to 20 s each**
5	**Bottom-stair step-up** Hold the rail, step up and down	**6 each leg**

Tick a box each time you do the card (2 or more days a week)

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10	Wk 11	Wk 12
Session 1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 3	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Session 4	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

30-second chair stand (arms crossed, same chair, same time of day)

START	WEEK 4	WEEK 8	WEEK 12
_____ stands	_____ stands	_____ stands	_____ stands

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