Your chair. Your space.

A checklist to keep beside you

Use the boxes as reminders, not a pass/fail test.
This sheet contains no exercise routine or medical clearance.

- [ ] **Chair condition**
  Check for damage, looseness or wheels. Read the maker's use and load limits.
- [ ] **Floor and space**
  Check the surface and remove objects that could obstruct the chair or your space.
- [ ] **Seat fit**
  Consider whether the seat supports your usual sitting position. Ask for help if the fit is uncertain.
- [ ] **Lesson format**
  Look for an explicit seated-only description. A chair in the picture does not mean the whole class stays seated.
- [ ] **Screen and sound**
  Check that you can see the demonstration and read the text or captions before you begin.
- [ ] **Pause and access**
  Find the pause control. Check whether an account, payment or subscription is required.
- [ ] **Individual guidance**
  If you are unsure an activity suits you, ask a health professional involved in your care.

A question I want to check:

Chair guidance: NHS, Sitting exercises (checked November 4, 2026).
nhs.uk/live-well/exercise/sitting-exercises/