

For most people a good workout might include a treadmill, exercise bike or aerobics. But personal trainer Daryl Madison says you can also get fit while sitting in a chair.

Madison is the founder of Chair-A-Cise, an exercise program that offers strength training, toning and cardio while sitting in a chair.



Daryl Madison

“It has everything your basic fitness program consists of,” said Madison, who works with clients in several senior centers including Austin Drive Senior Campus, Brennon Towers and one-on-one with seniors at the DeKalb Wellness Center.

While working at the Austin Drive Senior Campus, Madison noticed a need that was not being met.

“Over the course of three years I saw the ‘new breed seniors’ pay more attention to fitness,” Madison said. “So the extreme slow pace movement wasn’t working for them; they want to be a little more challenged today.”

Although they wanted to get more active, Madison said many of the seniors had lower back problems, diabetes – which restricts them from standing for long periods – and knee problems.

Madison, also the owner of Lifestyle Fitness, said the program is something that had never been done before. He produced the first DVD - which sells for \$20 - in September 2007, with himself and two clients doing the 30-minute routine, and now uses it for his classes and one-on-one in home training.

Sitting in a chair, participants hold 1- to 5-pound dumbbells while doing chest presses, leg lifts and running in place.

Madison said he created the program with the goal of getting seniors more active, but anyone can benefit it.

“For the advanced people it’s just a matter of changing the weight, but you don’t need a lot of weight because the program



McKENZIE JACKSON / CROSSROADSNEWS

The Chair-A-Cise program, which combines light weights and aerobic movements to give participants a physical workout while seated, is ideal for seniors and people with lower back or other problems.

he said.

And Jennifer Bennett can attest to that. Bennett is the director and a participant of Living Informed Vibrant Empowered (LIVE) Lives Without Obesity program at Messiah’s House Church in Stone Mountain.

At 250 pounds with knee problems, she said Chair-A-Cise is ideal for her and many

“I have to run for the water cooler, exhausted and sopping sweat just like I were doing aerobics,” said the Stone Mountain resident.

“But it also teaches us how to leverage our back onto the back of the chair to give us that kind of support while working out.”

Madison, who also oversees the fitness programs in the LIVE program, said

strength training is done at the same time, instead of having to split the routine up.

This year he will be releasing an advanced version that will invite a more diverse audience including older men.

“I want people to know that anyone can do it just depends on how much effort you put into it,” he said.

For more information, visit www.chairacise.com