

Class 1: Gentle Start

A complete, ready-to-run 30-minute chair exercise class for a group of older adults: all seated, all small movements. It comes from the ElderlyDaily Chair Exercise Class Kit, and you are welcome to print it and use it with your group.

1

Read pages 5 and 6 once

The room, chair and staffing checklist, who should check with their care team first, and the signs to stop.

2

Open with the welcome on page 7

Page 7 also has tips for teaching a seated class: mirror the group, show each move first, count and breathe out loud.

3

Follow the class plan on page 8

Warm-up, main set and cool-down, timed to about 30 minutes, with the count for every move.

4

Print the cue cards, pages 21 to 25

Cut them apart and put them in the order of the plan. Each card has the steps to say, the breath cue and an easier option.

5

Put the slides on the TV (optional)

The separate slides PDF opens with the kit's index slide; Class 1 starts at slide 2, as the plan says. Use full-screen view.

Page numbers

These pages keep their numbers from the full Class Kit, so "card p. 21" on the class plan is the page marked 21 at the bottom. Page 25 has one card from Class 2 as well.

The full Class Kit

12 classes in three series (chair yoga, chair tai chi and supported balance), 60 cue cards, 162 display slides, an attendance log, a monthly calendar, class notes and 3 resident handouts, plus a Program Pack with a substitute instructor guide and a 12-month planner. Facility license. shop.elderlydaily.com/l/chair-exercise-class-kit

Gentle group exercise ideas for activity programs, not medical advice or therapy. Follow your facility's policies and each resident's care plan. Free to print and use with your own group; please don't sell it or post the files online.

Room, Chairs & Staffing

Chairs

- ☐ A solid, stable chair for everyone, with no wheels and no swivel
- ☐ No armrests in the way, if you have the choice
- ☐ Feet can rest flat on the floor
- ☐ For standing moves: a second sturdy chair, back toward the resident, that cannot slide (or a rail or counter)

Room

- ☐ Chairs in a curve, an arm's length apart, so everyone can see you
- ☐ A clear floor: no rugs, bags or cords
- ☐ Water within reach for everyone
- ☐ The screen where the whole group can see it

Residents

- Loose, comfortable clothing and non-slip shoes
- Glasses and hearing aids on
- Walking aids parked within reach, not in the way
- Anyone who uses a wheelchair stays in it with the brakes on, and does the seated moves

Staff

- A second staff member or volunteer in the room for any standing moves
- You know how to call for help, and where the phone is
- You have checked the residents' care plans for anything they should avoid

For Classes 9 to 12: leave space beside each support chair for a short step forward, and keep each resident's own chair directly behind them.

Chair, clothing and water advice follows the NHS "Sitting exercises" guide; "no swivel" is from ElderlyDaily's Chair Tai Chi setup, and non-slip shoes from ElderlyDaily's Chair Yoga and Tai Chi Walking safety pages.

Check with the resident's care team first if they have

A heart condition, uncontrolled blood pressure, recent surgery or a joint replacement, dizziness, a recent fall, or a lung, bone or balance condition, or if you are not sure the moves suit them. After a hip replacement, check the resident's own hip precautions before any move that bends forward from the hips, crosses the legs or ankles, or twists. Cards for these moves carry a reminder, but other moves may also be restricted.

Stop the move, help them sit, and let them rest if they have

- Chest pain, pressure or tightness
- Dizziness, light-headedness or feeling faint
- Unusual shortness of breath
- Sharp or increasing pain in a joint
- Feeling unsteady or close to losing balance

Call your emergency number

If someone has chest pain or severe breathlessness, stop the class, follow your facility's emergency procedure and call 911 (or your local emergency number) straight away.

Rules for every class

- Every move is done slowly, only as far as is comfortable: no pain, no forcing
- Breathe in as the arms rise or open, and out as they lower or push. Never hold the breath.
- Standing moves only for residents who can stand steadily, always holding a chair, with a second staff member in the room
- Stand up slowly, and hold the chair for a moment before starting a standing move
- Anyone may stay seated for any move, or rest at any time

Sources: ElderlyDaily Chair Yoga, Chair Tai Chi and Tai Chi Walking safety pages, adapted for group settings; NHS "Sitting exercises" (check with a GP or health professional if unsure). The CDC recommends that older adults do muscle-strengthening activities at least 2 days a week, plus activities to improve balance, as part of their weekly activity.

Tips for Teaching a Seated Class

1

Face the group and mirror them

Sit facing the residents (stand at your own chair for standing moves). When you say "right arm", use your left, so they can copy you like a mirror.

2

Show first, then say it

Demonstrate the move once before the group starts. Keep the words short: one step at a time.

3

Count out loud, and breathe out loud

Slow, even counts. Cue the breath every time: "breathe in as the arms rise".

4

Offer the easier and the stronger option

Every cue card has both. Say the easier one first, so nobody feels they are falling behind.

5

Watch faces, not just arms

Look for strain, breath-holding or confusion. Slow down or switch to the easier option.

6

Keep it the same each week

The same welcome, the same warm-up and the same closing help residents, especially those living with memory loss, know what comes next.

7

End calmly

Finish seated. Ask everyone to sit quietly for a moment before they stand, and to have some water.

Say this to open every class

"Welcome. Sit toward the front of your chair with your feet flat. Move only as far as feels comfortable, and if anything hurts or you feel dizzy, stop and tell me."

Class 1: Gentle Start

All seated, all small movements: breath, neck, shoulders, wrists, ankles and an easy march.

Who: Every group, and the first class of any term. Equipment: Sturdy chairs only.

Welcome · 3 min

Open with the welcome on page 7. Ask how everyone feels today. Display slides: start at slide 2.

Warm-up · 6 min

☐ Seated Mountain	5 slow breaths	card p. 21
☐ Seated Deep Breathing	5–8 breaths	card p. 21
☐ Seated Shoulder Rolls	5 each way	card p. 22

Main set · 14 min

☐ Seated Neck Release	3 breaths each side	card p. 22
☐ Seated Overhead Reach	5 times	card p. 23
☐ Wrist & Finger Stretch	3 breaths each hand	card p. 23
☐ Seated Ankle Circles	5 each way	card p. 24
☐ Seated Marching	10–20 steps	card p. 24
☐ Seated Shoulder Rolls <i>Second round</i>	5 each way	card p. 22
☐ Seated Ankle Circles <i>Second round</i>	5 each way	card p. 24
☐ Seated Marching <i>Second round</i>	10–20 steps	card p. 24

Cool-down · 5 min

☐ Seated Relaxation	1–3 minutes	card p. 25
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Close · 2 min

Sit quietly for a moment. Water. Thank everyone and tell them what is next week.

CLASS NOTES

Cue Cards



CHAIR YOGA · SEATED

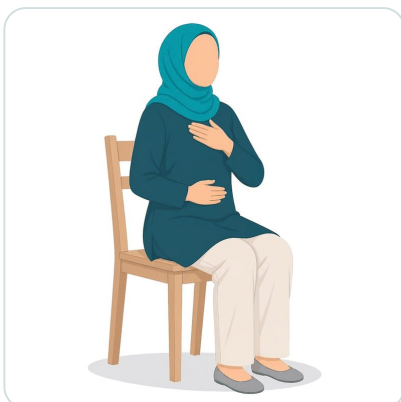
Seated Mountain

5 slow breaths

- 1 Sit toward the front of the chair, feet flat and hip-width apart.
- 2 Lengthen up through the top of your head; let your shoulders relax down.
- 3 Rest your hands on your thighs and breathe slowly.

Easier: Sit back against the chair for support.

A little more: Sit tall without the backrest for a few extra breaths.



CHAIR YOGA · SEATED

Seated Deep Breathing

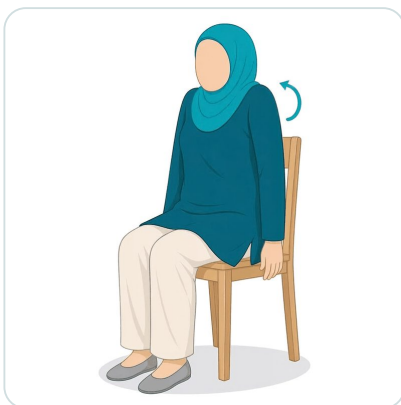
5–8 breaths

- 1 Sit tall with one hand on your chest and the other on your upper stomach.
- 2 Breathe in slowly through the nose and feel your lower hand rise.
- 3 Breathe out gently, a little longer than the in-breath.

Easier: Simply breathe naturally and notice each breath.

A little more: Count 4 in and 6 out.

Cue Cards



CHAIR YOGA · SEATED

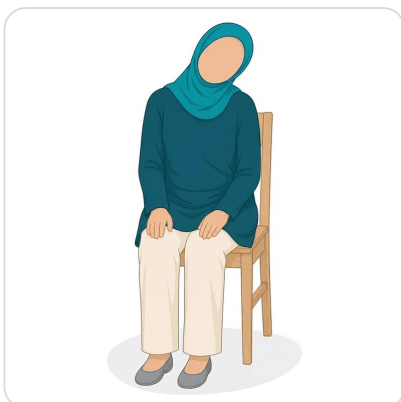
Seated Shoulder Rolls

5 each way

- 1 Sit tall with your arms relaxed by your sides.
- 2 Lift your shoulders toward your ears, then roll them back and down.
- 3 Keep the circles slow and smooth.

Easier: Just lift and lower the shoulders.

A little more: Add the same number of circles forward.



CHAIR YOGA · SEATED

Seated Neck Release

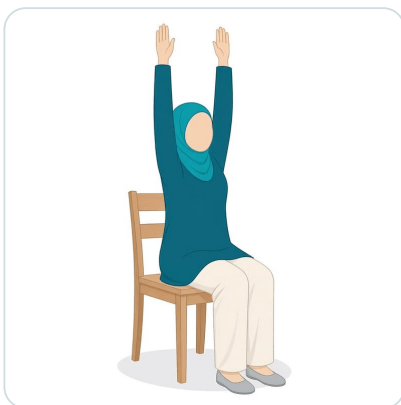
3 breaths each side

- 1 Sit tall and let your shoulders drop.
- 2 Slowly tilt one ear toward the same shoulder, only as far as is comfortable.
- 3 Return to center and repeat on the other side.

Easier: Make the tilt very small.

A little more: Rest a hand lightly on your head — never pull.

Cue Cards



CHAIR YOGA · SEATED

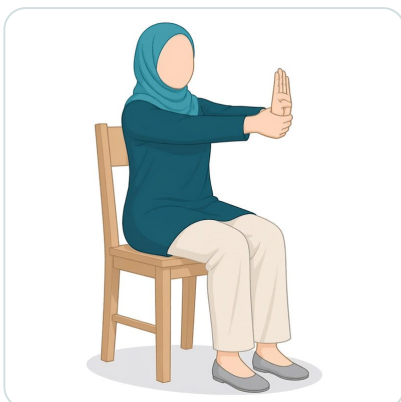
Seated Overhead Reach

5 times

- 1 Sit tall with your hands in your lap.
- 2 Breathing in, raise both arms forward and up as high as is comfortable.
- 3 Breathing out, lower them slowly.

Easier: Raise your arms to shoulder height only.

A little more: Interlace your fingers and reach up.



CHAIR YOGA · SEATED

Wrist & Finger Stretch

3 breaths each hand

- 1 Hold one arm forward, palm facing out, fingers pointing up.
- 2 With the other hand, gently ease the fingers back toward you.
- 3 Release, shake out the hand, and switch sides.

Easier: Simply open and close your fingers.

A little more: Finish with slow wrist circles.

Cue Cards



CHAIR YOGA · SEATED

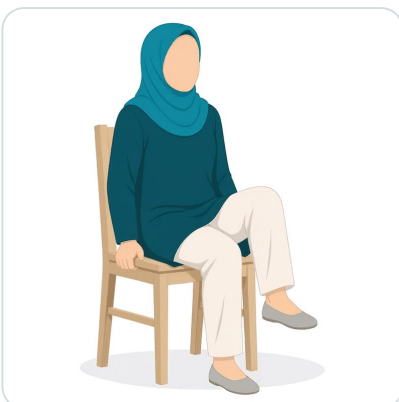
Seated Ankle Circles

5 each way

- 1 Sit tall and hold the sides of the chair.
- 2 Lift one foot slightly and circle the ankle slowly.
- 3 Change direction, then switch feet.

Easier: Keep the heel down and tap your toes.

A little more: Trace the letters A to E with your toes.



CHAIR YOGA · SEATED

Seated Marching

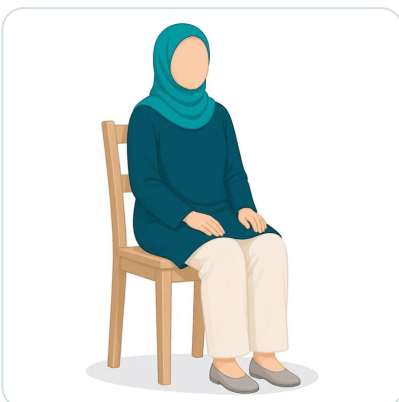
10–20 steps

- 1 Sit tall and hold the sides of the chair.
- 2 Lift one knee a little, lower it, then lift the other.
- 3 Keep a steady, comfortable rhythm.

Easier: Lift your heels only.

A little more: Add gentle arm swings.

Cue Cards



CHAIR YOGA · SEATED

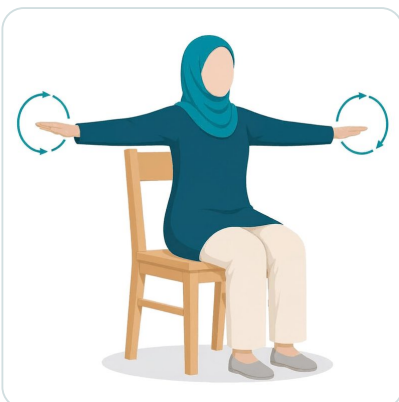
Seated Relaxation

1–3 minutes

- 1 Sit comfortably with your hands open on your lap.
- 2 Close your eyes if you like and let your body soften.
- 3 Notice your breath for a minute, then get up slowly.

Easier: Keep your eyes open and just rest.

A little more: Stay for 2–3 minutes.



CHAIR YOGA · SEATED

Seated Arm Circles

10 each way

- 1 Sit tall and stretch your arms out to the sides at shoulder height.
- 2 Make small, slow circles forward with your hands.
- 3 Lower your arms to rest, then circle backward.

Easier: Bend your elbows, or circle one arm at a time.

A little more: Make the circles a little bigger.