

LARGE PRINT



Chair Exercises

for Seniors

9 gentle seated exercises, with pictures

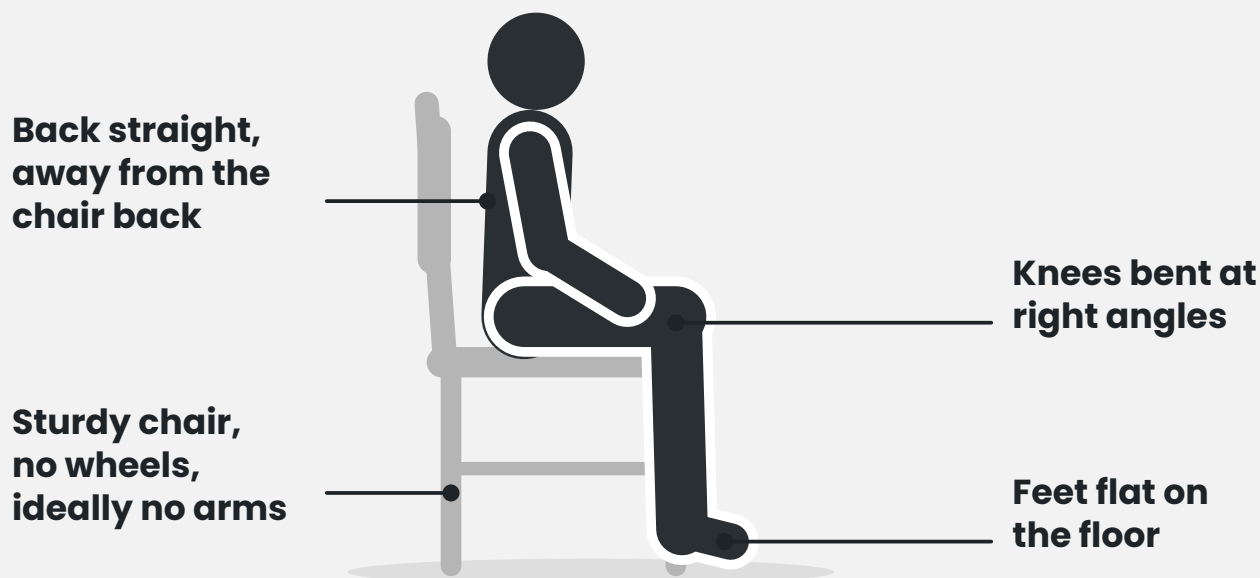
Before you start • routine at a glance • step-by-step exercises • weekly chart

Exercises from the NHS and Harvard Health • print as many copies as you like

Free from ElderlyDaily.com

Before You Start

SET UP YOUR CHAIR • A FEW SIMPLE SAFETY STEPS



STAY SAFE

- ✓ **Check with your doctor first**
if you are not sure these exercises suit you, or you have been told to limit activity.
- ✓ **Wear loose, comfortable clothes**
and keep a glass of water nearby.
- ✓ **Move gently, only as far as is comfortable.**
Stop if an exercise hurts.
- ✓ **Start slowly.**
Do fewer repeats at first and build up over the weeks.
- ✓ **Aim for at least two sessions a week.**
Tick them off on the chart at the back.

Your Chair Exercise Routine

ALL 9 EXERCISES ON ONE PAGE • ABOUT 15 TO 20 MINUTES • KEEP IT BY YOUR CHAIR

1 WARM-UP



Seated March

15–20 sec, rest, x 3

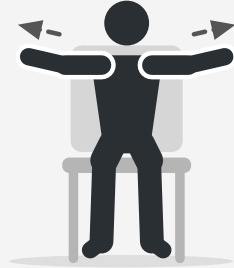
2 STRETCH



Ankle Stretch

2 sets of 5, each foot

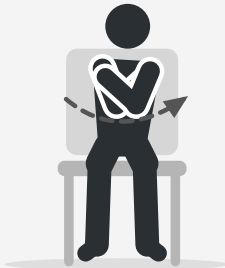
3 STRETCH



Chest Stretch

Hold 5–10 sec, x 5

4 STRETCH



Upper-Body Twist

Hold 5 sec, 5 each side

5 STRETCH



Shoulder Stretch

60 sec in all, each side

6 STRENGTH



Biceps Curl

8–12 each arm, 2 sets

7 STRENGTH



Chair Stand

8–12 times, 2 sets

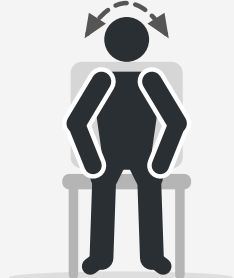
8 STRETCH



Hamstring Stretch

60 sec in all, each leg

9 COOL-DOWN



Neck Rotation

Hold 5 sec, 3 each side

1. Seated March

EXERCISE 1 OF 9 • WARM-UP

Warms you up and builds stamina.



Source: Harvard Health, Chair exercises for seniors

- 1 Sit near the front of the chair with your back straight and feet flat. Hold the sides of the seat if you like.
- 2 Lift one knee, then put that foot back down on the floor.
- 3 Lift the other knee. Keep going, marching in place.

HOW MANY

March for 15 to 20 seconds, then rest for 20 seconds. Do this 3 times.

2. Ankle Stretch

EXERCISE 2 OF 9 • STRETCH

Keeps ankles flexible and helps lower the risk of blood clots.



Source: NHS, Sitting exercises

- 1 Sit upright and hold the sides of the chair.
- 2 Straighten your left leg and lift it off the floor.
- 3 Point your toes away from you, then pull them back toward you.

HOW MANY

2 sets of 5 with each foot.

3. Chest Stretch

EXERCISE 3 OF 9 • STRETCH

Good for your posture.



Source: NHS, Sitting exercises

- 1 Sit upright, away from the back of the chair.
- 2 Pull your shoulders back and down, and stretch your arms out to the sides.
- 3 Gently push your chest forward and up until you feel a stretch across your chest.

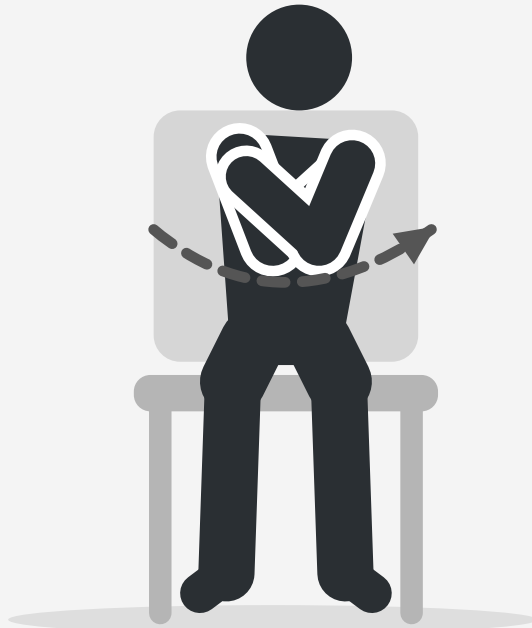
HOW MANY

Hold for 5 to 10 seconds. Repeat 5 times.

4. Upper-Body Twist

EXERCISE 4 OF 9 • STRETCH

Keeps your upper back flexible.



Source: NHS, Sitting exercises

- 1 Sit upright with your feet flat. Cross your arms and reach for your shoulders.
- 2 Keep your hips still and turn your upper body to the left, as far as is comfortable. Hold for 5 seconds.
- 3 Come back to the middle, then turn to the right.

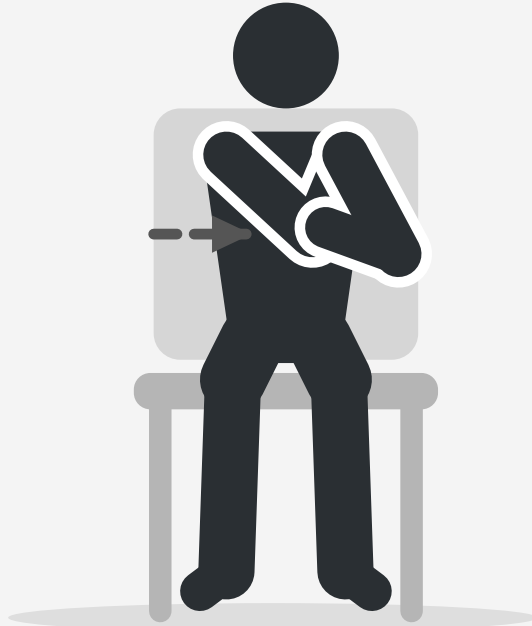
HOW MANY

5 twists to each side.

5. Shoulder Stretch

EXERCISE 5 OF 9 • STRETCH

Loosens tight shoulders.



Source: Harvard Health, Chair exercises for seniors

- 1 Sit up straight. Put your left hand on your right shoulder.
- 2 Cup your left elbow with your right hand. Roll your shoulders down and back.
- 3 Gently pull your left elbow across your chest and hold for a few seconds.

HOW MANY

Hold, relax and repeat until you have held it for 60 seconds in all. Then switch sides.

6. Biceps Curl

EXERCISE 6 OF 9 • STRENGTH

Strengthens your arms for lifting and carrying.



Source: Harvard Health, Chair exercises for seniors

- 1** Sit holding a light weight in each hand, arms at your sides, palms facing in.
- 2** Keep your elbow close to your side and curl one weight up toward your chest, turning your palm toward your shoulder.
- 3** Pause, then lower it slowly.

HOW MANY

8 to 12 times, then switch arms. Rest, then do one more set.

Pick a weight you can lift 8 times. When 12 feels easy, go a little heavier.

7. Chair Stand

EXERCISE 7 OF 9 • STRENGTH

Strengthens your legs for getting up from a chair.



Source: Harvard Health, Chair exercises for seniors

- 1** Put the chair with its back against a wall. Sit near the front, knees bent, feet flat. Cross your arms over your shoulders.
- 2** Lean forward a little and slowly stand up, using your hands as little as possible.
- 3** Slowly lower yourself back down to sitting.

HOW MANY

8 to 12 times. Rest, then do one more set.

Skip this one if you cannot stand up safely on your own.

8. Hamstring Stretch

EXERCISE 8 OF 9 • STRETCH

Stretches the back of your thigh.



Source: Harvard Health, Chair exercises for seniors

- 1 Sit near the front of the chair with your feet flat.
- 2 Stretch your right leg out in front, heel on the floor and toes pointing up.
- 3 Keep your back straight and lean forward from the hips, hands resting on your left thigh. Hold a few seconds.

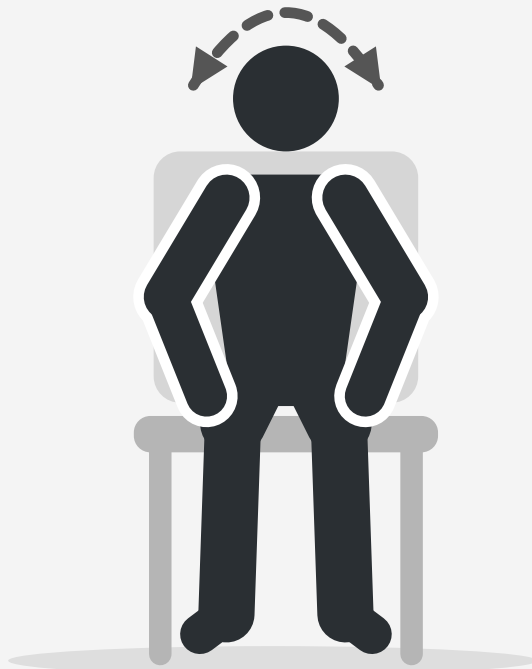
HOW MANY

Hold, relax and repeat until you have held it for 60 seconds in all. Then switch legs.

9. Neck Rotation

EXERCISE 9 OF 9 • COOL-DOWN

Keeps your neck moving freely.



Source: NHS, Sitting exercises

- 1 Sit upright with your shoulders relaxed and down, looking straight ahead.
- 2 Slowly turn your head toward your left shoulder, as far as is comfortable. Hold for 5 seconds.
- 3 Come back to the middle, then turn to the right.

HOW MANY

3 turns to each side.

My Weekly Exercise Chart

TICK A BOX FOR EACH EXERCISE YOU DO • AIM FOR AT LEAST TWO SESSIONS A WEEK

WEEK OF _____

EXERCISE	MON	TUE	WED	THU	FRI	SAT	SUN
 Seated March	☐	☐	☐	☐	☐	☐	☐
 Ankle Stretch	☐	☐	☐	☐	☐	☐	☐
 Chest Stretch	☐	☐	☐	☐	☐	☐	☐
 Upper-Body Twist	☐	☐	☐	☐	☐	☐	☐
 Shoulder Stretch	☐	☐	☐	☐	☐	☐	☐
 Biceps Curl	☐	☐	☐	☐	☐	☐	☐
 Chair Stand	☐	☐	☐	☐	☐	☐	☐
 Hamstring Stretch	☐	☐	☐	☐	☐	☐	☐
 Neck Rotation	☐	☐	☐	☐	☐	☐	☐

HOW I FELT THIS WEEK
