



Seated Exercises

Do these sitting in a sturdy chair. Warm up with the seated march first.

1. Seated March (warm-up) (Warm-up)

1. Sit up tall with your feet flat on the floor.
2. Lift one knee a little, put it down, then lift the other, like marching in place.
3. Swing your arms gently as you march.
4. Keep going for 2 to 3 minutes at an easy pace.

2. Hand Grip (Strength)

1. Sit up tall. Hold a tennis ball (or a rolled-up sock) in each hand.
2. Slowly squeeze the ball as hard as you comfortably can. Hold for 3 to 5 seconds.
3. Relax your hands slowly.
4. Repeat 10 to 15 times.

3. Overhead Arm Raise (Strength)

1. Sit with your feet flat on the floor, about shoulder-width apart.
2. Hold a light weight (a soup can or water bottle works) in each hand at shoulder height, palms facing forward.
3. Slowly raise both arms over your head. Keep your elbows slightly bent.
4. Hold for 1 second, then slowly lower your arms.
5. Repeat 10 to 15 times.

Tip: No weights? Do it with empty hands first. Add weight slowly as it gets easier.

4. Ankle Stretch (Flexibility)

1. Sit toward the front of a sturdy chair and stretch your legs out in front of you.
2. With your heels on the floor, point your toes up toward you. Hold for 10 to 30 seconds.
3. Now point your toes away from you. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.

5. Seated Back Twist (Flexibility)

1. Sit toward the front of a sturdy chair with armrests, feet flat on the floor.
2. Sit as straight as you can. Slowly turn to the left from your waist, keeping your hips still. Turn your head to the left too.
3. Hold the left arm of the chair with your left hand, and rest your right hand on the outside of your left thigh.
4. Hold for 10 to 30 seconds, then slowly face forward.
5. Repeat 3 to 5 times, then do the same to the right.

Careful: Had hip or back surgery? Ask your doctor before trying this stretch.

6. Sit to Stand (Balance and strength)

1. Sit toward the front of a sturdy chair with arms, feet flat on the floor.
2. Lean forward a little and slowly stand up, using your hands on the armrests if you need them.
3. Stand tall for a moment, then slowly sit back down.
4. Repeat 10 to 15 times, or as many as feel comfortable.

Tip: As you get stronger, try using your hands less.



Standing Exercises (Hold the Chair)

Stand behind a sturdy chair and hold on. Skip this page if standing isn't safe for you.

7. Toe Stand (Strength)

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
2. Slowly rise up on your tiptoes as high as you comfortably can.
3. Hold for 1 second, then slowly lower your heels.
4. Repeat 10 to 15 times.

8. Side Leg Raise (Strength)

1. Stand behind a sturdy chair, holding on for balance.
2. Slowly lift one leg out to the side. Keep your back straight and toes facing forward. Keep your standing leg slightly bent.
3. Hold for 1 second, then slowly lower your leg.
4. Repeat 10 to 15 times, then switch legs.

9. Back Leg Raise (Strength)

1. Stand behind a sturdy chair, holding on for balance.
2. Slowly lift one leg straight back without bending your knee. Try not to lean forward.
3. Hold for 1 second, then slowly lower your leg.
4. Repeat 10 to 15 times, then switch legs.

10. Stand on One Foot (Balance)

1. Stand behind a sturdy chair, holding on with both hands.
2. Lift one foot a little off the floor and hold for 10 seconds.
3. Put it down. Repeat 10 to 15 times, then switch feet.

Tip: When you feel steady, hold on with one hand, then one finger.

Stay safe

- Use a sturdy chair with arms that will not slide or tip. Put it against a wall if you can.
- Breathe out as you lift, and breathe in as you relax. Never hold your breath.
- Move slowly and smoothly. No bouncing or jerking.
- Keep your elbows and knees slightly bent, not locked.
- Stop if anything hurts, or if you feel dizzy or short of breath.
- Drink water, and wear comfortable clothes and steady shoes.



My Weekly Exercise Chart

Tick a box each day you do the exercise. Every tick counts!

Exercise	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. Seated March (warm-up)							
2. Hand Grip							
3. Overhead Arm Raise							
4. Ankle Stretch							
5. Seated Back Twist							
6. Sit to Stand							
7. Toe Stand							
8. Side Leg Raise							
9. Back Leg Raise							
10. Stand on One Foot							

Goal from the National Institute on Aging: strength exercises at least **2 days** a week, balance exercises about **3 times** a week.

For group leaders: a 20 minute chair exercise class

1. **Set up (before class):** one sturdy chair with arms per person, spaced so arms can reach out. Water nearby.
2. **Welcome (2 minutes):** read the "Stay safe" list aloud. Remind everyone to go at their own pace and stop if anything hurts.
3. **Warm up (3 minutes):** seated march. Play music people know.
4. **Seated exercises (8 minutes):** exercises 2 to 6. Count out loud and breathe together.
5. **Standing exercises (5 minutes, optional):** exercises 7 to 10 for those who can stand safely. Others repeat the seated moves.
6. **Cool down (2 minutes):** ankle stretch and slow, deep breaths. Hand out the weekly chart.