



SIT DOWN & GET FIT LIKE JENNY E

Chair exercises may be the holy grail of fitness for us seniors.

They allow those who otherwise would not be able to exercise consistently improve their strength, cardiovascular fitness, and mobility—without the high risk of injury present during traditional exercise routines.

Seated exercises are gentler on the joints and will reduce pain, not add to it.

You can expect the same benefits from seated exercise that you would from standing routines, and chair exercises can be a lifesaver for someone recovering from surgery or an injury.

All you need is a sturdy chair and a desire to become stronger and healthier!



NOTE

This hand out is for educational purposes only. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.



WARM UP

It is important that before you start doing any of the exercises that you are 'warm'.

This involves movements that will help to promote your circulation and warm your muscles and joints.



GENTLE TWIST

Targeted Muscles:

Back

What You Need:

A sturdy chair, preferably not an armchair and one without wheels

Why Do It?

This exercise will help you do activities that require you to twist or turn or look behind you, such as backing out of a parking space or swinging a golf club.

Exercise Steps

1. Start with your feet firmly planted on the floor and knees at a 90-degree angle. Edge just a little forward on the seat.
2. Exhale and turn gently to your right, placing your left hand on the outside of your right knee and your right hand wherever feels comfortable. Stay in the twist and as you inhale, feel yourself sit up taller.
3. As you exhale, twist just a little deeper
4. Take 3 to 5 deep breaths before gently releasing the twist and doing it on the other side.



BACK LEG RAISES

Targeted Muscles:

Lower back
Buttocks
Hips, and
Thighs.

What You Need:

A sturdy chair, preferably not an armchair and not one with wheels.

Why Do It?

This exercise helps with balance.

Exercise Steps

1. Stand behind a chair while holding the chair back for support.
2. Stand straight and move the right leg back while keeping it straightened.

Hold for five seconds and relax.

3. Repeat the process with the left leg.
4. Perform 10 repetitions with each leg, and then repeat.

Aim is to at first hold on to chair and then progress to holding on with one hand, then none.





SEATED HAMSTRING STRETCH

Targeted Area:

Hamstring and Calves

What You Need:

A sturdy chair, preferably not an armchair

Why Do It?

This exercise increases flexibility around the hip and can help with reaching down to pick things up from the floor or putting your shoes on.

Exercise Steps

1. Sit towards the edge of the chair with right leg straight in front, heel on the floor and toes pointing towards ceiling.
2. Sit up straight and inhale.
3. Exhale and draw your pelvis towards your belly button or if comfortable bend slightly forward with body towards your right leg.
4. Try to support your weight by placing your hands on the opposite thigh.
5. Bring toes upward.
6. Hold for 10 seconds.
7. Repeat with left leg.





SEATED THIGH STRETCH

Targeted Area:

Inner Thigh

What You Need:

A sturdy chair, preferably not an armchair

Why Do It?

This exercise helps with ease muscle tension in your legs and groin, improves flexibility and increases your leg muscles' range of motion

Exercise Steps

1. Sit on a chair with no sides
2. Place fists between knees
3. Press outwards as you bring





ARM RAISE EXERCISES

Targeted Area:

Shoulders and Arms

What You Need:

Hand weights or weighted objects such as water bottles.

A sturdy chair, preferably not an armchair

Why Do It?

This exercise will strengthen your arms and shoulders.

It should make swimming and other activities such as lifting and carrying grandchildren easier!

Exercise Steps

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your side at shoulder height with palms facing upward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up to shoulder height keeping your elbows slightly bent.
5. Hold the position for one second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10 to 15 times.
8. Rest, and then repeat 10 to 15 times.

