

## Chair Exercises for Seniors

*Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs. Please consult your doctor before undertaking any exercise routine, and use common sense while exercising. Listen to your body and be mindful of any existing medical conditions.*

### Upper body

Bring your hands to your lap between each exercise. Repeat each one three to five times. Repeat on the other side if a movement is on one arm or leg.

Sit up tall. Take three deep breaths, in through the nose, out through the mouth.

Turn your head from side to side.

Lift your shoulders to your ears, hold for 3 seconds, and release back down.

Roll your shoulders back to front a few times, then switch direction.

Reach your hands to the sky. Wiggle your fingers for three seconds, like you are playing the piano, then come back down.

Bring your arms out in front of you and turn your hands from side to side.

Grab your opposite shoulders with your hands and give yourself a big hug.

Bend your elbows and clench your fists. Keep opening and closing them.

Extend your arms out in front, face the palms of the hands forward, and move them back and forth like a windscreen wiper.

Extend your arms forward again, with your wrists bent and fingers facing the ground. Move your hands sideways back and forth.

Extend your arms out in front. Bend at the elbow and touch your shoulders. Go out and back a few times.

Extend one arm out in front. Rub this arm from top to bottom with the other hand, up and down a few times—change sides.

### Legs

Rub the tops of your legs to the knee and back up several times.

Reach your hands down towards your feet. Only go as far as is comfortable. Up and down slowly.

Lift one leg off the ground, hold for five seconds, and come back down.

Extend one leg straight out in front. Hold for four seconds and come back down.

Straighten one leg out in front, then bring it down until the heel touches the ground. Up and down.

Lift one leg slightly off the ground and circle the ankle in both directions.

Scoot forward a little in your chair. With a bent knee, lift the leg slightly and make two circles with the whole leg in each direction.

Feet on the ground. Lift your toes up and down.

Feet on the ground and lift your heels up and down. Toes stay on the ground.

Alternate toes up and heels up a few times.

Get comfortable in your chair; if you like, close your eyes. Take a few deep breaths and sit quietly for a minute.