

# seated exercises for seniors



**30 mins**



**physical**

Regular exercise improves self-esteem, relieves stress, and reduces depression. But mobility issues can get in the way of a good exercise routine. For those with disabilities or limited mobility, staying active is both more difficult and even more essential.

But residents can overcome some of their mobility limitations using these gentle chair exercises to work many of the body's muscle groups. Seated exercises improve mobility and help prevent falls. Lowered muscle tension can reduce pain. And of course, exercise supports respiratory and cardiovascular health.

In this Eversound Program, residents use a standard, stable chair (with no arms and no wheels) to complete these gentle, easy to follow exercises. Even residents who have not been active lately will find these activities manageable. Plus, there is a bonus! [Eversound Exercise Music](#) perfect to play during exercise time.

Each resident should sit with their feet flat on the floor with their knees at a right angle. Encourage everyone to wear loose, comfortable clothing. Simply describe and then demonstrate each exercise. Residents follow along best they can. Repeat each exercise as necessary. A volunteer moves through the group to help anyone who may need it. And keep water available on a table nearby so everyone stays hydrated!

Try to add exercises like these at least twice weekly. Build up slowly over time and gradually increase each exercise's number of repetitions.

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## eversound tips

Eversound can be used to play upbeat music and make sure residents can clearly hear your instructions.

### instructions

#### Step 1: Setting Up

- Make sure every resident has a standard, armless chair, with no wheels.
- Residents sit with their feet flat on the floor with their knees at right angles.
- Everyone should wear loose, comfortable clothes.

#### Step 2: Exercise!

- Describe and demonstrate each exercise as outlined in Appendix A.
- Residents follow along.
- Repeat the descriptions and demonstrations as necessary.
- A volunteer moves around in the group to help anyone who needs it.

#### Step 3: Water!

Offer water to everyone after the exercise time is over. Stay hydrated! For fun, add fruit or flavored water to the mix such as cucumber and mint or orange and basil.



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# **A** exercises

## **Seated Rowing**

Works the chest and upper back muscles. Sit forward on the edge of your chair to get the best possible range of motion. Hold your arms in front of you with your elbows bent. Point your thumbs toward the ceiling, like you are about to row a boat. Draw your elbows back and squeeze your shoulder blades together. Return to the start. Repeat. 8 to 10 times is a complete set. Most beginners can manage that.

## **Seated Tummy Twist**

This is all about the core tummy muscles. Start your tummy twist seated with really good posture. Sit up super straight! Hold onto a ball with both hands, close to your body with your elbows bent. Now, slowly rotate your torso to one side as far as you can. Keep the rest of your body still. Now, rotate back toward the middle and switch over to the other side. Back and forth is considered one set. Start with 8 sets for beginners.

## **Hallelujah! Overhead Arm Raises**

Strengthen your shoulders and arms. Holding 1lb hand weights in each hand is optional. Feet flat on the floor, back straight, bend your arms with your palms facing forward. Keep the (optional) weights beyond the sides of your shoulders. Raise your arms slowly above your head. Pause. Then, lower your arms back to the start. Repeat 8 to 10 times. Saying Hallelujah! (or anything else) when you get your arms up is optional but can be a LOT of fun!

## **Hand Squeezes**

Strengthen the muscles in your chest and arms. Start with a ball in front of your chest. Squeeze the ball like you were trying to squish the air out. Relax and repeat 10 to 12 times. Increase the intensity by moving the ball farther away until it is straight out in front of you, squeeze the ball, then pull it back to your chest.

## **Knee Lifts**

Work stomach muscles, hips, and quads all in one exercise. Lift your knee slowly toward your chest. Slowly lower your knee back down. Repeat with your other leg. Alternate legs. Repeat 8 to 10 times for both sides.

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### **Knee Extensions**

Strengthen your legs! Start sitting on the edge of your chair with your knees bent. Sit up straight! Hold onto the sides of the chair. Extend your knee and point your toes up. Slightly bend your knee, don't lock it. Lower your leg and repeat 8 to 10 times. Switch legs and repeat 8 to 10 times on that side, too.

### **Neck Rotations**

This stretch is great to improve mobility and flexibility in your neck. Sit up straight. Keep your shoulders down and look straight ahead. Slowly, turn your head toward your shoulder as far as you can. Count to 10 and start over. Repeat on the other side. Rotate 3 times each side.

### **Super Neck Stretches**

Loosen up tight neck muscles, reduce tension headaches and feel more relaxed! Start sitting upright and looking straight ahead. Watch your chin and be sure it is level. Then, take one hand and hold down the opposite shoulder. Slowly, tilt your head away as you hold down your shoulder. Repeat on the other side. Hold each one of the stretches as you count to 10 and repeat 3 times on each side.