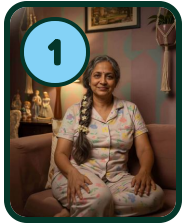


Chair Exercises for Seniors

20 seated moves with pictures. About 30 seconds each.

Wakeout

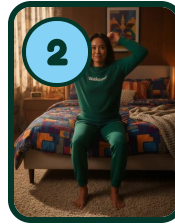
Use a sturdy chair without wheels, feet flat. Move slowly and keep breathing. Stop if anything hurts or you feel dizzy. After surgery or with a heart condition, ask your doctor first.



1

Ear to Shoulder Drop

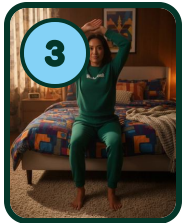
Ear toward shoulder,
breathe out, switch sides.
5 slow drops each side



2

Shoulder Blade Pull-Downs

Arms up, then pull elbows
down to your sides.
8 to 10 times



3

Morning Salutes

Sweep both arms up until
hands meet, then lower.
8 to 10 times



4

Towel Arm Raises

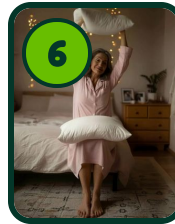
Hold a towel, arms long.
Raise it overhead.
8 to 10 times



5

Towel Archer Stretch

Towel overhead, pull one
end out like a bow.
5 each side



6

Overhead Pillow Sways

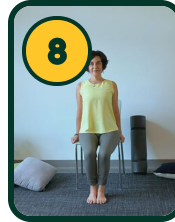
Pillow overhead, sway
gently side to side.
30 seconds



7

Seated Marching

Lift one knee, set it down,
lift the other.
10 each leg



8

Seated Leg Raises

Straighten one leg, hold a
breath, switch.
8 each leg



9

Heel Raises

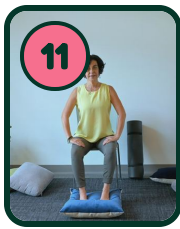
Toes down, lift one heel,
then the other.
30 seconds



10

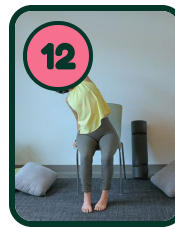
Sit to Stand

Lean forward, push through
your feet, stand, sit.
5 to 8 times



Forward Leans

Hands on knees, lean forward with a long back.
8 times



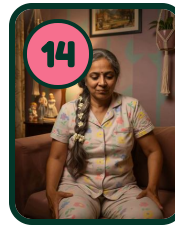
Seated Side Bends

One arm up and over, lean to the side, switch.
5 each side



Pillow Hug Twists

Hug a pillow, turn your shoulders left and right.
5 each side



Slump and Sit Tall

Round your back, then roll up tall.
5 slow times



Raise the Roof

Palms up, push to the ceiling to the beat.
30 seconds



Sky Punches

Punch one fist up, then the other.
30 seconds



Forward Stomps

Tap one foot forward, then the other.
30 seconds



Belly Breaths

Hands on belly. In through the nose, out slowly.
5 slow breaths



Pillow Hug Breaths

Pillow on your lap, sit tall, long easy breaths.
5 slow breaths



Hand Massage

Thumb circles over palm and fingers, switch hands.
30 seconds each hand

Watch every move on video:

wakeout.app/chair-exercises-for-seniors

Your 10-minute chair workout

Do all 20 moves in order, about 30 seconds each. Rest whenever you like.

Short on time? The 5-minute version:

- | | |
|-------------------------|------------------------|
| 1. Ear to Shoulder Drop | 12. Seated Side Bends |
| 3. Morning Salutes | 13. Pillow Hug Twists |
| 7. Seated Marching | 15. Raise the Roof |
| 9. Heel Raises | 16. Sky Punches |
| 10. Sit to Stand | 19. Pillow Hug Breaths |