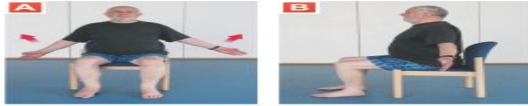


# Chair Exercises for the Elderly

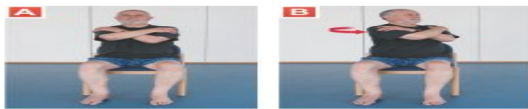
## CHEST STRETCH



**This stretch is good for posture.**

- A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.
  - B.** Gently push your chest forwards and up until you feel a stretch across your chest.
- Hold for five to 10 seconds and repeat five times.

## UPPER BODY TWIST



**This will develop and maintain flexibility in the upper back.**

- A.** Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.
  - B.** Without moving your hips, turn your upper body to the left as far as is comfortable.
- Hold for five seconds. Repeat going right. Do five of each.

## HIP MARCHING



**This will strengthen hips and thighs and improve flexibility.**

- A.** Sit upright and away from the back of the chair. Hold on to the sides of the chair.
  - B.** Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.
- Repeat with the opposite leg. Do five lifts with each leg.

## ANKLE STRETCH



**This will improve ankle flexibility and reduce blood clot risk.**

- A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
  - B.** With leg straight and raised, point your toes away from you.
  - C.** Point toes back towards you.
- Try two sets of five stretches with each foot.

## ARM RAISES



**This builds shoulder strength.**

- A.** Sit upright, arms by your sides.
  - B.** With palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.
  - C.** Keep your shoulders down and arms straight throughout.
- Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.

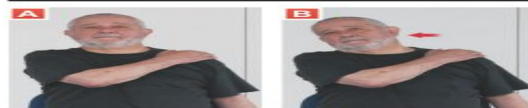
## NECK ROTATION



**This stretch is good for improving neck mobility and flexibility.**

- A.** Sit upright with shoulders down. Look straight ahead.
  - B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.
  - C.** Repeat going right.
- Do three rotations on each side.

## NECK STRETCH



**This stretch is good for loosening tight neck muscles.**

- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
  - B.** Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.
- Hold each stretch for five seconds and repeat three times on each side.