



# Chair Exercises

TRTA Healthy Living

By Veronica Nava



# Chair Exercises for Seniors

Exercise is crucial for leading an active, healthy, happy life. When you think “exercise,” you might think “get up and go.” But what if you could be active while still sitting? We have news – you can! With chair exercises for seniors, you can perform a seated routine that rivals any you’ve ever done on your feet!

You no longer have to worry that you can’t get the activity you need to be healthy. If you’re looking for an exercise program that provides modified activities due to age, immobility, balance issues, or you’re recovering from an injury or surgery, these workouts and many more are for you!

In our Healthy Living session, I (Veronica Nava) was asked to do a three minutes demonstration of a few chair exercises to our group.

The two exercises I chose were (1) Chair Running and (2) Neck Stretch

# Chair Running

Sit with your legs extended, toes pointed, and arms bent by your sides. Lean back slightly so that your shoulder blades barely touch the back of your chair.



Gently lift your feet from the floor. Pull one knee toward you while the other is extended.



Then switch, mimicking a running motion. If necessary, grip the armrests or sides of your seat for balance.



# Neck Stretch

Sit up straight, and slowly tilt your head toward your right shoulder (my right) until you feel a stretch. Hold this position while gradually extending your left arm down and to the side. You should feel a stretch on the left side of your neck.

Release, and repeat on the other side. Tilt your head toward your left shoulder (my left) until you feel a stretch. Hold this position while gradually extending your right arm down and to the side. Perform two to five repetitions per side. This stretch will warm up your neck and the group of muscles at the top of your back, and get you ready for arm exercises or other types of chair exercises.



# In conclusion:

I, Veronica Nava, was going to announce to the group session that with our May 2020 - Healthy Living Tips, I am going to send via Email a file with “16 Chair Exercises for Seniors & How to Get Started” hand out. It is too long to print to hand out to the session group. So, best way is to send by Email.

Each Local Unit can Save and Print file or Save to keep file for use at anytime during monthly local unit meetings.