

FLEXIBILITY GUIDE FOR SENIORS

Enhance Mobility, Prevent Injuries, And Stay Independent



! WHY FLEXIBILITY MATTERS?

Maintaining proper flexibility is extremely significant as it affects your overall health, mobility, and vitality. Flexibility helps the body move seamlessly as a coordinated unit. It prevents degradation, helps counter decline (e.g., shoulder mobility), and improves ability to live regular activities safely and independently.

15 Minute Flexibility Routine



💡 KEY TAKEAWAYS

Routine Activity

Flexibility exercises need to be a regular part of a senior's routine.

Effective Outcomes

A daily 15-minute workout session is enough for effective results.

Diverse Exercise Type

Practice standing, seated, or floor exercises based on capacity.

Safety First

Always prioritize safety precautions before exercises

❤️ BENEFITS OF FLEXIBILITY

Enhanced Range Of Motion

Improves joint mobility and muscle strength, making daily tasks easier.

Improved Posture & Balance

Corrects back slouch and shifts gravity to a stable position.

Alleviation Of Pains

Eliminates tension in key points like lower back, neck, hips, and knees.

Injury Prevention

Flexible muscles and joints are less vulnerable to sprains, strains, and accidental falls.

1) Warm-Up

Rotate shoulders, roll wrists, and do toe taps.

2) Standing Exercises

Includes standing quad and calf stretches, and knee taps.

3) Seated Exercises

Perform neck extension, chest stretch, and seated cat-cow.

4) Floor Exercises

Side plank, lying marches with ball, and glute bridge.

5) Cool Down

Sit with back support, take deep breaths, and relax.

