

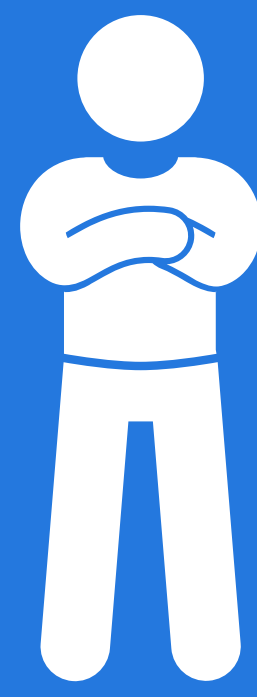
Top 10 Chair Exercises For Seniors

Why To Exercise?



Induces Flexibility

Your Joints And Ligaments Tend To Become Less Flexible As You Age. Seated Chair Exercises Are Highly Beneficial To Combat Such Problems.



Improves Muscle Health

With Advancing Years, The Bones And Muscles In Our Bodies Naturally Become Weaker. You Can Regain It By Doing Chair Exercises For Seniors.

10 Best Chair Exercises

1. Neck Stretches

Sit upright, incline your head to the right side, keep that position for 30 sec, than repeat with left side

2. Upper Body Twists

Twist your body gently to the left side. Hold the pose for 5 seconds and repeat with the other side

3. Arm Raises

Raise your right arm high overhead, hold it still a bit, and then repeat with your left arm the same way

4. Rowing

Put your hands in front of the chest, then pull them back to the sides. Repeat 10-20 times

5. Seated Calf Raises

Keep your feet flat on the ground. Then, start to lift your foothills and hold them for some time

6. Knee Extension

Stretch the left knee forward and hold it for 1-2 minutes. Repeat the same process with your right leg.

7. Seated Marching

Lift your feet up and down similar to walking at a moderate pace

8. Knee-To-Elbow Exercise

Start by touching your right elbow with your left knee. Next, repeat the process with other elbow and knee

9. Chair Mini-Squats

Start by lifting your body to the chair, performing squats, and sitting when you are done



10. Forward Roll-Ups

Sit as straight as possible and try to touch your chin with your chest by bending forward



Tips For Chair Exercises

- ✓ Make Sure Your Chair Is Sturdy Enough
- ✓ Consider Using A Flexible Chair
- ✓ Do Not Overdo Your Exercises
- ✓ Create Personalized Exercise Plan



Consider Getting A Medical Alert Device



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- 1 Push Button For Help
- 2 Speak To An Operator
- 3 Help Is On The Way

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