



CHAIR EXERCISES FOR SENIORS

Chair exercises for seniors are a great way for aging adults to get some exercise. These exercises can be done at any time at any location as recommended by the National Council on Aging.

For some of the excess, you can use dumbbells or resistance bands but it is not necessary to have them, movement is the key, just keep the body moving.

Please keep in mind, for these senior chairs exercise everyone has different levels of comfort when it comes to exercise. For safety, it's important to start slow and develop a healthy routine that is tailored to your abilities, you may want to consult a doctor before you start.



Benefits of Performing Chair Exercises For Seniors



Seniors who exercise regularly will help with your overall health, it will help with joints and your heart. It can also help to prevent strokes, heart attacks, falling, and high blood pressure.

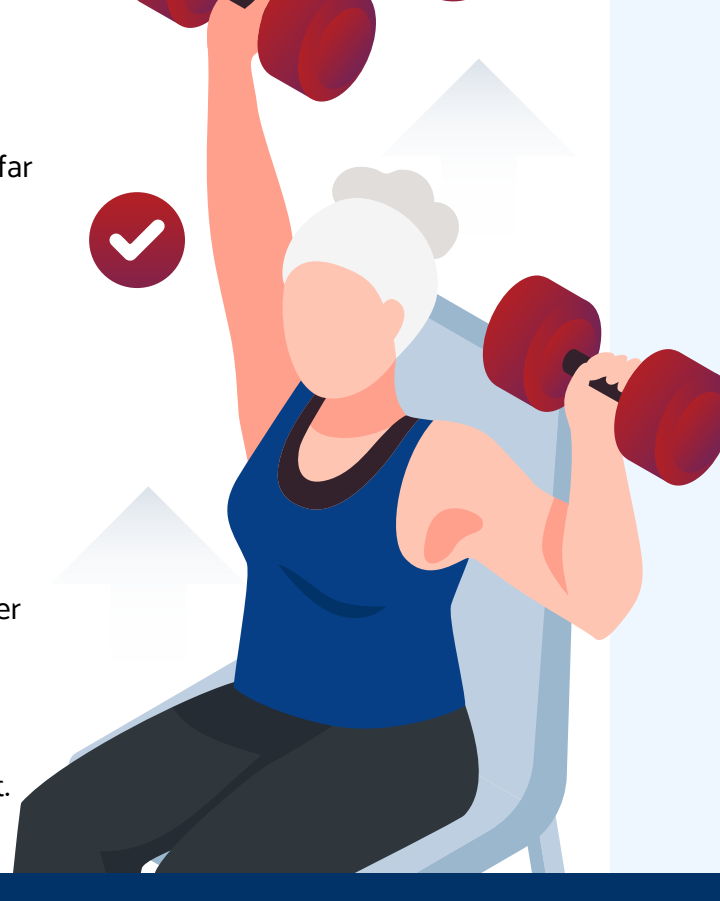
Senior chair exercises can still help to keep you moving, keep your heart rate up, give you the endorphins boost, so here is a great list of chair exercises that seniors can do in any chair.

All of the exercises can be done with or without dumbbells or resistance bands. All of the exercises are designed to go at your own pace, always keep your core tight. Please make sure that the chair will not slip while you are doing the exercises.

Shoulder Exercise

Steps:

- 1 Get a pair of low-weight dumbbells.
- 2 Sit comfortably on the chair with your hips as far back as possible.
- 3 Keep your core tight.
- 4 Start with both of your elbows spread to the sides of your body and under your shoulders. Stick your chest out.
- 5 Palms forward, gripping the dumbbells.
- 6 Extend your arms up, reaching above your head until fully extended or that feels most comfortable. Do not touch your hands together and keep both arms parallel to each other.
- 7 Once your arm's extension limit has been reached, slowly bring the hands back down to the starting position, keeping the elbows apart.



Chest Seated Chest Press

Steps:

- 1 Grab a resistance band.
- 2 Place the resistance band at a point on the chair where it's directly behind the back just under where the shoulder blades would be.
- 3 Sit comfortably in the chair with the hips as far back as possible.
- 4 Keep your core tight. Stick your chest out.
- 5 Keep both palms down, elbows bent, and parallel to your shoulders. Both hands should be positioned just outside of shoulder width.
- 6 Push the resistance band forward until your arms are fully extended in front of your body.
- 7 Slowly revert back to starting position.



Biceps Seated Bicep Curls

Steps:

- 1 Grab a pair of dumbbells or a resistance band.
- 2 If using a resistance band, slide it under the seat, or sit on it, until it's at an equal length on either side of the body.
- 3 Sit comfortably in the chair with the hips as far back as possible.
- 4 Keep your core tight. Stick your chest out.
- 5 Keep both arms to the sides of your body, let them hang naturally with both palms facing forward, keeping the elbows tucked.
- 6 Proceed to move both forearms in a curling motion from the sides of your body to the front of the shoulders.
- 7 While keeping tension, slowly lower both forearms back to the starting position.



Triceps Isolated Tricep Extensions

Steps:

- 1 Grab a dumbbell.
- 2 Sit comfortably in the chair with the hips as far back as possible.
- 3 Keep your core tight. Stick your chest out.
- 4 Keep both elbows high, in front of your body and one hand lowered behind the head creating a "V" shape. Use the other hand to brace the arm just under the elbow. Keep the helping hand in this position. The hand with a dumbbell should have its palm facing toward your head.
- 5 Raise one arm with a dumbbell over your head until it is fully extended.
- 6 Slowly lower the forearm back to the starting position.
- 7 Repeat for both arms.



Core Exercises

Seated Knee-to-Chest

Steps:

- 1 Sit comfortably at the edge of the chair without feeling like falling over.
- 2 Keep your back straight and your core tight. Stick your chest out.
- 3 Place both hands at the sides of the chair and grip the seat to keep it stable.
- 4 Place both feet far out in front of your body and point the toes to the ceiling. Both feet should be diagonal to your hips.
- 5 Slowly, raise both knees closer to your body while bending your knees. Get as close to your chest with both knees as possible.
- 7 Slowly, perform this motion in the exact opposite direction back to starting position. This equals one "rep".



Leg Exercises Chair Squat

Steps:

- 1 Sit comfortably in the chair toward the edge of the seat.
- 2 Keep your core tight. Stick your chest out.
- 3 Ensure your toes are pointed forward or slightly outward to both sides; keep both hands in front of your body in a comfortable position for balance.
- 4 Slowly, sit up from the chair until fully standing. Check the knee placement when moving from sitting to standing so they aren't bending inward. This exercise requires using the hips, not the knees, to thrust the body to a standing position.
- 5 Sit back down.



Modified Squats

Steps:

- 1 Position the chair in front of your body, facing toward the back-end. Take a step back from the chair.
- 2 Center your body directly with the middle of the chair. Place both hands out in front of your body.
- 3 Position both feet at hip-width apart, directly under your body.
- 4 Point the toes forward or partially away from the center of your body.
- 5 Keeping the knees behind the toes, bend both knees and loosen the hips, moving the buttocks toward the floor.
- 6 Once at a stop in the squat position, push the body back to a standing position.



We hope that this article is helpful as we care about the quality of life for all seniors, we try to promote a healthy lifestyle for all senior citizens.

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