

Exercises for Seniors

Exercise is vital for people of all ages for maintaining health, preventing injuries, and lowering risks of heart diseases. Having exercise routines readily available will help give you a jump start towards better health. You can begin with stretches in the first section and move onto balance exercises before switching to more advanced exercises. While all exercises are geared for seniors, many can be modified with weights, repetitions, or duration to suit your needs. Check out the different categories of exercises for seniors we have below, get active, and reap the health benefits!



Upper Back Stretch



Chest Stretch

Upper Back Stretch

1. Begin seated with relaxed shoulders.
2. Extend arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.
3. Hold for 10 seconds and release.

Chest Stretch

1. Begin seated with relaxed shoulders.
2. Pull extended arms back while grabbing one hand, keeping both hands down near the buttocks.
3. Pull your shoulders back and hold for 10 seconds and release.



Sit and Reach Stretch



Neck Stretch



Inner Thigh Stretch

Sit and Reach Stretch

1. Sit at the edge of a chair and extend your legs forward with your knees slightly bent.
2. Keep your heels on the floor and toes pointed toward the ceiling.
3. Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing.
4. Hold for 10 seconds then return to resting position.

Neck Stretch

1. Begin seated and slowly tilt your head to your right shoulder.
2. Hold this position and extend your left arm to the side and downward at waist level.
3. Release, then repeat on the left side. Repeat twice on each side.

Inner Thigh Stretch

1. Begin standing with your feet slightly wider than hip-width apart and toes pointing slightly outward.
2. Slowly lean to your left side by bending your left knee while keeping your right leg straight.



Shoulder Circles



Hand Stretches

Shoulder Circies

1. Begin seated and place fingertips on your shoulders.
2. Circle your shoulders 15 times forwards, then 15 times backwards.

Hand Stretches

1. Begin seated with hands reached out in front of you, palms facing down. Open both hands to spread your fingers apart, then close your hands. Repeat 10 times.



Flamingo Stand



Single Limb Stance with Arm



Toe the Line

Flamingo Stand

1. Stand with feet together and arm relaxed at sides. Hold onto a chair for support if needed.
2. Bend one knee to lift the foot slightly off the ground and balance with your other leg.
3. Hold for 10 seconds and repeat with other leg.

Single Limb Stance With Arm

1. Stand with feet together and arm relaxed at sides. Hold onto a chair for support if needed.
2. Raise your left arm overhead and raise your left leg forward and off the floor.
3. Hold for 10 seconds then repeat on other side.

Toe the line

1. Stand with arms relaxed at sides.
2. Move one foot forward, placing the heel of one foot touching or as close as possible to the toes of your other foot. Repeat for 15-20 steps.



Clock Reach



Side Leg Raises

Side Leg Raises

1. Stand behind a chair or counter with one or both hands using resting on it for support.
2. Lift your right leg out to the side and repeat 10 times for each leg.

Clock Reach

1. Begin standing, holding a chair with your left hand. Imagine a clock with 12 o'clock in front of you and 6 behind.
2. Stand on your left leg, bring your right arm to 12 o'clock and reach to 3 o'clock to your side, and 6 o'clock towards the back. Repeat with other side.



Front Arm Raises



Seated Shin Strengthener



Plies

Front Arm Raises

1. Begin seated, holding a ball in both hands with your palms facing each other.
2. Extend your arms forward so the ball rests on your legs, with your elbows slightly bent.
3. Slowly raise your arms to lift the ball to shoulder level, then lower back down, taking about 3 seconds to raise and lower. Repeat 10-15 times.

Seated Shin Strengthener

1. Begin seated on the edge of a chair with legs extended, heels on the floor and knees slightly bent.
2. Point your toes downward, then flex upward.
3. Do 15 repetitions, relax, then do 15 more repetitions.

Plies

1. Hold the back of a chair. Stand with legs slightly wider than shoulder-width, while pointing toes outward slightly.
2. Bend your knees slowly, using 2 full seconds to lower yourself. Adjust leg position if needed to



Tummy Twists

Tummy Twists

1. Begin seated, holding a ball with hands close to your stomach and elbows slightly bent.
2. Slowly rotate your torso to the right as much as you comfortably can, while keeping the rest of your body stable.
3. Return to the center and repeat on the left. Repeat until you complete 8 twists per side.