



***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***  
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Country Women of the World and in partnership with Clemson University Cooperative Extension Service  
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## **Leader Training Guide**

### **Chair Exercises for Seniors**

#### **Objectives:**

1. Learn the importance of exercise as we age
2. Learn some simple chair exercises.

#### **Lesson Overview/Introduction:**

It is important to exercise. It is especially important for seniors. This lesson will take you through low impact chair exercises. It is a great place to start your exercises. These activities require little or no equipment. It is important to consult your physical before starting any exercise routine. With that being said, I understand if anyone needs to sit out on any of these exercises

#### **Lesson:**

Chair exercises are low impact that almost anyone can do. We will begin by reviewing our equipment:

- Chair – Select a sturdy chair with no armrests. Rolling chairs are unsafe.
- Clothing – Your clothing needs to be easy to move in. Shoes are optional.

While doing chair exercises, remember the following:

1. Sturdy and upright
2. Both feet should touch the floor
3. Knees slightly bent
4. Hips to the back of the chair

**Hands:** Let's begin by warming up our hands. While holding your hands up near your face, open them wide then close them tight. This is a way of getting the blood to circulate. Have all participants do this exercise as you count 20 times. It is good to get everyone involved in the counting. You can do this by alternating the counting with you saying "1" and the group saying "2" ... and so on.

**Shoulders:** Lift your shoulders and lower them as you count to 20. Next roll your right shoulder then roll the left shoulder. Try for a count of 10.

**Arms:** Begin with your arms hanging by your side. Rise them over your head and clasp our hands. Lower the arms and repeat for 10 repetitions. You can always increase the number of reps if your group is feeling positive to any of these activities.

**Feet/Legs:** Begin with your feet flat on the floor. Roll up on your toes and then back flat. This will warm up your feet and legs. (10X) Vary this exercise by alternating our feet. Then add an arm swing. Swing the opposite arm as you roll up on your toes. (10x)

**Legs:** Transition from the above exercise and stretch your right leg out and tap your heel on the floor. Bring it back, flat on the floor. (10x) Repeat this with the left leg. (10x) Alternate this exercise for 20 reps. Add the arm swing if possible.

**Waist:** This exercise will stretch the muscles in your waist. While seated twist your upper body to the right as far as possible. Twist back to a forward position. To avoid dizziness, do this exercise slowly. Try 5 twists to the right then 5 to the left.

**Cool Down:** Cool down by taking 5 deep breaths. End by congratulating the other participants on completing their chair exercise activity. Take 5 more deep breaths.

**Lesson Summary:** Why should we exercise? Everyone needs exercise.

- For seniors, Exercise is one of the most crucial options for arthritis management. Regular activity helps lubricate the joints and can help reduce overall pain and stiffness.
- More people exercising later in life can help reduce the number of individuals with heart disease
- Exercise can help in improving your balance. Many exercises are specifically for balance improvement.

**Suggested Activities:**

1. Visit an exercise class near your
2. Silver sneakers have many programs across the state that benefit seniors.
3. Add a quick exercise session to the beginning of your programs each month.

**Sources/References:**

“Top 10 reasons exercise is important for senior health”. <https://wellness.nifs.org>  
Silver Sneakers: Chair Exercises.

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