MONKIKA

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GENTLE MOVES FOR EVERY DAY

7 Gentle Chair Exercises for Seniors

A simple routine you can do at home with one sturdy chair. Clear photos, large print, easier and harder options.

7
moves, 5 from the chair and 2 holding it

15 min
or less for the whole routine

4 weeks
tracker to tick off your days

Based on exercises published by the National Institute on Aging (NIH). General information, not medical advice: if you have a health condition, ask your doctor which exercises are right for you.

BEFORE YOU START

Set up safely, then go slowly

Your chair

- Sturdy, with no wheels, with armrests if you have one.
- Pushed against a wall so it cannot slide.
- For standing moves, hold the back of the chair.

You

- Comfortable clothes, flat shoes with grip.
- Water nearby.
- Someone close by the first time you do the standing moves.

How to move

- Slowly and smoothly, no bouncing.
- Breathe out as you lift, in as you lower. Don't hold your breath.
- It should not hurt. Stop if you feel pain.

How often

- 2 or 3 days a week, a rest day in between.
- Start with fewer repetitions and add a few each week.
- Tick each day on the tracker, last page.

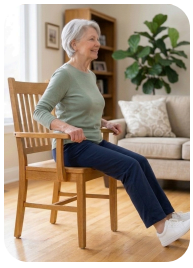
Talk to your doctor first

- If you have a heart, lung, joint or balance problem, or any other health condition.
- If you have had recent surgery, or hip or back surgery at any time, or haven't been active for a long time.

Stop and get medical help right away if you have chest pain or pressure, trouble breathing, or feel faint or dizzy.

Your routine at a glance


1 Seated march

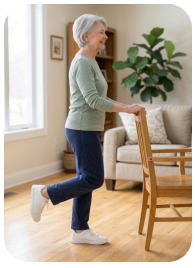

2 Ankle stretch


3 Leg straightening


4 Overhead arm raise


5 Sit to stand


6 Side leg raise


7 Stand on one foot



1 SITTING · WARM-UP

Seated march

1. Sit tall near the front of the chair, feet flat on the floor.
2. Lift your right knee a few inches, put the foot down, then lift the left knee, as if you were marching.
3. Swing your arms gently if that feels good.

How much 1 minute

EASIER
Lift your knees only a little.

HARDER
March for 2 minutes.



2 SITTING

Ankle stretch

1. Sit near the edge of the chair with your legs out in front, heels on the floor.
2. Point your toes toward you and hold.
3. Then point your toes away from you and hold.

How much Hold 10 to 30 seconds each way · 3 to 5 times

EASIER
One leg at a time, knee slightly bent.

HARDER
Draw slow circles with your feet afterwards.



3 SITTING

Leg straightening

1. Sit back in the chair, feet flat on the floor.
2. Slowly straighten your right leg in front of you, as far as is comfortable.
3. Hold for a second or two, lower it slowly, then switch legs.

How much 10 times each leg

EASIER
Straighten the leg only part of the way.

HARDER
Hold the straight leg for 3 seconds.



4 SITTING

Overhead arm raise

1. Sit tall, feet flat. Hold your hands at shoulder height, palms forward. Hold two small water bottles if you like.
2. Breathe out and raise both arms above your head, elbows slightly bent.
3. Pause, breathe in and lower your arms slowly.

How much 10 to 15 times

EASIER
One arm at a time, no weight.

HARDER
Use slightly heavier bottles.

For moves 6 and 7, stand behind the chair and hold its back with both hands. Skip them if you feel unsteady, or ask someone to stand next to you.



5 SITTING, THEN STANDING

Sit to stand

1. Sit near the front of a sturdy chair with arms, feet flat and hip-width apart.
2. Lean forward a little and stand up. Push on the armrests if you need to.
3. Pause, then sit back down slowly and with control.

How much 5 to 10 times

EASIER
Use your hands on the armrests.

HARDER
Cross your arms over your chest.



6 STANDING · HOLDING THE CHAIR

Side leg raise

1. Stand behind the chair, feet slightly apart, both hands on the back.
2. Slowly lift your right leg out to the side. Keep your back straight and your toes facing forward.
3. Lower it slowly, then switch legs.

How much 10 to 15 times each leg

EASIER
Lift the leg only a few inches.

HARDER
Pause for a second at the top.



7 STANDING · HOLDING THE CHAIR

Stand on one foot

1. Stand tall behind the chair, both hands on the back.
2. Lift one foot a little off the floor and hold your balance.
3. Put it down, then switch feet.

How much Hold 10 seconds · 5 to 10 times each foot

EASIER
Hold for 5 seconds.

HARDER
Hold with one hand, then with your fingertips. Keep the chair within reach.

To finish: sit down, breathe in slowly through your nose and out through your mouth, 5 times. Roll your shoulders gently backwards.

Make it a habit

- Same time each exercise day, for example after breakfast.
- Leave the chair where you will see it.
- Ask a friend or family member to join you, even on a video call.

When a move feels easy

- Add 2 or 3 repetitions.
- Try the Harder option.
- Hold the stretches a little longer, up to 30 seconds.

Know someone who would like this? Print a copy for them, or send them the link:
monkikashop.com/our-blog/chair-exercises-for-seniors-printable-pdf

YOUR 4-WEEK TRACKER

Tick each move when you do it

Write the date at the top of each column. Add a few repetitions when a move feels easy.

	Week 1			Week 2			Week 3			Week 4		
Move	**Day 1**	**Day 2**	**Day 3**	**Day 1**	**Day 2**	**Day 3**	**Day 1**	**Day 2**	**Day 3**	**Day 1**	**Day 2**	**Day 3**
1. Seated march												
2. Ankle stretch												
3. Leg straightening												
4. Overhead arm raise												
5. Sit to stand												
6. Side leg raise												
7. Stand on one foot												
How I felt (1 to 5)												

Sources

- National Institute on Aging, NIH: *Workout to Go* (NIH Publication No. 11-4258): overhead arm raise, side leg raise, standing on one foot, ankle stretch.
- National Institute on Aging, NIH: *Everyday Fitness Ideas: Staying Safe*.

Photos: illustrative images created for this guide. Made by MONKIKA, a small US store for comfort at home, with free guides at **monkikashop.com/our-blog**. Print this guide and share it with family, friends, senior centers and care teams.