

## Chair exercises and storytelling



### Objective:

The aim of chair gymnastics for seniors is to promote mobility, strength, and balance while improving circulation and enhancing overall well-being.

### Story: Walking in nature

- Imagine that you are walking in a beautiful nature park. It is a beautiful morning, and the sun is casting its warm light on you.
- Sit straight on the chair with your back clear of the backrest, so that your feet reach the floor.
- You are walking along a narrow path. March seated, lifting your knees in turn. Swing your arms.
- You see a beautiful flower along the path. Sit on the chair and gently bend forward to pick the flower. Stretch out your arms and touch your toes if you can. If not, try to get as close as possible. Repeat 5 times.
- The sun is shining and you are looking at the beautiful clouds in the sky. Aim at the clouds: Stretch your arms in turn diagonally upwards 'towards the clouds', stretching your sides. Repeat 5 times
- You hear the sound of a babbling brook. Sit straight on the chair and raise your right leg upwards as if you were trying to cross a small stream. Lower your leg down and repeat the movement with your left leg. Repeat 10 times (5 for each leg).
- Follow the path to the end, stretching and bending your legs in turn.
- You arrive at a beautiful park, sit on the park bench and relax. Relax with a few deep breaths. Close your eyes and breathe calmly in through your nose and out through your mouth for 2 minutes.
- Then, open your eyes.



**Time required:**

Chair gymnastics can take between 20 and 30 minutes, depending on the participants' preferences and physical abilities.



**Alone or in a Group:**

This is a group activity.

Source: The activity is created with inspiration from models and ideas from national material banks. ([Institute for the Elderly: Motion card of the week](#)) and ChatGTP's proposal