

## Chair exercises



### Objective:

The purpose of this chair gymnastics routine is to promote mobility, strength, and balance among older individuals.

### Instructions:

- Sit straight on the chair with your back clear of the backrest, so that your feet reach the floor.
- Do each movement 5-10 times:
- Marching seated, lift your knees in turn. Swing your arms.
- Rock from side to side.
- Take turns looking back over each shoulder. Touch the back of the chair with your hand.
- Raise your hand and 'pick apples from the tree'.
- Boxing: Box forward and to the side with each arm in turn.
- Rowing: Move your arms forward and backward as if you were rowing. Row with long even strokes.
- Kick upwards: Tighten your glutes and stomach and stretch your legs forward. Slowly lower and bend your legs.
- Sit with your knees together: lift your knees up and lower them down slowly.
- Scissors: Stretch your legs straight ahead. Bring your legs out to the sides (to either side) and then back again (scissoring).
- Ankle movement: bring the heels together and back. Bring the toes together and back.



### Time:

Chair gymnastics may take about 20 minutes, depending on 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