

Tension - relaxation



Goal: The s to promote and preserve mobility, increase flexibility, and reduce the risk of stiffness and injuries.

Tension - relaxation:

- Sitting on a chair, in a comfortable position
- Close your eyes and breathe in through your nose and out through your mouth.
- Repeat all movements 3-5 times:
 - Shake your arms and legs, feel them relax.
 - Tighten your fists, hold the tension for a few seconds. Relax.
 - Now bend your right arm. Tighten all arm muscles while inhaling and relax while exhaling. Repeat with the other arm.
 - Raise your shoulders to your ears, hold the tension for a few seconds. Relax.
 - Hug yourself, hold the tension for a few seconds. Relax.
 - Then tighten your abdominal muscles. Hold the tension during an inhalation and exhalation. Then relax.
 - Tighten your thigh muscles. Hold for a few seconds, then relax.
 - Tighten your gluteus muscles as hard as you can. Hold the tension for a few seconds
 - Put your toes up and down at a gentle pace.
 - Then keep your toes up, with your ankle bent, and hold the tension for a few seconds.
 - Then turn your toes down and hold the tension for a few seconds. Relax.
 - Breathe in through your nose and out through your mouth.
 - Open your eyes

Time: Short



About 15 minutes.

Activity: Calming



Fellowship: Together or alone



Source: The activity is created with inspiration from models and ideas from national material banks ([Balance and strength training for older people](#) [Guide for peer instructors](#)) and ChatGTP's proposal