

Seated **Strength & Flexibility**

by **Beth Kerr**
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**26 Chair Exercises
Ages 70-100**



LARGE PRINT EDITION

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THIS BOOK

WAS WRITTEN IN DEDICATION

TO

HOPE

*AND FOR ALL THE OTHER 3LB BABIES BORN AT THE TURN OF THE
FIRST CENTURY WHO LIVED TO BE 90 YEARS YOUNG*

PRAISE JESUS!

Always Seek medical clearance before starting this or any other weight loss or fitness regimen. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment. We make no warranty, express or implied, regarding your individual results. All the information provided by Senior-Fit Solutions Exercise Made Simple book series was published in good faith and for general information purposes only. The author disclaims any personal liability for loss, risk of injury or even death incurred as a result of any information or advice contained herein, either directly or indirectly.

CONGRATULATIONS

You've taken your first step towards a healthier life. Praise God! The Exercise Made Simple Strength & Flexibility routine fuses different methods of fitness such as breath work, stretching, yoga, and relaxation techniques. This book was made for people who live in a constant state of pain or live with physical limitations that restrict their daily activities. Adding this 30 minute exercise routine to your basic daily rituals will help to relax your muscles, prevent stiffness, and ease joint pain. In this book you will find all the components of a healthy life including diet tips, strategies for exercise success, how to set goals and accomplish them. Every exercise has simple easy to follow instructions and has been modified specifically for older adults of any fitness level by incorporating a chair. Getting older doesn't have to slow you down. We were made to move freely and enjoy life well beyond our 90's! Believe and you shall receive.

Just as we brush our teeth twice a day to prevent cavities; we must exercise the body every day to prevent illness. All illnesses can be treated, prevented, and even cured naturally. Regular exercise is a necessary part of this joyful equation. A strong flexible body supports a long life of good health. Give yourself a live long organic solution to healthcare through proven exercise methods. Regular exercise provides a solid foundation for the best quality of life possible.

Get ready to be fit for life-for this is the new you. Right now, go stand in front of the mirror and tell yourself, "I can do this!" Make a lifelong commitment to love and care for body today.

BENEFITS of EXERCISE IN ADULTS OVER 65:

- Increased aerobic capacity, muscle strength,*
- Increased endurance, muscle mass, neural response*
- Improved circulation, better sleep, sense of peace*
- Decreased resting heart rate and blood pressure*
- Reduced cholesterol, triglycerides, body fat*
- Increased bone density, flexibility, joint stability*
- Improved range of motion, ease, balance*
- Reduced pain, stiffness, anxiety, tension, fatigue*
- Enhanced feeling of well-being, self image, self-esteem*
- Supports a life of independence*

Today is the first day of the new improved you. Embrace the changes ahead. Some days will

bring setbacks, others accomplishments. That being said, don't toss this book in a corner under a stack of magazines. Keep it loud and proud. Prop it in a place where you'll see it, so you will remember to use it every day. Put up sticky notes in common places in your home with reminders to exercise. Don't leave home without it!

Happiness is here.

SECTION 1

TIPS

TIPS TO HELP YOU STAY THE COURSE

When should you exercise? Do what works for you. Add your new routine into a part of your day that is already habitual. Schedule 30 minutes of exercise after you brush your teeth or maybe before you eat lunch. If 30 minutes is too much for you right now, start smaller. A little bit everyday is perfect. To stay the course, we must go slow & steady. Consistency is key. Rome wasn't built in a day. Be patient with yourself. Take deep breaths. Enjoy the journey ahead. You will get stronger and more flexible each day. Soon you'll be all around greater version of yourself! It's never too late to start feeling better, and once you get a taste of the sweet life, you'll never look back.

GOAL SETTING:

For the next 90 days set goals for yourself. This is great way to make progress. First, jot down your "BIG GOAL". Set smaller short term goals that are doable for YOU for the next several months, weeks, and days. After 90 days you will reevaluate where you are in reference to your BIG GOAL. Rework another 90 days from your new vantage point. Again, be patient and focus on one day at a time.

JOURNALING:

Journaling is a great tool for success. Here your patterns of behavior become apparent, and help you to break bad habits. What works for you (and doesn't work) will become clear. By recording your physical and emotional state each day following exercise you begin to notice trends in your behavior. For example, maybe you notice that exercising mid morning makes you super hungry before lunch time. Try a different schedule and see how this effects your body. Clarity begets clarity.

Keeping track of your regimen is important for many reasons. A daily log of your activity will show you how far you've come. In 3 months time, you will be amazed at your progress. At some point during this adventure, you may lose your momentum. When this happens, look back

to your notes and see how far you've progressed. This will prove inspirational in achieving your goals.

Senior-Fit-Solutions Exercise Made Simple Journals are available for your convenience. Create your own with a small notebook. Each day, log the date, the time and day of the week. Write down how long you exercised, the exercises you used, include repetitions, and amount of weight used (if any). Record how you felt before and after working out. You could record your weight and everything you ate & drank through the day as well. Senior-Fit-Solutions Exercise Made Simple Journals are available online at www.senior-fit-solutions.com/shop/.

YOU ARE WHAT YOU EAT:

Eat smart. Use food to fuel your body. Imagine your skin is made up of everything you ate in the last 24 hours, what would that look like? Try these simple tips for a healthier diet...

- Plan your meals ahead. Eat smaller portions to increase your metabolism, plan out 5 or 6 small meals a day, 2-3 hours apart. Drink at least 2 lean protein shakes a day to help build muscle. Adequate protein for the average person is about 80% of your *ideal* body weight.

- Get solid carbohydrates before and after you workout, such as sweet potatoes and whole grains. Good carbs will give you energy and help repair your muscles such as sweet potatoes.

- Match a fist full of lean protein with a half cup of carbs. Get in enough fruit and veggies everyday. A huge colorful salad for lunch is always a winner if you're trying to lose weight.

- Drink plenty of water (64oz per day is recommended).

SECTION 2

HEALTH CONCERNS

COMMON AILMENTS:

Common chronic health conditions in older adults include high blood pressure, diabetes, osteoporosis, arthritis, heart disease, COPD, Alzheimer's and high cholesterol. Science has proven time and time again that the severity of these conditions can be lessened greatly (for some even cured) with a balanced diet and regular physical activity. If you have been diagnosed with any of these conditions, talk to your doctor before beginning this or any other health program. The Strength & Flexibility routine is safe for anyone with any of these conditions and more.

JOINT REPLACEMENTS:

Strengthening the muscles that support a joint replacement are critical. Often when doctor ordered physical therapy is complete, many do not continue practicing their prescribed exercises which results in weakness. Consult with your physician regarding exercise of any kind after a joint replacement. If at anytime during your routine you feel discomfort or pain, stop immediately, and consult with your doctor.

SECTION 3

POSTURE

Good or proper posture is essential in executing correct form while exercising. Keeping the bones and joints in correct alignment minimizes the chance of injury. Proper posture allows the muscles to work more efficiently, therefore preventing muscle fatigue. Excellent posture may protect against muscle strain, overuse, and back pain.

Poor posture may be the result of physical ailments, injuries, low self-esteem, or bad habits that can be carried out over years. Unfortunately bad posture is painfully evident in many of us. The key factors that contribute to poor posture are most commonly stress, obesity, pregnancy, weak postural and abnormally tight muscles, and unsupportive shoes. In addition, decreased flexibility, a poor work environment, incorrect working posture, and unhealthy sitting/standing habits can also contribute to poor body positioning.

WHAT IS GOOD POSTURE?

The following tips will help you to learn how to sit or stand properly during exercise and in your daily life.

FOR PROPER POSTURE WHILE SEATED:

- Keep your feet flat on the floor.*
- Avoid crossing your legs.*
- Hips-knees-ankles should create a 90 degree angle.*
- Sit tall. A pillow or rolled up towel may be used.*
- Relax your shoulders.*
- Keep your hips and shoulders stacked.*
- Rest your hands on hips, or hold the sides of your chair to maintain a neutral spine.*

FOR PROPER POSTURE WHILE STANDING:

-Evenly distribute weight to all sides of the feet.

-Keep knees slightly bent. “Micro-bend”.

-Keep your feet about shoulder-width apart.

-Stand tall with your shoulders pulled back.

-Let arms hang naturally at your sides or rest on hips.

-Pull in stomach, engage the core.

-Keep your head level; earlobes in line with shoulders.

SECTION 4

10 RULES FOR A FIT LIFE

- 1. BREATHE**-Take ten calming breaths before you start exercising. If you feel winded during your routine take a break. Start again when you feel ready.
- 2. BE PREPARED**-Stay hydrated-before and during class. Wear loose comfortable clothing, and supportive shoes with no skid bottoms, preferably sneakers or orthotics.
- 3. NO EXERCISE WHEN SICK**-Sick meaning you have a fever or infection. Talk to your doctor first.
- 4. ASK YOUR DOCTOR**-If something hurts or just doesn't feel right, stop. Get clearance from your doctor before you continue this program, especially if you have a chronic illness.
- 5. WATER, WATER, WATER**-Hydrated muscles are flexible, and protect you from strains. Drinking water gives you energy. It also cleanses the body and keeps your cells from retaining fluid. No one likes to be bloated! Dehydration is deadly.
- 6. EAT BEFORE**-add a small amount of carbs preferably fruit (such as a banana or apple) 30 minutes before you exercise. Fruit gives you a little pep in your step and keeps dizziness away. Wait for 2 hours to exercise after eating a meal. A large meal will hold you back, and might make you yuck! Avoid consuming inflammatory foods & beverages, the day of or day before, you exercise. Such as wheat, nightshades, and alcohol.
- 7. REST**-Recovery days are a part of your exercise regimen. Muscles need time to repair and recover to grow strong. Rest in between exercise days, or on the weekend. Listen to your body, and rest when you need it. **CONSISTENCY** is the key to success in fitness, **NOT QUANTITY**.
- 8. SLEEP**-Get adequate sleep each night (6-8 hours). If sleeplessness taunt you, try natural remedies like sleepy time tea, breathing exercises, or meditation. Stay away from meds that make you groggy the next day.
- 9. LISTEN TO YOUR BODY**-Don't push yourself to far. If you're struggling, take a break, and try again tomorrow. If you get hurt you won't be able to exercise at all.

10. HAVE FUN-Turn on your favorite dance music, get outside or invite a friend in. Move your hips. Create joy as you exercise. Don't judge yourself. Speak with positive kind words to yourself, and about yourself to others. You are spoiling yourself by caring for your body. Good health is priceless, and baby you're worth it.

SECTION 5

HOW TO USE THIS BOOK

The exercises in this book is explained in the simplest way possible. Every exercise contains movement directions, a body part focus, pictures of the individual movements, tips & notes. These are all purposefully explained in elementary terms. If you have any questions you can email info@senior-fit-solutions.com. Each page contains one exercise. BEFORE you perform this routine, read the entire book and full descriptions of each exercise carefully. Your workout begins with the “Balloon Breath” exercise, cardio warm up, and is followed with our stretches & strength exercises, and finally completed with a cool down. All should take 30 minutes once you become familiar with each exercise.

WHAT YOU’LL NEED:

You will need only a solid four legged chair with a flat back and possibly some light weights. All the exercises in this book will be performed seated. To perform each exercise sit tall in a firm chair with good back support. Place feet flat on the floor directly beneath your knees and hip width apart. Remember, your hip-knee-ankle should create a 90 degree angle. Keep the pelvis neutral with the tailbone tucked slightly (chest in front of hips-no slouching), knees soft, and abdominal muscles tight. Leg muscles should be engaged to provide stabilization and proper form. Core or stomach muscles should be strong during exercise unless otherwise instructed.

A FEW IMPORTANT THINGS TO KNOW:

- Stay hydrated before and during class. ALWAYS BRING WATER!
- Wear loose, comfortable clothing you can move easily in.
- Wear shoes with proper support and no skid bottoms, sneakers or orthotics.
- Eat a small piece of fruit (an apple or banana) about 20 minutes before you begin your workout.

- Take a break anytime you feel like you need to get a drink or rest.
- Go easy! Never push yourself too far.
- If you feel dizzy or ill, sit down & take a break.
- If you have a health concern, recent or recurring injury, a change in your medications, or anything else that might be of concern, ask your doctor before exercise.
- Have FUN!

SECTION 6

BREATHING WARM UP

BREATH CONTROL: Breath work is the way to keep your skin looking young. Intentional breaths calm the mind and body. Adequate oxygen intake through breath control is the foundation of an active lifestyle and this routine. Breathing exercises strengthen the diaphragm, increasing lung capacity and flexibility. Exercising the respiratory system preps the body for activity. Therefore we will always practice the “Balloon breathing” exercise a.k.a. “diaphragmatic breathing” as a warm up in the Strength & Flexibility routine. Review this breathing exercise before beginning your routine on the following page. Know this! The fountain of youth is all around us, it is simply the air we breathe.

BALLOON BREATHING EXERCISE

1. INHALE SLOWLY, fill the belly like a balloon.
2. HOLD for a few seconds.
3. EXHALE SLOWLY & completely. Push all the air out of the lungs by pulling the belly button to the spine. Repeat 10x

(Go slow. Be careful not to hyperventilate.)

Once you get the idea, silently in your mind count through each step.

1. INHALE for 2 seconds
2. HOLD for 2 seconds
3. EXHALE for 2 seconds.

Advance by increasing your count from 2 to 4, 6, 10,...and beyond.

REMEMBER: The best breaths are taking in & out through the nose.

MOVING WARM UP

MOVING WARM UP:

Get the blood pumping with 5-10 minutes with your choice of cardio. Increased circulation warms the muscles making them more pliable and helps protect the body from strain. This can be done seated or standing. Simply try some chair cardio if you have trouble standing up. While seated lift your knees and arms at a continued quick pace for 5 minutes to start. Get your arms over your head, maybe just hold them up or swing them wide. If you are able, walk around the room, stand in place lifting your knees, maybe turn on some music you like to dance to, go for a walk around the kitchen or outside. Be sure to time yourself using the microwave, stove, watch, phone or another timer you have around the house. Once you've completed your moving warm up, you are ready to start the Seated Strength & Flexibility Routine!

Exercises

Flexibility: “HEAD TURNS”

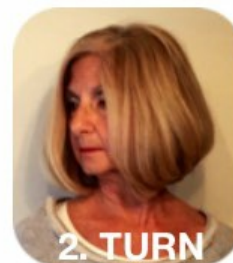
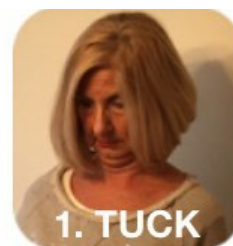
FOCUS: Relaxes the neck and shoulders.

MOVEMENT:

1. **TUCK** chin to chest. Hold 3 breaths.
2. **TURN** head to side, chin to shoulder.
Hold 3 breaths. Repeat on other side.
3. **CIRCLE** head to shoulder, back, down & around. Reverse direction repeat.

TIP: Move slowly with relaxing breaths.

NOTE: If dizzy, stop & talk to doctor. Be careful of back of neck.



Strength: “CHIN PUSHBACKS”

FOCUS: Strengthens muscles neck. Promotes good posture.

MOVEMENT:

1. **GUIDE** - head back using two fingers on chin. Use gentle pressure without dropping the jaw until you feel slight tension in the back of the neck.

Hold for 3 breaths.

2. **RELEASE** - hand & allow head back to neutral position.

Repeat 10x.

TIP: Push gently on chin. Simply guide the skull backwards. Great for supporting proper head posture.

NOTE: Keep mouth closed & chin up. The other hand can rest by your side or on your lap for support.



1.GUIDE



2. RELEASE

Flexibility: “WRIST CIRCLES”

FOCUS: Relaxes the wrists and hands.

MOVEMENT:

1. **CIRCLE** - hands slowly around the wrist joint, arms lifted slightly, flowing with your breath.

TIP: Move through places of resistance with gentle pressure to complete a circle.

NOTE: Send love to your hands. Relax as you move through all angles.



1. **CIRCLE**

Strength: “MAKE A FIST”

FOCUS: Strengthens fingers & hands.

MOVEMENT:

1. **SQUEEZE** - hands into a tight fist as you inhale.
2. **OPEN** - hands wide like a starfish as you exhale.

TIP: Use when hands are achy or stiff.

NOTE: Squeeze gently. Open hand completely & stretch fingers wide.



1. **SQUEEZE**



2. **OPEN**

Flexibility: "SHOULDER ROLLS"

FOCUS: Relaxes shoulders.

MOVEMENT:

1. **LIFT** - shoulders to ears.
2. **ROLL** - back, down, forwards, & up.
Repeat 3x & Reverse.

TIP: Move slowly. Complete a full circle. Super stiff? Alternate shoulders.

NOTE: Tight shoulders are a sign of short breaths. Use the breathing exercise for relaxation.



1. LIFT & ROLL

Strength: "ARM CIRCLES"

FOCUS: Defines arms & shoulders.

MOVEMENT:

1. **LIFT** - arms, then reach outward.
2. **CIRCLE** - arms forward, make large circles-down, around & up.



TIP: Beginners can bend arms or make smaller circles.

NOTE: Turn pinky to the floor, thumb to sky, external rotate shoulder.



1. LIFT & CIRCLE

Flexibility: “SEATED CAT & COW”

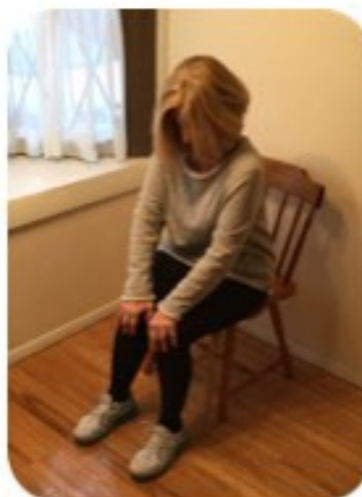
FOCUS: Opens the chest, stretches lower back, core, & hips.

MOVEMENT:

1. **LEAN** - chest forward as you inhale, pull shoulders back, chin up, hinge at hips, rest hands on knees, and arch back.
2. **ROLL** - back as you exhale, round the spine by tucking chin & tailbone. Pull the belly button up and in. Repeat 3x



1. LEAN FORWARD



2. ROLL BACK

TIP: Keep hips on the chair by squeezing the buttocks. As you exhale & create an empty bowl shape with the belly. Use fluid movements throughout.

NOTE: Relax & move fluidly through movement.

Strength: “TORSO CIRCLES”

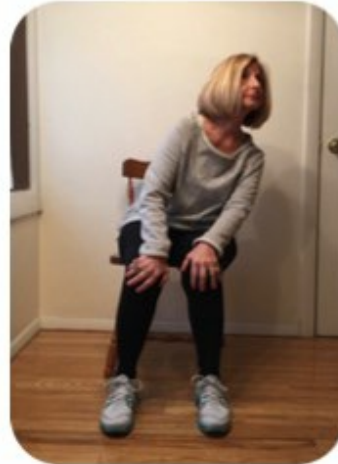
FOCUS: Relaxes hips, core, shoulders, and back.

MOVEMENT:

1. **LEAN** - forward chest lifted toward the sky, elbows back with hands on knees. Arch the back.
2. **CIRCLE** - torso down & around lower body, move at the waist. Tuck the chin & tailbone. Repeat 10x in both directions.



1. LEAN



2. CIRCLE

TIP: Bend elbows in toward waist as you come towards thighs. Great exercise to relax the back & hips as well as create a strong core.

NOTE: Use arms to lean side to side. Beginners use small circles.

Flexibility: “SEATED TWIST”

FOCUS: Cleanses abdominal organs & relaxes the spine.

MOVEMENT:

1. **REACH** left hand across lap to outside of right knee.
2. **LIFT** right arm up and over back of chair, inhale. Look up at hand.
3. **TWIST** through torso, & bring left shoulder back as you exhale.

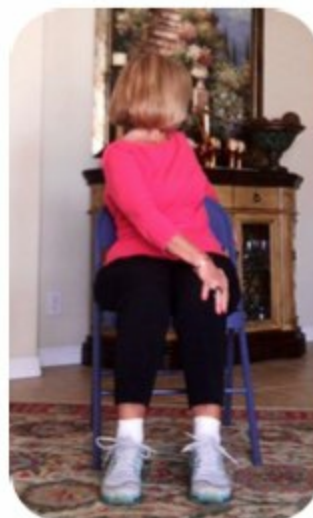
Hold for 3 breaths. Repeat on Right.



1. REACH



2. LIFT



3. TWIST

TIP: Chest lifted, back flat. Imagine ringing out a wash cloth.

NOTE: Keep both hips on chair in proper seated position, or 90 degree angle throughout.

Flexibility: “SIDE STRETCH”

FOCUS: Relieves tension in hips & back.

MOVEMENT:

1. **REACH OVER** the head with one arm, extend arm fully. Hold for 30 seconds. Switch.

TIP: Palm faces floor. Arm long.

NOTE: Keep both hips on chair. Feel a stretch through the side body.



1. REACH OVER

Flexibility: “OVERHEAD REACH”

FOCUS: Increases mobility in shoulders

MOVEMENT:

1. **REACH UP** with both arms towards the sky. Extend completely. Hold for 30 seconds. Open wide to bring down. Repeat 3x

TIP: Squeeze arms to ears. Straight arms.

NOTE: Keep shoulders relaxed, back flat.



1. REACH UP

Strength: “BARREL ABS”

FOCUS: Tones & strengthens the sides and front of abdomen.

MOVEMENT:

1. **LIFT** - arms overhead, create a barrel shape as you inhale.
2. **LOWER** - arms to chest level as you exhale.

Repeat 10x



1. LIFT



2. LOWER

TIP: Maintain barrel shape with arms throughout. Keep core tight. Tuck tail bone to protect the lower back. Imagine bringing shoulders to hips.

NOTE: Do not arch back. Keep shoulders square & relaxed. Hinge in center of torso.

Flexibility: “SEATED TOE TOUCH ”

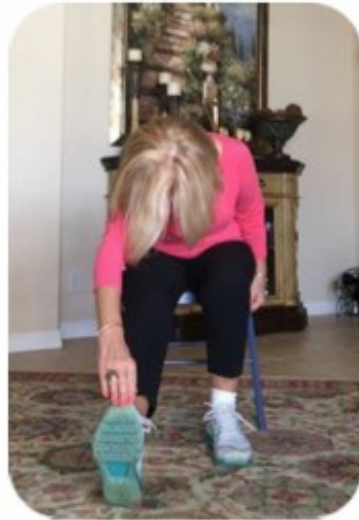
FOCUS: Increases ankle mobility & flexibility. Relaxes back of legs.

MOVEMENT:

1. **EXTEND** one leg, place the heel on floor, with toes up.
2. **REACH** one arm or both toward toes, hinging at the hips. Breath deeply into the belly, exhale pull the belly button into the spine. Hold for 3 breaths. Repeat on both sides 3x.



1. EXTEND



2. REACH

TIP: Bend legs if needed. To Advance, extend BOTH legs to reach.

NOTE: Keep knees soft. Let your head hang heavy.

Strength: Seated “KNEE LIFT & KICK”

FOCUS: Mobility & strength in knee & upper leg.

MOVEMENT:

1. LIFT - one knee up towards the ceiling & bring back, place foot flat on floor. Repeat 10x. Switch legs.

2. KICK - left foot forward while lifting knee up, extend leg & bring back floor. Repeat 10x. Switch.

Repeat all up to 3x.



1. LIFT



2. KICK

TIP: Maintain strong tummy & flat back throughout. Squeeze front of thigh when lifting & kicking. Beginners may alternate legs.

NOTE: Move slowly with control. Core engaged. Tailbone tucked.

Strength: “SIT & STAND”

FOCUS: Creates strong legs & backside.

MOVEMENT:

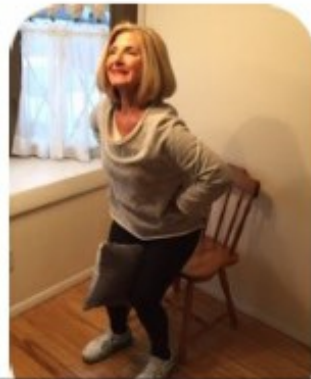
1. **SIT** - Legs hip width apart. Feet directly under knees. 90 degrees from hip-knee-heel. Hands on chair or hips.
1. **STAND**-press through heels, extend the legs. Keep knees soft. Squeeze inner thighs. Keep chest lifted. Sit slowly. Repeat 10x.



1. SIT



2. STAND



Place a pillow between the knees to strengthen & support the inner thighs during this exercise or practice "squeeze the knees".

TIP: Knees turn in? Strengthen your inner thighs-Practice squeeze the knees on P.33 to help.

NOTE: Keep knees behind your toes throughout. Beginners can push off chair, or a friend's hands to help. Use control. Don't plop.

Flexibility: seated “REACH & GRAB”

FOCUS: Relaxes the leg, arm, back, hips & sides.

MOVEMENT:

1. **REACH:** arm **across** the body using the 3 positions shown.
 - a. **Chest**
 - b. **UP**
 - c. **DOWN**
2. **GRAB:** pull elbow back into side body. Repeat 10x in each position, on both sides.

1. REACH



TIP: Reach with arm, not shoulder. Keep shoulders square to hips throughout.

NOTE: Reach across the body like you would put on a seatbelt.



2. GRAB

Strength: seated “LIFT THE BUCKET”

FOCUS: Tones shoulders, forearms, & back.

MOVEMENT:

1. **OPEN**-arms wide.
Create a vertical line
shoulder to wrist.
2. **CLOSE** arms in front
at shoulder height.
Repeat 10x. Rest 30 sec



1. OPEN



2. CLOSE

TIP: Elbows soft. Imagine holding a bucket. Squeeze arms.

NOTE: Maintain a flat tall back throughout.

Strength: seated “BICEP SQUEEZE

FOCUS: SUPPORTS UPPER ARMS

MOVEMENT:

1. **OPEN** - arms down
toward floor lengthen.
2. **SQUEEZE** - upper
arm to bring hand up
towards shoulder,
bend at elbow.

Repeat 10x



1. OPEN



2. SQUEEZE

TIP: Elbows locked ribs.

NOTES: Keep shoulders relaxed, buttock and tummy tight.

Strength: Seated “TOE LIFTS”

FOCUS: Supports front and back of lower legs



LIFT TOES

MOVEMENT:

1. **LIFT** - toes up, keep heels flat on floor.
2. **LOWER** - toes to floor.

TIP: Keep knees bent. Hold seat for stability.

NOTE: You might only be able lift an inch off the floor. This will improve.

Strength: Seated “HEEL LIFTS”

FOCUS: Supports front and back of lower legs



LIFT HEELS

MOVEMENT:

1. **LIFT** - heels up, keep toes flat on floor.
2. **LOWER** - heels to the floor.

TIP: Hold seat for stability.

NOTE: Heels may only lift an inch off the floor. This will improve with practice.

Strength: “SQUEEZE THE KNEES”

FOCUS: Supports sitting, standing and walking.



SQUEEZE

MOVEMENT:

Place small firm pillow between knees-

1. **SQUEEZE** & HOLD for 3 breaths

REST for 30 seconds

REPEAT 3x

TIP: Hold chair for support.

NOTE: Use the inner thighs and buttock muscles to squeeze pillow.

Flexibility: “WIDE LEG STRETCH”

FOCUS: Stretches inner thighs and groin



LEAN

MOVEMENT:

Sit with legs wide, Toes turned out, forearms resting on thighs.

1. **LEAN** forward chest towards floor.

Press thighs outward.

HOLD for 5 breaths

TIP: Breathe slowly & deeply. Back flat.

NOTE: Knees directly over ankles.
Hinge at Hips.

Strength: Seated “LEG OUT & IN”

FOCUS: Supports hips, inner & outer thighs.

MOVEMENT:

1. STEP OUT - with one leg, up and over the fence.

2. STEP IN - with the same leg, again up and over the fence.

Repeat 10x on both.



1. STEP OUT



2. STEP IN

TIP: Hinge at the hip. Keep leg in a 90 degree angle throughout.

NOTE: Go slow, and don't worry about how far out you can step.

Strength: “Rhomboid Squeeze”

FOCUS: Supports posture

MOVEMENT:

1. **PRESS** hands forward, palms flat, extend arms.
2. **SQUEEZE** elbows & shoulders back. Repeat 10x



1. PRESS



2. SQUEEZE

TIP: Imagine pinching a quarter between your shoulder blades. Bring elbows close to ribs.

NOTE: Move with control. Hands chest level or below

Strength: “CHEST PRESS”

FOCUS: Supports upper body.

MOVEMENT:

1. **OPEN** arms wide, bend elbows, hands frame head.
2. **CLOSE** arms together, maintain form & squeeze chest. Repeat 10x



1. OPEN



2. CLOSE

TIP: Make a “W” shape with arms.

NOTE: Move with control, create resistance-pretend you are pulling and squeezing an imaginary object with the arms.

flexibility: seated “TRI STRETCH”

FOCUS: increases flexibility in upper arms, shoulders & back.

MOVEMENT:

- 1. LIFT RIGHT** arm.
- 2. BEND RIGHT** elbow to bring hand to center of back.
- 3. LIFT LEFT** arm.
- 4. TOUCH LEFT** hand to **RIGHT** elbow. Hold for 3 breaths.

REPEAT starting with left arm.



1. LIFT RIGHT



2. BEND



3. LIFT LEFT



4. TOUCH

TIP: Make a 90 degree angle shoulder-elbow-wrist. Keep head tall. Forearm can come across the forehead to modify.

NOTES: Make a 90 degree angle shoulder-elbow-wrist.

About The Author



About the Author...Beth Ann Kerr, 37 years, is from Newport, Rhode Island. She is a devoted wife and mother of three wonderful children. Beth is a Certified Nurse's Assistant, 200hr Registered Yoga Teacher, AFAA Golden Hearts Specialist, Star 3 Spinning Instructor, and Advanced Buti Yoga Instructor.

"I am blessed to have helped so many older adults reclaim the life they love. It is the greatest gift to see others win back their independence and freedom. Many of our seniors suffer from debilitating illnesses or injuries that restrict them to their homes. The Senior-Fit program aims to prevent falls, ease pain, and build strength. Symptoms of chronic illness can improve greatly or be completely healed with the right nutrition and exercise program. If you desire to feel better, Senior-Fit can help. Prepare to be amazed at how quickly you will improve with a consistent gentle exercise. A simple daily fitness routine will change your life forever. Staying healthy is a choice. Each of us hold the key to youth, we just have to use it. We are learning now that good health equals freedom."— Beth Ann Kerr

Special Thanks



A Special Thanks to Senior-Fit models

Al & Diane Catizone.