LOW IMPACT EXERCISES

SITTING
1. Breathe
2. Half circles with head
3. Neck movements (Chin to chest, ear to shoulder)
4. Neck Stretch – Sitting in your chair, reach down and grab the side of the chair with the right hand and gently pull while tilting your head to the left, feeling a stretch down the right side of the neck and shoulder. Hold for 10-30 seconds and repeat on other side.
5. Pendulum swings
6. Shoulder back (wings)
7. Lung strength—Fill body with air and blow out in thin stream while counting to yourself.
8. Fingertip presses
9. Boxing moves
10. Hand curls
11. Reverse Hand Curls
UPPER BODY – STANDING
12. March in place (hand to opposite knee) For more intensity raise arms above head if your balance is GOOD.
13. Shoulder Rolls (4 forward, 4 back)
15. Arm Circles (fly)
16. Arm Squares (arms behind head to back)
17. Hands together, elbows together, raise hands high in front.
18. Reach for the Sky (Elbow parallel to shoulder)
20. Side Stretches
21. Torso Rolls (Trunk Rotation)
22. Pelvic Clocks (Hula)
23. Bar Exercise (knee to eye level)
24. Bar to Chin (reverse palms up –down)
25. Bar side to side.
   Raise bar above head, come down and tough raised knee.

SITTING
26. Rotate in circle holding bar
27. Row the Boat
29. Hold bar with palms down at waist level, raise bar to chin.
30. Inner thigh press (spread knees, toes pointed out, press elbow to inside of knees, hold 10 counts, relax, repeat)

EXTRA’S

Sit and raise ball between feet. For hip replacement patients. (Pretend to have a ball)

Sit and squeeze ball between knees. (Pretend)
Sit and roll ball up and down behind knee.

March in place while sitting. Hold stomach in and march without touching feet to floor. Most benefit is for stomach muscles. Touch hand to opposite knee for coordination.

Cross ankles: Press up with bottom leg, press down with upper leg.

Right leg straight out: Five stomps in air with left foot. Reverse.

Press belly button to spine: Good for abs.

Shoulder stretch. Right arm across body chest height, grasp below elbow with left hand, pull right arm in and toward the chest.

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Hold a weight in each hand with your arms at sides. Shrug shoulders up toward your ears and then lower them.
Lung Strength: Take deep breath and let out in slow, thin stream.

Spine twists and turns- sitting.

Sit straight in chair. Lower arms to sides then form a W, try to touch elbows together, hold. Repeat.

SITTING-LOWER BODY EXERCISE

31. Leg Lifts (right, center, left – over dog)
32. Stress Relief- Place tongue behind teeth and breathe in while counting to 4. Hold for 7 counts and let breath out in a swishing sound.

33. Pelvic Tilts (Squeeze buttocks, take deep breathe, lift, hold 4 counts.
34. Hip Hikes (right hip forward, left hip forward then right back, left back. Feet flat on floor.
35. Hip Rotation (Rotate foot inward & hold, rotate outward & hold)
36. Leg Swing outs
37. Point and Flex
38. Foot Circles
39. Right leg straight out, tap five times with left foot. Do not touch floor. Reverse legs.
40. March in place without touching floor.

STANDING (Good for balance)

41. Arm Curls (Monkey Moves) Head to underarms – arms out, tickle shoulders, arms out, underarms.
42. Heel Lifts – rock forward to toes. (Good for varicose veins)
43. Leg Swings (swing leg to front then back)
44. Wall Push-ups-hold back of chair or use wall or doorway.
45. Side Leg Stretches and Circles
46. Back Leg Lifts/Stretches - Hold chair (Stand on right leg with knee slightly bent. Kick to back as high as possible, hold 6 counts, (Reverse legs) For strengthening legs, hip muscles and lower back. Good for balance.
47. Balance on one foot (holding chair) reverse sides. Balance on one foot holding chair with one finger then hold chair and close eyes.
49. Hip Flexion-Strengthens thigh and hip muscles for good balance. Use ankle weights when ready. Stand straight, hold chair, slowly bend one knee toward chest, without bending at waist or hips. Hold position for 1 second. Slowly lower leg all the way down. Pause. Repeat with other leg for 8-15 repetitions. Rest; then do another set of 8-15.
50. Walk heel-to-toe (At library walk between shelves to balance, at home hold on to wall or counter.)
51. Chair Squats-Stand up and sit down without using your hands.
52. Sit with arms at sides, slowly raise arms to shoulder level, slowly lower. Eventually use weights.
53. Sit in chair with back supported. Tighten stomach as if someone were going to punch it. Press fingers into abdomen & tighten abdominals even more to resist pressure of fingers. **keep breathing!!!**
Hold 15 seconds. Repeat 5 times.

COOL DOWN – SEATED - Important for increasing joint flexibility

54. Shoulder Stretches-Clasp fingers together, palms outward, breathe in while lifting arms up over head, breathe out while lowering arms.
55. Forward Bends from waist and then to floor.
56. Forearm (hand & shoulders) Twists
57. Finger & Wrist Rolls
58. Finger Stretches
59. Piano

STAND UP & SMILE

54. Leg Stretch with Straight Knee
55. Leg Stretch with Bent Knee
56. Leg Stretch & Bounce on knee 4 times
57. Arm and Shoulder Sways
58. Full body stretch
59. Bring water bottle to lips and drink.

Nia.nih.gov/HealthInformation/Publications/Exercise Guide

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