EASY EXERCISES
A CHAIR BASED PROGRAMME FOR OLDER ADULTS
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Foreword

The overall vision of the ‘Healthy Ireland’ framework is a place “where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility.” One of the targets in both ‘Healthy Ireland’ and the ‘National Physical Activity Plan’ is to increase the proportion of the population undertaking regular exercise.

The health service has a key role in the promotion of physical activity through ensuring greater awareness of the role physical activity plays in the prevention and treatment of disease and in the creation of a healthy lifestyle. This booklet is designed to help people with limited mobility participate in a chair based programme. The aim is that it will be within their capabilities but also offer the many benefits of physical activity.

Several studies provide support for the numerous benefits gained from being more active: reduced chronic disease, increased longevity, improved physical and mental health, as well as independence and improved quality of life in later years. The National Physical Activity Guidelines recommend at least 30 minutes of moderate intensity physical activity at least 5 days a week, however this may not be appropriate for adults who are currently inactive or have limited movement.

The chair based exercises in this booklet, although low-intensity, will still encourage inactive people to develop healthy activity habits. Participating in these exercises will help individuals with limited movement to carry out the everyday activities that are essential to living as independently as possible.

Initially, this booklet was distributed as part of the Heartwatch programme but has since been found to be a useful resource in a variety of settings, such as day care centres, nursing homes, health centres and active retirement groups. It has been reprinted for wider distribution and it is hoped that it will have a positive effect on participants’ health and wellbeing.

Dr. Cate Hartigan
Head of Health Promotion and Improvement,
Health & Wellbeing, HSE.
Why be active?

“Physical Activity is the single most useful thing that individuals can do to maintain their health and function and quality of life.” (World Health Organisation, 1997)

Many research studies have reported the benefits of physical activity for older adults and individuals with limited movement. Although you may not be able to go for a jog or even a walk there is still a lot you can do! We hope that you will find this booklet helpful as it guides you through a short and simple chair exercise routine. The exercises can be done at your own pace at home, on your own or with friends. The exercises will help build your strength and flexibility and may bring you many other benefits, such as:

CONTROL AND MANAGEMENT OF:
- Diabetes
- Obesity
- Osteoporosis
- Heart disease / Cholesterol
- High blood pressure
- Arthritis
- Cancer

- Improved self-esteem
- Reduced depression
- Reduced anxiety and stress
- Improved overall well-being

- Increased joint mobility
- Improved balance
- Falls prevention
- Increased reaction time
- Improved ability to carry out activities of daily living

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- Improved ability to carry out activities of daily living
Research shows that you need to do 30 minutes of moderate intensity physical activity a day to gain many health benefits. However, some of these benefits will be experienced even by doing low intensity gentle exercise, such as the exercises in this booklet.

These chair exercises are aimed at improving your ability to carry out your daily activities and so focus on:

- **MOBILITY**
  i.e. improving your ability to reach, grasp and move about

- **STRENGTH AND ENDURANCE**
  i.e. improving your ability to carry, push and pull, lift

- **BALANCE**
  i.e. improving your ability to move about with ease, improve reactions

- **AEROBIC FITNESS**
  i.e. slightly improving your ability to sustain activities such as walking
Safety Advice!

Before you start this exercise programme it is recommended you talk to your doctor. It is a good idea to bring this booklet to your doctor or physiotherapist and ask them if they think the programme is suitable for you.

Avoid all jerky or sudden movements and rapid twisting or turning of any part of your body.

Do not tilt your head backwards as it can cause dizziness and other problems.

You should wait up to 2 hours after eating a meal, smoking or drinking alcohol before you exercise.

Never exercise when you are injured or sick.

If you get pains in your chest, dizziness or severe shortness of breath when you are exercising, stop immediately and contact your GP.

AND REMEMBER: WHERE THERE IS PAIN AND STRAIN... THERE IS NO GAIN.
EXERCISE SHOULD BE FUN AND ENJOYABLE!
Before you start…

CHAIR
Make sure that the chair you use is sturdy and stable and on an even surface. An upright chair without arms is ideal. It will encourage better posture and give you space for arm exercises. However, if you have poor balance consider using a chair with arm rests for support. Your thighs should be parallel to the floor and your feet resting flat on the floor.

POSTURE
It is important that you ‘Sit Tall’ during all the exercises. Sitting Tall is explained on the next page.

PACE
You should always go at a pace that is comfortable for you. Pay attention to how your body feels each day and adjust your pace as you need to. Gradually as you get fitter you may find your pace increasing.

MUSIC
Playing upbeat music in the background can add some fun to your programme – just be careful not to get too carried away!

PARTNER
Having a partner, friend or family member do the exercises with you can help keep you motivated.

CLOTHING
Wear comfortable clothes to exercise in. Dress in layers so as you get warmer you can take off a layer and then put it back on as you cool-down. Be sure to wear flat supportive footwear that have non-slip soles.
Sit Tall – The starting position for all exercises

It is important that you maintain good posture during the exercises. You can do this by sitting up straight toward the front of the chair, with your feet flat on the floor.

Make sure that your shoulders are directly over your hips and that your spine isn’t rounded into the back of the chair.

Look forward with your shoulders square to the front and your arms hanging relaxed at your sides. Your chin should be parallel to the floor and your head upright.

Breathe deeply and slowly.
How to do the programme

Start by doing the warm-up on page 11 – warm-ups are an essential part of any exercise programme.

After your warm-up choose a few exercises from the Joint Jigglers section and then from the Muscle Movers section. Gradually build up to completing all the exercises in these sections in one go.

The number of repetitions listed, or the time suggested to continue an exercise, are guidelines only. Aim to gradually build up to the guidelines but always pay attention to how you are feeling during the exercises and adjust the level to suit you. The most important thing is to go at a pace that is comfortable for you.

Always finish with the cool-down suggestions on page 32.

Aim to do the routine up to 3 times a week. To add some variety you could play some of your favourite music while you do the exercises.

On the days you exercise try to do the programme at the same time of the day and ideally in the same place too. Having a routine helps create a healthy habit!
The Programme

**Wiggling Warm-ups**
Beginning with a warm-up will help prepare your body for the main exercises.

**Joint Jigglers**
It is important to keep your joints flexible and maintain their ‘range of motion’ or the degree to which you can move them about.

**Muscle Movers**
Improving your muscle tone and strength will help reduce your risk of falls and keep you strong and healthy.

**Calming Cool-downs**
Cooling down after exercise allows your body to safely return to its normal resting level.
Wiggling Warm-ups

Beginning with a warm-up will help prepare your body for the main exercises.
Here are the warm-ups / cool-downs you can do:

- CHAIR MARCH
- ARM SWINGS
- CHEST STRETCH
- ARM REACHES
- BODY TWIST
- LEG STRETCH

You will be doing these exercises for your cool-down too.

REMEMBER:
Sit tall to start each exercise, go at your own pace and breathe normally.
Chair March

Hold the sides of the chair

Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down

Find a rhythm that is comfortable for you

Continue for up to 60 seconds

Now rub up and down your thighs (and your knees if you can reach safely)
Arm Swings

- Place your feet flat on the floor directly below your knees
- Keep your elbows bent and swing your arms from your shoulder
- Move your arms back and forth to a rhythm that is comfortable for you
- Continue this action for up to 60 seconds
- Finish by rubbing up and down your arms and then shaking your arms and hands out
Chest Stretch

Reach behind you with both arms and aim to hold the back of the chair.

Press your chest forwards and upwards until you feel a stretch across your chest.

Hold for up to 10 seconds.

Repeat 2 more times.
**Arm Reaches**

1. Hold the sides of the chair.
2. Keeping your right hand in place, raise the left hand up and reach toward the ceiling and hold for up to 10 seconds.
3. Then, slowly lean to the right side, hold for up to 10 seconds.
4. Return to centre and lower your left arm.
5. Repeat up to 3 times on each side.
Body Twist

Place your left hand on your right knee and your right hand behind you on the back or side of the chair.

Keeping your back upright, slowly turn your upper body and head towards your right arm.

Hold for up to 10 seconds and slowly turn back to starting position.

Repeat on the opposite side.

Repeat up to 3 times on each side.
Leg Stretch

- Slide forward on the chair and straighten your right leg out in front with your heel to the floor and your toes pointing to the ceiling.
- Place both hands on your left thigh for balance.
- Slowly lean forwards while keeping your back straight and chest out.
- Stop when you feel a comfortable stretch in the back of your right leg.
- Hold for up to 20 seconds and then repeat on the right leg.
It is important to keep your joints flexible and maintain their ‘range of motion’ or the degree to which you can move them about.

Here are the exercises you can try in this section:

NECK TILTS & TURNS
SHOULDER CIRCLES
CRISS CROSSING
HANDYWORK
KNEES AND HIPS
FOOT TAPS

REMEMBER: Sit tall to start each exercise, go at your own pace and breathe normally.
**Neck Tilts & Turns**

- Slowly tilt your right ear towards your right shoulder (Fig. a).
- Hold for a few seconds and bring your head back to centre.
- Repeat to left side.

- Tilt your head down so your chin moves towards your chest (Fig. b).
- Hold for a few seconds and bring your head back to centre *(Do not tilt your head backward!).*

- Turn your head to the right and look over your right shoulder and slowly return to centre (Fig. c).
- Repeat to left side.
Shoulder Circles

- Relax your arms by your sides
- Move both shoulders in a slow circular motion: forwards, up toward your ears, backwards and down
- Continue for 5 circles
- Now repeat in the reverse direction
Criss Crossing

- Keeping your arms straight, criss cross your arms in front of your body with a scissoring action
- Keep the action moving up and down in front of your body (Fig. a)
- Continue for up to 30 seconds

Wind your lower arms around in circular motion (as if winding wool) (Fig. b)
- Continue for up to 30 seconds and then reverse the direction
Handywork

- Clench your fists and twist your wrists in opposite directions (as if you are wringing out wet clothes), continue for up to 20 seconds (Fig. a)

- Move your wrists in circular motions, up to 5 times in each direction (Fig. b)

- Squeeze your fists tightly and then spread your fingers out wide, repeat up to 8 times (Fig. c)

- Bend your fingers slightly and move them as if you were playing the piano (Fig. d)
Knees and Hips

- Raise your right foot up so your leg is straight. Then lower your foot back down, alternate between right and left legs for up to 20 seconds (Fig. a)

- Straighten your right leg out and hold, turn your leg to the right so your toes are pointing to the right, then turn leg to the left (Fig. b)

- Repeat up to 5 times in each direction and then repeat on the left leg

- March both feet out to the sides as far as comfortable and back in again. Repeat up to 5 times (Fig. c)
Foot Taps

- Hold the sides of the chair
- Place the heel of the right foot on the floor and point your toes up (Fig. a)
- Then lower your toes to the floor and raise your heels up (Fig. b)
  Repeat up to 10 times with each foot
- Raise your right foot up and make circles with your toes (Fig. c)
- Repeat up to 5 times in each direction with each foot
Muscle Movers

Improving your muscle tone and strength will help reduce your risk of falls and keep you strong and healthy.

Here are the exercises you can do in this section:

- BICEP CURL
- BOXER
- KNEE TAPS
- LEG EXTEND
- SIT TO STAND
- LEG CIRCLES

REMEMBER:
Sit tall to start each exercise, go at your own pace and breathe normally.
Bicep Curl

Place your hands on your thighs, palms facing up

Bend your right elbow and bring your hand toward your right shoulder and slowly lower back down

Alternate right and left arms or use both at the same time and continue for up to 30 seconds

You can also try placing your left hand on your right forearm and pushing down to resist the bicep curl, repeat on other side
MUSCLE MOVERS

Boxer

Place your fists at shoulder level beneath your chin

Smoothly reach your right arm straight out and slowly bring it back to starting position

Do up to 10 punches on each side

Repeat punching to the side and then straight up toward the ceiling
Knee Taps

- Lift your right foot about 4 inches from the floor and touch your left hand to your right knee.
- Hold for a few seconds and slowly release, do up to 10 on each side.
- If you feel able try touching your left elbow to right knee and then right elbow to left knee.
Leg Extend

- Hold onto the side of the chair
- Raise your right foot as you straighten your leg out in front of you
- Hold for up to 5 seconds and slowly lower back down
- Repeat up to 5 times on each leg
Sit to Stand

- Move forward in the chair and place your feet slightly behind your knees.
- Lean forward with a straight back and stand up.
- Use your hands for support if needed but try to aim toward standing without using your hands.
- Slowly lower back down into the chair and repeat up to 5 times.
Leg Circles

Hold onto the sides of the chair

Straighten your right leg out in front of you and point your toes

Make 3 circles to the right and 3 circles to the left - make sure you are moving your whole leg

Repeat on the left leg
Calming Cool-downs

Cooling down after exercise allows your body to safely return to its normal resting level.

Cool down by chair marching (see page 12) at a slow comfortable pace for 1-2 minutes. Then repeat the remaining stretches from the warm-up section at a gentle pace.

ARM SWINGS - Page 13
CHEST STRETCH - Page 14
ARM REACHES - Page 15
BODY TWIST - Page 16
LEG STRETCH - Page 17

REMEMBER:
Sit tall to start each exercise, go at your own pace and breathe normally.
After the session

After your cool-down it is a good idea to take a few minutes to relax, why not try the following breathing exercise...

Sit in a comfortable position and close your eyes
Gradually begin to deepen your breathing so that you are filling your lungs completely as you inhale and breathing out slowly as you exhale.
Repeat this for 10 breaths trying to keep your attention on the flow of your breath
Relax in the chair for a while if you wish and then return to your daily activities with ease and hopefully a lighter step!

Well done! You have finished your chair exercises for today!

This is a good time to fill in your exercise diary. You can do this by simply checking off the exercises you did today. See the sample on the next page and then fill in your diary on page 35. (Feel free to photocopy the blank diaries if you wish to continue to use them.)

Aim to do your exercises again in 2-3 days and enjoy becoming healthier and happier!
# Exercise Diary - Sample

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- Warm-up exercises: Neck Tilts & Turns, Shoulder Circles, Criss Crossing, Handywork, Knees and Hips, Foot Taps
- Cool-down exercises: Bicep Curl, Boxer, Knee Taps, Leg Extend, Sit to Stand, Leg Circles

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Cool-down
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| JJ - Shoulder Circles                        |     |     |     |     |     |
| JJ - Criss Crossing                          |     |     |     |     |     |
| JJ - Handywork                               |     |     |     |     |     |
| JJ - Knees and Hips                          |     |     |     |     |     |
| JJ - Foot Taps                               |     |     |     |     |     |
| MM - Bicep Curl                              |     |     |     |     |     |
| MM - Boxer                                   |     |     |     |     |     |
| MM - Knee Taps                               |     |     |     |     |     |
| MM - Leg Extend                              |     |     |     |     |     |
| MM - Sit to Stand                            |     |     |     |     |     |
| MM - Leg Circles                             |     |     |     |     |     |

<p>| Cool-down                                    |     |     |     |     |     |</p>
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<td>JJ - Criss Crossing</td>
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<td>JJ - Handywork</td>
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<td>JJ - Knees and Hips</td>
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<td>JJ - Foot Taps</td>
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<td>MM - Bicep Curl</td>
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<td>MM - Boxer</td>
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<td>MM - Knee Taps</td>
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<td>MM - Leg Extend</td>
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<td>MM - Sit to Stand</td>
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<td>MM - Leg Circles</td>
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<td>Cool-down</td>
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</table>
For further information on physical activity please contact:

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