

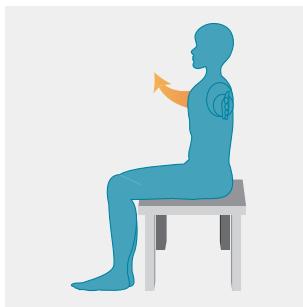
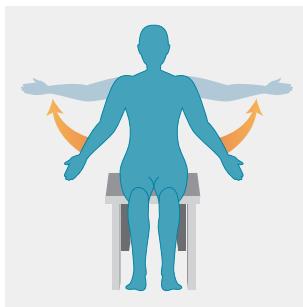
# Seated Stretches for Older Adults



Active living is important for your health and well-being, no matter what your age is, but it can be critical for older adults. Even moderate exercise can help prevent many chronic conditions that can impact you as you age, which is why it's never too late to start exercising.

Try these simple seated stretches to help increase your mobility.

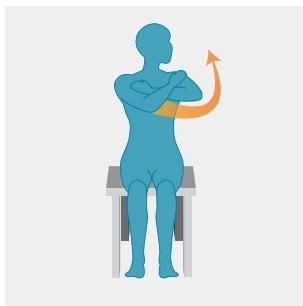
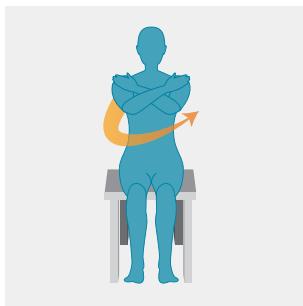
## CHEST STRETCHES



**This stretch is good for posture.**

- Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out at your sides with your hands relaxed and thumbs pointing upwards.
- Gently push your chest forwards and up until you feel a stretch across your chest.
- Hold for five to 10 seconds and repeat five times.

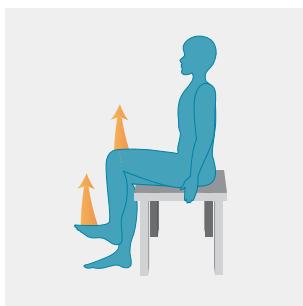
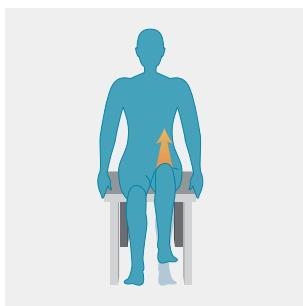
## UPPER BODY TWISTS



**This will develop and maintain flexibility in the upper back.**

- Sit upright with feet flat on the floor, cross your arms and reach for your shoulders. With leg straight and raised, point your toes away from you.
- Without moving your hips, shuffling your legs or leaning with your knees, turn your upper body to the left as far as is comfortable.
- Hold for five seconds. Repeat going right. Do five of each.

## HIP MARCHING



**This will strengthen hips and thighs and improve flexibility.**

- Sit upright and away from the back of the chair Hold on to the sides of the chair.
- Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.
- Repeat with the opposite leg. Do five lifts with each leg.

## ANKLE STRETCHES

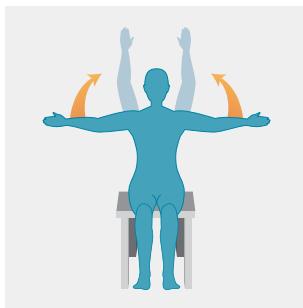
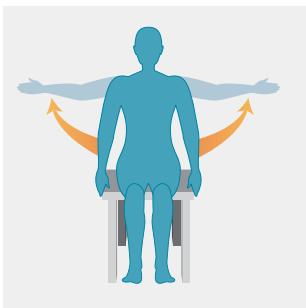


**This will improve ankle flexibility and reduce blood clot risk.**

- Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- With leg straight and raised, point your toes away from you.
- Point toes back towards you.
- Try two sets of five stretches with each foot.

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## ARM RAISES

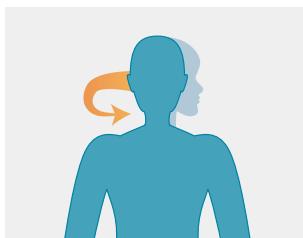
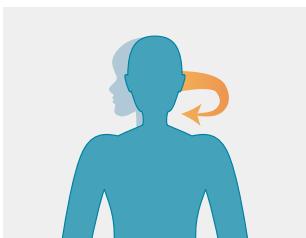


**This builds shoulder strength.**

- Sit upright, arms by your sides.
- With palms forwards, raise both arms out and to the side and up as far as is comfortable. Then return.
- Keep your shoulders down and arms straight throughout.
- Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.

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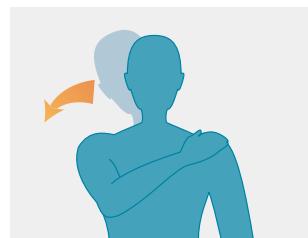
## NECK ROTATIONS



**This stretch is good for improving neck mobility and flexibility.**

- Sit upright with shoulders down. Look straight ahead.
- Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position. Repeat going right.
- Do three rotations on each side.

## NECK STRETCHES



**This stretch is good for loosening tight neck muscles.**

- Sitting upright, look straight ahead and tuck your left hand underneath your left leg to keep your shoulders level.
- Slowly tilt your head to the right. Repeat on the opposite side.
- Hold each stretch for five seconds and repeat three times on each side.

As your fitness improves, don't stop improving! The OCA has many more tips that can help keep you active and healthy.

Visit [www.chiropractic.on.ca](http://www.chiropractic.on.ca) to learn more.



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