RECOMMENDED EXERCISE

Chair Rise Exercise

**What it does:** Strengthens the muscles in your thighs and buttocks.

**Goal:** To do this exercise without using your hands as you become stronger.

**How to do it:**

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight, and chest slightly forward.
3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
4. Breathe out, and slowly stand up, using your hands as little as possible.
5. Pause for a full breath in and out.
6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
7. Breathe out.

Repeat 10-15 times. If this number is too hard for you when you first start practicing this exercise, begin with fewer and work up to this number.

Rest for a minute, then do a final set of 10-15.
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LEVEL I 3 sets  LEVEL II 4 sets  LEVEL III 5 sets  REST up to 2 minutes

20 leg swings
20-count raised knees hold
20 knee to elbows
20 flutter kicks
10 raised legs twists
10 scissors
1. Sit to stand
Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

2. Heel raises
Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control. Repeat 10 times.

3. Toe raises
Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don’t stick your bottom out. Hold for three seconds, then lower with control. Repeat 10 times.
7 EASY EXERCISES
Try these exercises twice a week to build up your strength, balance and flexibility.

1. Stationary March with Arm Swing/Seated March
2. Sit to Stand
3. Standing Hip Extension
4. Side Leg Raise
5. Single Leg Stand
6. Triceps Stretch
7. Standing Quadriceps Stretch
5 Exercises for Seniors to Increase Strength & Balance

1. Single Limb Stance
   It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

2. Walking Heel to Toe
   You might read this and wonder, “How is walking an exercise to increase balance?” This exercise makes your legs stronger, which enables you to walk without falling.

3. Rock the Boat
   Stand with your feet apart so the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds).

4. Clock Reach
   Imagine you’re standing in the center of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand.

5. Back Leg Raises
   This strength-training exercise for seniors makes your bottom and lower back stronger. Stand behind a chair. Slowly lift your right leg straight back—don’t bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this 10 to 15 times per leg.

Source:
7 Simple Exercises for Seniors Who Want Active Lifestyles

Regardless of age, it's important to keep yourself healthy and active. One easy way is to exercise regularly and aim for 150 minutes of moderate-intensity physical activity each week.

In addition, adults aged 50 years or older should maintain their physical fitness by doing strength and balance exercises at least twice a week.

These exercises offer the following important health benefits:

- Increase or maintain muscle strength
- Improve balance, coordination, and mobility
- Improve confidence to move about independently
- Reduce risk of falling
- Improve mood and overall well-being

It's never too late to start exercising. Start slow, keep going, and you'll discover the ability to do more and feel better in no time. Try these 7 easy exercises at least twice a week to increase your fitness!

1. **Stationary March with Arm Swing/Seated March**
   - Warm-up

2. **Sit to Stand**
   - Strength Exercises

3. **Standing Hip Extension**
   - Balance Exercises

4. **Side Leg Raise**
5. **Single Leg Stand**
   - Flexibility Exercise

6. **Triceps Stretch**
7. **Standing Quadriceps Stretch**
   - Cool Down

Source: https://www.healthhubجزء_المغز/73/healthy-people-exercise