

STRENGTH AND BALANCE · FREE CHART

CHAIR EXERCISES FOR SENIORS

10 Moves on One Page, in Large Print

**FREE**
CHART**5 SEATED · 5 AT THE CHAIR · 7-DAY TICK SHEET****10**

MOVES

5

SEATED

5

AT THE CHAIR

7

DAYS TO TICK

LARGE PRINT, ONE PAGE, TEN MOVES

Chair Exercises *for Seniors*

Ten moves you can do with a sturdy kitchen chair: five seated and five standing, holding the back of the chair. A photo of each, how many to do, and a seven-day tick sheet. Strength and balance habits that guidelines recommend, made simple.

SAFETY FIRST

- Use a sturdy chair with no wheels and no arms, pushed against a wall.
- Wear supportive shoes, not socks or slippers.
- Have a counter or a second chair within reach.
- Breathe normally; never hold your breath.
- Move slowly and stop if anything hurts.
- Stop and sit down if you feel dizzy, short of breath, or have chest pain.

HOW MUCH IS ENOUGH

Move most days	At least 150 minutes of moderate activity a week, such as walking, if you can.
Strength and balance	Varied activity that works balance and strength on 3 or more days a week.
Muscle strength	Muscle-strengthening activity on 2 or more days a week.
Sit less	Break up long periods of sitting. Any movement counts.

Ask your doctor first if you have heart, joint or recent surgery concerns.



Ten moves on one page

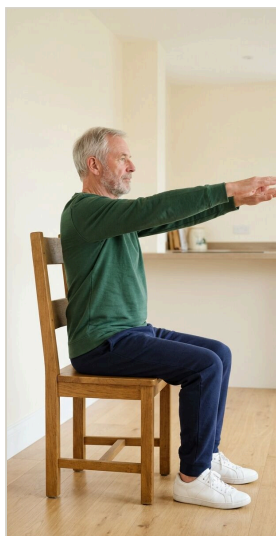
5 SEATED · 5 AT THE CHAIR



Seated march

10 each leg

Lift one knee as high as is comfortable, then lower it.



Arm raise

10 reps

Pause, then lower slowly.



Leg straightener

10 each leg

Pull your toes up and hold for 2 seconds.



Seated heel raise

15 reps

Lower slowly.



Knee squeeze

10 reps

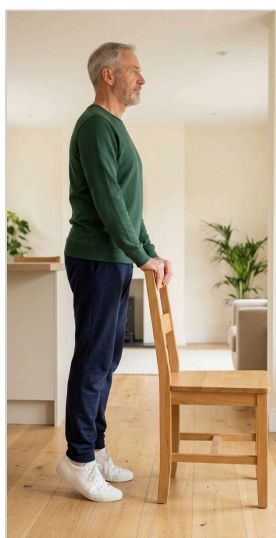
Relax.



Sit to stand (with hands)

5 to 10 reps

Push through your heels and stand up fully.



Standing heel raise

10 reps

Hold for a second, then lower slowly.



Side leg raise

10 each leg

Lower slowly. Change legs.



Back leg raise

10 each leg

Lower slowly. Change legs.



Mini squat

10 reps

Stand back up tall.

Stop if you feel dizzy, short of breath or have pain.

Your 7-day tick sheet

COUNTS ITSELF

Tick each move you did. Aim for three days this week, with a rest day between.

MOVE	MON	TUE	WED	THU	FRI	SAT	SUN
Seated march	☐	☐	☐	☐	☐	☐	☐
Arm raise	☐	☐	☐	☐	☐	☐	☐
Leg straightener	☐	☐	☐	☐	☐	☐	☐
Seated heel raise	☐	☐	☐	☐	☐	☐	☐
Knee squeeze	☐	☐	☐	☐	☐	☐	☐
Sit to stand (with hands)	☐	☐	☐	☐	☐	☐	☐
Standing heel raise	☐	☐	☐	☐	☐	☐	☐
Side leg raise	☐	☐	☐	☐	☐	☐	☐
Back leg raise	☐	☐	☐	☐	☐	☐	☐
Mini squat	☐	☐	☐	☐	☐	☐	☐
I moved today	☐	☐	☐	☐	☐	☐	☐

THIS WEEK

Days I moved

HOW IT FELT

From ten moves to 28 days

This chart covers ten moves. **The 28–Day Chair Strength and Balance Plan** has all 20 moves with large photos and easier and harder versions, three levels, four weeks that get a little harder each week, tick logs that add themselves up, two self-checks and a home safety walk-through. **The Chair Exercise Wall Chart and Card Deck** puts all 20 on the wall and on 40 cards.

THE 28-DAY CHAIR PLAN

- 20 moves, large photos and print
- Three levels: start where you are
- Four weekly logs that add up
- Chair stand and balance self-checks
- Home safety and getting up from the floor

SEE THE PLAN →

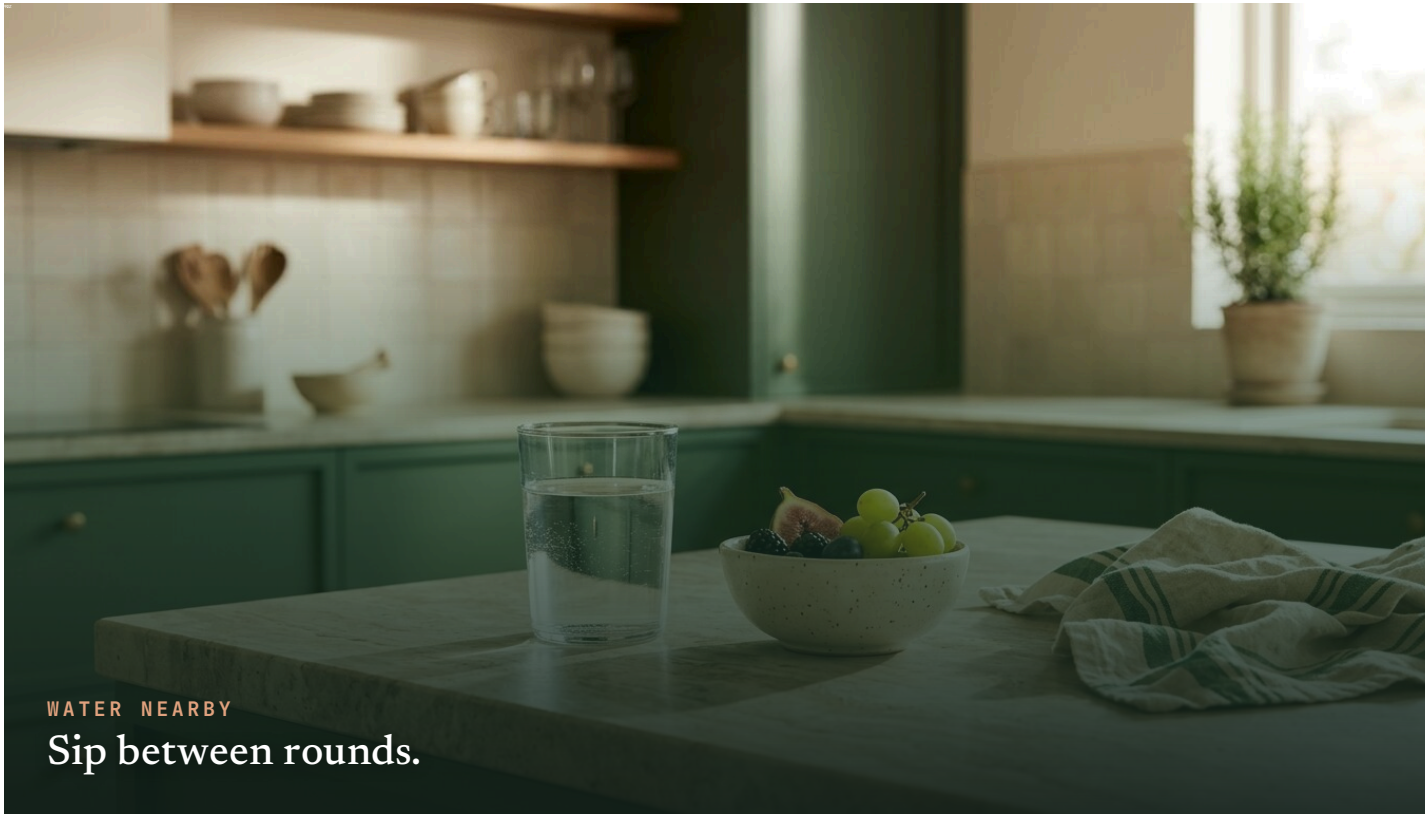
WALL CHART AND CARD DECK

- All 20 moves on one wall chart
- 40 large-print cards to cut out
- Easier and harder versions
- A five-cards-a-day routine

SEE THE CARDS →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

World Health Organization. WHO guidelines on physical activity and sedentary behaviour. 2020	Balance and strength on 3 or more days a week for older adults
Centers for Disease Control and Prevention. STEADI resources. cdc.gov/steadi	Chair stands and balance stances



WATER NEARBY
Sip between rounds.

THIS WEEK

Three days, ten moves.



01 • SET UP

A sturdy chair against the wall.

02 • MOVE

Ten moves, slow and steady.

03 • TICK

Three days this week.

THE NEXT STEP

The 28-Day Chair Strength and Balance Plan



This chart covers ten moves. The plan has all 20 with large photos, three levels, four weeks that get a little harder, logs that add themselves up, self-checks and a home safety walk-through.

- 20 moves and three levels
- Four weekly logs and self-checks
- Home safety and family pages

[SEE THE PLAN →](#)

Keep reading on healthsecrets.com

FREE • FACT-CHECKED GUIDES

EXERCISE

Exercise for Longevity Guide | Optimal Types

Strength, cardio and balance work as you get older, and how much is enough.

healthsecrets.com/longevity/exercise-longevity-guide →

FREE QUIZ

Posture, Pain & Movement: Fixing Your Body

Back pain, neck tension, sitting disease — understand the science of how your body moves (or doesn't).

healthsecrets.com/quizzes/posture-pain-movement-quiz →

FREE QUIZ

Protein & Muscle: How Much Do You Really Know?

From daily requirements to timing myths — test your protein knowledge.

healthsecrets.com/quizzes/protein-muscle-science-quiz →

PROTEIN

Protein and Immune Function: How Much Do You Really Need?

Why protein matters at every age, and simple ways to get enough.

healthsecrets.com/immune-system/protein-immune-function →



Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at healthsecrets.com.

[Take the posture, pain and movement quiz →](#)

[Read the exercise and longevity guide →](#)

[See Strong Bones After 50 →](#)

Educational and organizational tool only, not medical advice. It is not intended to diagnose, treat, cure or prevent any disease. An educational tool, not medical advice. Ask your doctor first if you have heart, joint or recent surgery concerns. Stop if you feel dizzy, short of breath or have pain.