



HEALTHY AGING AT HOME

A four-part chair-based
exercise program



Work out with guidance from a SourcePoint Wellness Supervisor! Scan the QR code to the right or go online to MySourcePoint.org/healthyaging to access the four-part video exercise program.



PART 1

Cardio Warm-up



Repeat all 4 exercises twice for a total of **8 minutes**.

SCAN TO SEE VIDEO



1 Jog in Place

Sit straight on the edge of your seat moving your arms and shoulders. Breathe deep & slow. Repeat for 1 minute.



2 Out & In Marching

Sit straight on the edge of your seat. Step wide with both legs; then step in with both legs. Breathe deep & slow. Repeat for 1 minute



3 Sitting Side Lean

Sit straight on the edge of your seat. *Inhale*, place both hands overhead. *Exhale*, and secure your left hand to the seat. Lean to the left, keeping your arm close to your ear. *Inhale*, place both hands overhead. *Exhale*, and secure the right hand to seat. Lean to the right. Repeat alternating sides for 1 minute.



4 Chair Jacks

Sit straight on the edge of your seat. *Inhale*, hands on knees. *Exhale*, open wide both arms & legs. Repeat for 1 minute.

PART 2

Resistance Bands

Repeat all 4 exercises twice for a total of **10 minutes**.



SCAN TO SEE VIDEO



1 Pass Throughs

Sit straight on the edge of your seat. *Inhale*, hold the band in front, arms relaxed. *Exhale*, widen your arms and pass the band overhead to behind your back. *Inhale*, relax. *Exhale*, and return to the front. Repeat for 1 minute.



2 Lateral Lift

Sit straight on the edge of your seat. Place band beneath chair seat. Hold a handle in each hand. *Inhale*, relax. *Exhale*, lift both arms to your sides. Repeat for 1 minute.



3 Archer Row

Sit straight on the edge of your seat. *Inhale*, hold a handle in your left hand, keeping your arm straight. *Exhale*, pull the band with your right hand across your shoulders. Repeat for 1 minute. Switch arms and repeat for 1 minute.



4 Chest Press

Sit straight on the edge of your seat. Place the band behind the chair. *Inhale*, hold handles at chest. *Exhale*, and press the band forward. Repeat for 1 minute.



PART 3

Fitness Ball



Repeat all 4 exercises twice for a total of **10 minutes**.

SCAN TO SEE VIDEO



1 Overhead Pass

Sit straight on the edge of your seat. *Exhale*, hold the ball to the left side. *Inhale*, pass the ball overhead. *Exhale*, bring the ball to the right side. Repeat for 1 minute.



2 Tricep Extension

Sit straight on the edge of your seat. *Inhale*, reach forward with the ball, arms straight. *Exhale*, lift the ball overhead then lower behind head. Repeat for 1 minute.



3 Knee Squeeze

Sit straight on the edge of your seat and place the ball between the knees. *Exhale*, squeeze. *Inhale*, release the pressure between the knees. Repeat for 1 minute.



4 Arm Squeeze

Sit straight on the edge of your seat. *Inhale*, bend your left elbow and hold the ball between the upper arm and the left side of your body. *Exhale*, squeeze. Repeat for 1 minute. Switch arms and repeat the exercise for 1 minute.



Repeat all 4 exercises twice for a total of **10 minutes**.

SCAN TO SEE VIDEO



1 Internal Hip Rotation

Sit straight on the edge of your seat. *Inhale*, hold block between knees. *Exhale*, lift the left leg out to the side and return without releasing the block. Repeat for 1 minute. Repeat the exercise with the right leg for 1 minute.



2 Wide Leg Thoracic Stretch

Place block on floor. Sit straight on the edge of your seat with your legs wide. *Inhale*, lift spine. *Exhale*, lean forward and place both hands on the block. *Inhale*, relax. *Exhale*, lift your left arm to the sky. *Inhale*, return to the middle. *Exhale*, right arm. Repeat for 1 minute alternating sides.



3 Hand to Shoulder Rotation

Sit straight on the edge of your seat. *Inhale*, hold the block lengthwise at shoulder level. *Exhale*, turning the block so hands are stacked (hold in that position for the entire exhale). *Inhale*, return to neutral. Repeat with the other side. Repeat for 1 minute alternating sides.



4 Block Thoracic Stretch

Sit straight on the edge of your seat. *Inhale*, hold block between palms (not pictured). *Exhale*, lean forward and twist to your left placing your left elbow on your right leg. Hold this position for six (6) deep & slow breaths. Repeat the exercise with your right side. Repeat for 1 minute alternating sides.



Tips for Success!

- Before you begin any new exercise program, please check with your doctor.
- Use a sturdy chair without wheels or rollers. An armless chair is best! If your chair is sitting on a smooth surface, you may need to back it up to a wall so it can't slip.
- Wear loose-fitting, comfortable clothing, and proper shoes that offer safety and support.
- Drink water before, during, and after exercise.
- Always stretch after you exercise.



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