



Seated Exercise Program

Warm Up (repeat each approximately eight times):

- breathe deep (inhale through your nose, exhale through your mouth)
- stretch your neck
 - o gently look from one side to the other side (left then right)
 - o tuck your chin down to your chest, then back to neutral position (be careful not tilt head your head too far back by looking up)
- shrug your shoulders (similar to the body language of “I don’t know”)
- raise your arms up overhead and then lower
- roll your shoulders forward then backward
- extend your arms in front, bend your elbows to bring hands to shoulders and extend
- extended your arms straight out in front of you then turn your palms up, then down
- rest your arms, then make circles with your wrists (clockwise, then counter clockwise)
- squeeze your hands open and shut
- bring each fingertip to your thumb one at a time
- March your feet on the spot
- Tap your toes (keep your heels on the floor)
- Push up on the tips of your toes (remain seated in your chair)

Strengthening Exercises (repeat each exercise approximately eight to 10 times):

When doing these exercises, using a small weight such as a soup can for resistance. Try to perform the exercises in a slow, controlled motion and continue to breathe throughout the exercises.

Shoulder press

- take one weight in each hand. Raise hands to shoulder height, then push hands above head. Slowly lower hands back to shoulder height and repeat.

Shoulder raise

- take one weight in each had. Starting with hands on your knees and your elbows straight. Raise both arms to shoulder height, then slowly lower.

Bicep curls

- take one weight in each had. Turn your palms up. Slowly curl your hands towards your shoulders.



Now, it is time to give your arms a brief rest.

Hip Flexion

- Place both of your weights on one knee and hold them there with one hand. Lift your knee up to flex the hip muscles then slowly lower.
- Repeat on the other leg after completing all repetitions on the first leg

Row boats

- Take one weight in each hand again.
- Extend arms in front at shoulder height as if you were holding oars for a boat
- Pull arms back towards shoulders as if rowing a boat then extend again.

Forearm exercises

- Extend both arms straight out in front of body.
- Turn palms up then down.

You are now finished with the hand weights

Seated Balance Exercises (repeat approximately six to eight times).

Please note that if you have osteoporosis or other spinal conditions, you should consult your doctor before conducting these exercises.

Move buttocks closer to the edge of your chair

Forward Reach

- extend your arms in front
- bend at the waist and slowly reach as far forward as possible (do not try to touch toes, but reach towards the centre of the circle), then sit up tall

Twists

- extend your arms out in front again
- twists your upper body by reaching both arms to the left, then rotate upper body to reach to the right. Reach as far to the side as possible.

Side Bends

- reach your right arm up over your head
- lean or tilt to your left side
- repeat with your left arm
- repeat back and forth.



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Core Exercises (repeat each exercise three to five times):

- slide your buttock slightly forward on your chair
- hold on to the arm rests on your chair

Knee Raises

- raise both knees at the same time towards your chest

Bicycling Motion

- holding on to the arm rests on your chair, raise both feet off the floor

- pedal in the air as if riding a bicycle
- continue for approximately 15 seconds

Stretches (repeat each stretch two to four times)

- sit tall in your chair
- inhale and exhale a few deep breaths

Hip stretch

- hug your knee and raise your knee up towards your chest
- hold for a count of 10
- repeat with the other leg

Hamstring stretch

- extend one leg at the knee so that your leg is straight
- bend your ankle back so that your toes point towards your nose
- point toes forward. Repeat approx 6 times.

Ankle rotations

- extend one leg
- turn your ankle in a clockwise direction
- repeat four times
- turn your ankle in a counter-clockwise direction
- repeat four times

Finale

- take a deep breath in, then slowly exhale
- repeat five or six times
- wrap your arms around yourself for a gentle hug
- give yourself a pat on the back