Free guide

10-Minute Chair Movement

LIVE BETTER. MAKE LIFE MATTER.

Six seated movements you can do at home in a stable chair. The words were written for lifeZoi.

Safety

If you have a health condition, a recent surgery, an injury, or major limits on mobility, ask a qualified professional before you try these movements. This is general education. It is not treatment, it is not a diagnosis, it is not physical therapy, and it is not a personal exercise plan. Stop if a movement hurts, makes you dizzy, or feels unsafe. A smaller movement is enough. Stay seated for the whole routine. Skip any part that does not feel right.

These guides are not treatment.

Time

About 10 minutes, with rest whenever you want it.

Rest whenever you want. You do not have to finish every part.

Seated march

Sit tall with both feet on the floor. Lift one foot, then the other, and keep the lift small.

How much: About 60 seconds.

An easier way: March more slowly, or rest a hand on your lap and lift the feet only a little.

Shoulder rolls

Lift both shoulders toward the ears, roll them back, and let them drop.

How much: 8 rolls.

An easier way: Do 4 smaller rolls.

Gentle arm raises

Lift one arm forward only as high as is comfortable, then lower it. Switch arms.

How much: 6 raises on each arm.

An easier way: Lift only to chest height, or do 3 raises.

Ankle movements

Lift one foot slightly and circle the ankle one way, then the other. Switch feet.

How much: 8 circles each way, each foot.

An easier way: Do 4 small circles.

Seated knee extensions

Straighten one knee, then lower the foot. Switch legs. Hold the chair if you like.

How much: 6 on each leg.

An easier way: Slide the foot forward on the floor instead of lifting it.

Gentle breathing

Sit back and breathe in a way that feels ordinary. Do not force a deep breath.

How much: 4 easy breaths.

An easier way: Two breaths, then stop.

Open this guide in lifeZoi

https://www.lifezoi.com/academy/move/resources/guides/chair-exercise

Sources linked, not copied

Exercise and Older Adults Toolkit (National Institute on Aging)

https://www.nia.nih.gov/exercise-toolkit

Exercise for Older Adults (MedlinePlus)

https://medlineplus.gov/exerciseforolderadults.html

Older Adult Activity: An Overview (Centers for Disease Control and Prevention)

https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html

LifeZoi wrote this guide. It does not copy an outside video, class, or PDF.