

Posture Exercises for Seniors: 8 Moves

5 days a week. Do the moves in order, 1 round. Rest whenever you need to.



1 Shoulder Rolls

1. Sit tall, arms relaxed at your sides.
2. Lift your shoulders up toward your ears.
3. Roll them back and down. Repeat slowly.

Week 1: 6 reps



2 Chin Tucks

1. Sit tall, eyes looking straight ahead.
2. Gently glide your chin straight back, like making a double chin.
3. Hold for 2 seconds, then relax.

Week 1: 6 reps



3 Shoulder Blade Squeeze

1. Sit tall, elbows bent at your sides.
2. Squeeze your shoulder blades together.
3. Hold for 3 seconds, then relax.

Week 1: 6 reps



4 Seated W Pull

1. Sit tall, arms raised in a W shape, palms forward.
2. Pull your elbows down and back.
3. Squeeze your upper back, then reach up again.

Week 1: 6 reps

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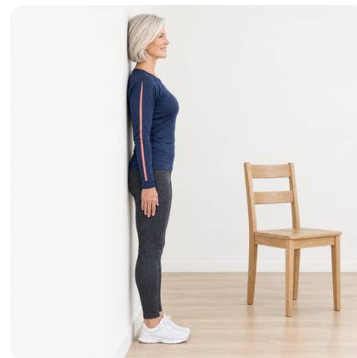
5 days a week. Do the moves in order, 1 round. Rest whenever you need to.



5 Wall Angels

1. Stand with your back against a wall, feet a little forward.
2. Arms in a goalpost shape against the wall.
3. Slide them up a little, then back down.

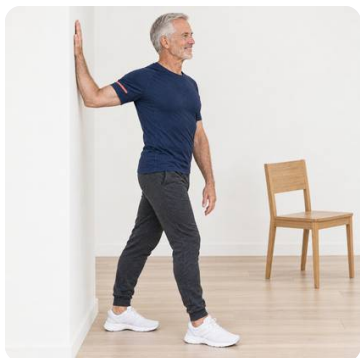
Week 1: 6 reps



6 Tall Wall Stand

1. Stand with your back against a wall.
2. Touch the wall with your bottom, shoulders and head.
3. Chin level, breathe and hold.

Week 1: hold 10 sec



7 Wall Chest Stretch

1. Stand beside a wall, palm flat on it at shoulder height, arm straight.
2. Gently turn your body away from the wall.
3. Feel the chest open. Hold, then switch.

Week 1: hold 10 sec



8 Upper Back Hug

1. Sit tall and give yourself a big hug.
2. Reach your hands toward your shoulder blades.
3. Round your upper back and breathe.

Week 1: hold 10 sec