

Stretching Exercises for Seniors: 8 Moves

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



1 Neck Tilt

1. Sit tall, shoulders relaxed.
2. Gently tilt one ear toward your shoulder.
3. Hold and breathe, then switch sides.

Week 1: hold 15 sec



2 Seated Cat-Cow

1. Sit tall, hands on your knees.
2. Round your back, tucking your chin.
3. Then lift your chest and gently arch. Move slowly between the two.

Week 1: 6 reps



3 Seated Twist

1. Sit tall, feet flat.
2. Place one hand on the opposite knee, the other on the chair back.
3. Turn gently and hold, then switch sides.

Week 1: hold 15 sec



4 Seated Hamstring Stretch

1. Sit at the front of the chair, one leg straight, heel down, toes up.
2. Keep your back long and lean forward from your hips.
3. Hold, then switch legs.

Week 1: hold 15 sec

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5 Seated Figure-4 Stretch

1. Sit tall, feet flat.
2. Rest one ankle on the opposite knee.
3. Sit tall and lean forward gently, then switch.

Week 1: hold 15 sec



6 Calf Stretch

1. Hold the chair back, step one foot back.
2. Keep the back leg straight, heel down.
3. Bend the front knee until you feel a stretch, then switch.

Week 1: hold 15 sec



7 Overhead Reach

1. Sit tall, interlace your fingers.
2. Turn your palms up and reach toward the ceiling.
3. Hold, breathing slowly.

Week 1: hold 15 sec



8 Belly Breathing

1. Sit tall, one hand on your belly, one on your chest.
2. Breathe in slowly through your nose, filling the belly.
3. Breathe out slowly through your mouth.

Week 1: 6 reps