

Walking Plan for Seniors: 8 Moves

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



1 March in Place

1. Stand tall, one hand on the chair back if you like.
2. Lift one knee, then the other, swinging your arms.
3. Keep a steady rhythm and breathe.

Week 1: hold 15 sec



2 Heel-Toe Rocks

1. Hold the chair back, feet hip-width apart.
2. Rock up onto your toes.
3. Rock back onto your heels, lifting your toes.

Week 1: 8 reps



3 Sit to Stand

1. Sit near the front of the chair, feet flat.
2. Lean forward and stand up, pushing through your heels.
3. Sit back down slowly.

Week 1: 8 reps



4 Calf Raises

1. Hold the chair back, feet hip-width apart.
2. Rise up onto your toes as high as you can.
3. Lower your heels slowly.

Week 1: 8 reps

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5 Heel-to-Toe Steps

1. Take a step forward.
2. Land on your heel first.
3. Roll through to push off from your toes.

Week 1: 8 reps



6 Side Steps

1. Stand tall, feet together.
2. Step to the side, then bring the other foot to meet it.
3. Take steps one way, then come back.

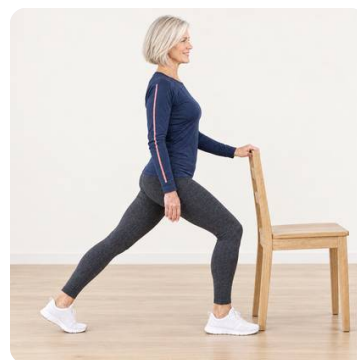
Week 1: 8 reps



7 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



8 Hip Flexor Stretch

1. Hold the chair back and take a big step forward.
2. Keep your back heel lifted and back leg long.
3. Gently shift your hips forward, then switch.

Week 1: hold 15 sec