Going Strong DAILY

FREE PRINTABLE · HOLD A STURDY CHAIR

Balance Exercises for Seniors: Top 10 at Home

Ten balance and leg-strength exercises. Do every standing exercise while holding a heavy chair or kitchen counter.

Scan for the follow-along timer

Set up your chair

- Sturdy, four legs, no wheels
- Push it against a wall so it can't slide
- Feet flat, sit toward the front
- Loose clothes, non-slip shoes or socks

Stay safe

- Move slowly and keep breathing
- A gentle stretch is fine. Pain is not
- Stop if you feel dizzy or short of breath
- Check with your doctor before you start

1 Seated March

Chair exercise · Seated · Legs and circulation · about 60 sec

☐

1. Sit tall and hold the sides of the seat lightly.
2. Lift your right knee a few inches, lower it, then lift your left knee.
3. Keep a steady, comfortable rhythm. Swing your arms too if you like.

Make it easier: Lift just the heels instead of the whole foot.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

2 Side-to-Side Weight Shift

Balance · Standing, holding a chair · Balance and steadiness · about 75 sec

1. Stand behind a sturdy chair with feet hip-width apart, holding on.
2. Shift your weight slowly onto your right foot so the left foot feels light.
3. Shift back through the middle to the left. Move slowly for one minute.

Make it easier: Do it seated, shifting your weight from hip to hip.

3 Toe Stand

Balance · Standing, holding a chair · Calves and ankles · about 60 sec

1. Stand behind a sturdy chair with feet hip-width apart, holding on.
2. Rise slowly onto your toes as high as is comfortable.
3. Lower your heels slowly. Repeat 10 times.

Make it easier: Do it sitting down first.

4 Stand on One Foot (with chair)

Balance · Standing, holding a chair · Balance · about 90 sec

1. Stand behind a sturdy chair and hold the back with both hands.
2. Lift one foot a little off the floor and hold for up to 10 seconds.
3. Lower it and switch feet. As you get steadier, hold on with one hand, then one finger.

Make it easier: Just shift your weight onto one foot without lifting it.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

5 Side Leg Raise

Balance · Standing, holding a chair · Hips and balance · about 90 sec

1. Stand behind a sturdy chair, holding the back.
2. Slowly lift your right leg out to the side, keeping your toes facing forward and your back straight.
3. Lower it slowly. Do 8 to 10, then switch legs.

Make it easier: Lift the leg only a few inches.

6 Back Leg Raise

Balance · Standing, holding a chair · Hips, lower back and balance · about 90 sec

1. Stand behind a sturdy chair, holding on.
2. Slowly lift your right leg straight back without bending the knee or leaning forward.
3. Hold for a second, lower, and repeat 8 to 10 times. Switch legs.

Make it easier: Lift the leg only a little.

7 Heel-to-Toe Walk

Balance · Standing, holding a chair · Balance and walking · about 60 sec

1. Stand next to a kitchen counter or wall you can touch.
2. Step forward so the heel of one foot sits just in front of the toes of the other.
3. Take 10 to 20 slow steps like this, keeping your eyes ahead.

Make it easier: Leave a small gap between heel and toe.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

8 Sit to Stand

Chair exercise · Seated · Legs and getting up from a chair · about 75 sec

1. Sit near the front of a sturdy chair placed against a wall, feet flat and slightly behind your knees.
2. Lean forward a little and stand up, using your hands on the chair or your thighs if needed.
3. Sit back down slowly and with control. Repeat 5 to 8 times.

Make it easier: Use your hands to push up, or add a firm cushion to the seat.

9 Heel and Toe Raises

Chair exercise · Seated · Calves and shins

1. Sit with feet flat on the floor.
2. Lift both heels as high as you can, keeping your toes down, then lower.
3. Lift your toes, keeping your heels down, then lower. Repeat 10 times.

Make it easier: Do one foot at a time.

10 Seated Leg Extension

Chair exercise · Seated · Front of the thighs

1. Sit tall and hold the sides of the seat.
2. Slowly straighten your right leg until it is level with the seat, toes pointing up.
3. Hold for two seconds, lower slowly, then switch legs. Do 8 to 10 each side.

Make it easier: Straighten the leg only halfway.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.

My 4-week tracker: tick each day you finish

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							



WANT THE COMPLETE PROGRAM?

Tai Chi & Chair Yoga for Seniors Over 60

A large print, 28-day plan that starts fully seated and builds to chair-supported standing moves, ten minutes a day.

- 45 tai chi and chair yoga moves
- Daily routine chart and progress tracker each week
- Large print, 8.5 x 11 inch pages

Find it on Amazon: search "Tai Chi and Chair Yoga for Seniors Over 60"

Follow along with a timer

Scan the code to open this routine on goingstrongdaily.com with a big countdown timer and spoken cues.

Not medical advice. Check with your doctor before starting a new exercise program. Stop if you feel pain, dizziness or shortness of breath.