Going Strong DAILY

FREE PRINTABLE · ABOUT 10 MINUTES

Chair Tai Chi for Seniors: 7 Seated Moves

Seven gentle tai chi moves you can do sitting in a sturdy chair. Move slowly and breathe steadily.

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 Starting Stance

Tai chi · Seated · Posture and breathing · about 45 sec

1. Sit toward the front half of the chair with both feet flat, hip-width apart.
2. Let your hands rest on your thighs and your shoulders drop away from your ears.
3. Imagine a string lifting the top of your head. Breathe slowly through your nose.

Make it easier: Lean back against the chair if sitting upright is tiring.

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

2 Belly Breathing

Tai chi · Seated · Calm and breath control · about 60 sec

1. Place one hand on your belly and one on your chest.
2. Breathe in through your nose for a slow count of four and feel your belly rise under your hand.
3. Breathe out through your mouth for a count of six. Your chest stays mostly still.

Make it easier: Use a count of three in and four out.

3 Raising the Arms (Commencement)

Tai chi · Seated · Shoulders and coordination · about 75 sec

1. Start with your hands resting on your thighs, palms down.
2. As you breathe in, float both arms forward and up to shoulder height, wrists soft.
3. As you breathe out, let the arms sink slowly back to your thighs. Repeat 6 to 8 times.

Make it easier: Raise the arms only to chest height.

4 Wave Hands Like Clouds

Tai chi · Seated · Upper back, waist and balance · about 90 sec

1. Hold one hand at chest height, palm facing you, and the other at belly height, palm down.
2. Turn your upper body slowly to one side, letting your eyes follow the top hand.
3. Swap the hands' positions as you turn back through the middle to the other side. Keep the movement slow and smooth.

Make it easier: Make the turn smaller and keep both hands lower.

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

5 Seated Push

Tai chi · Seated · Arms, chest and weight shift · about 75 sec

1. Bring both hands in front of your chest, palms facing forward, elbows bent and relaxed.
2. Breathe out and press both hands slowly forward as if moving a heavy door, leaning a little forward from the hips.
3. Breathe in and draw the hands back toward your chest as you sit tall again. Repeat 6 to 8 times.

Make it easier: Keep your back against the chair and move only the arms.

6 Embrace the Moon

Tai chi · Seated · Shoulders and calm · about 60 sec

1. Bring your arms up in front of you in a wide circle, as if hugging a large beach ball.
2. Keep your shoulders low and elbows slightly lower than your wrists.
3. Hold the shape and take five slow breaths, then lower the arms.

Make it easier: Hold the circle lower, in front of your belly.

7 Gathering Hands

Tai chi · Seated · Cool-down and breath · about 45 sec

1. Open your arms wide to the sides at waist height as you breathe in.
2. As you breathe out, sweep both hands slowly in toward your belly, as if gathering something in.
3. Rest your hands on your belly for a moment, then repeat 4 to 6 times.

Make it easier: Make smaller circles close to your body.

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.