

Gentle Stretching & Flexibility for Seniors (Free Printable Chart)

Seated and standing • A sturdy chair (and a wall for some moves)

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

1. Neck Stretch



1. Sit or stand tall with shoulders relaxed.
2. Tilt your right ear gently toward your right shoulder.
3. Hold, then switch to the left side.

Aim for: Hold 15 seconds each side • 2 times

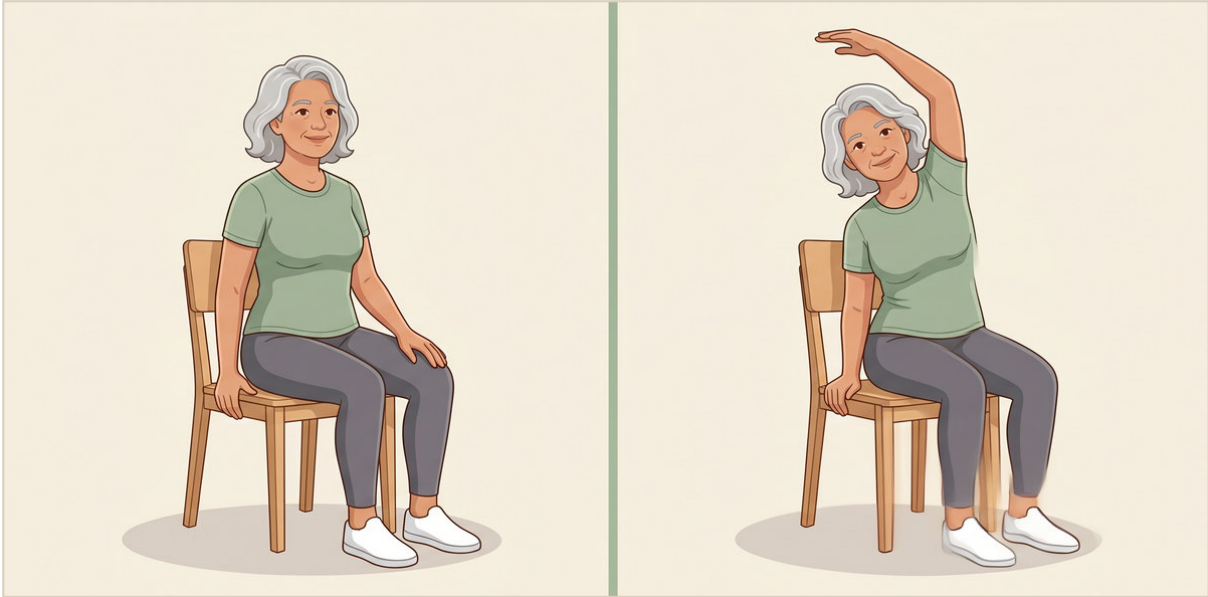
2. Shoulder Rolls



1. Sit or stand tall with arms relaxed.
2. Roll both shoulders slowly up, back, and down.
3. Do a set backward, then a set forward.

Aim for: 8 rolls each way • 1 set

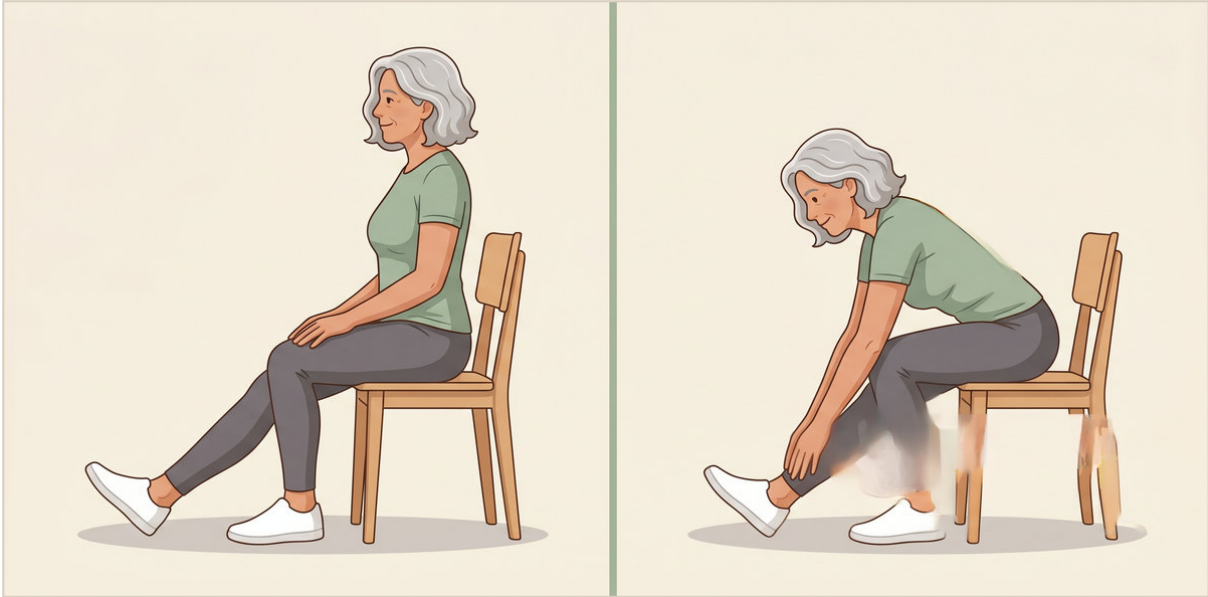
3. Seated Side Stretch



1. Sit tall, one hand on the chair seat.
2. Reach the other arm up and gently over to the side.
3. Hold, return, and switch sides.

Aim for: Hold 15 seconds each side • 2 times

4. Seated Hamstring Stretch



1. Sit tall and straighten one leg out, heel on the floor, toes up.
2. Hinge forward gently from the hips until you feel a mild stretch.
3. Hold, then switch legs.

Aim for: Hold 20 seconds each leg • 2 times

5. Standing Calf Stretch



1. Stand facing a wall, hands on the wall at shoulder height.
2. Step one foot back, heel down, and lean gently into the wall.
3. Hold, then switch legs.

Aim for: Hold 20 seconds each leg • 2 times

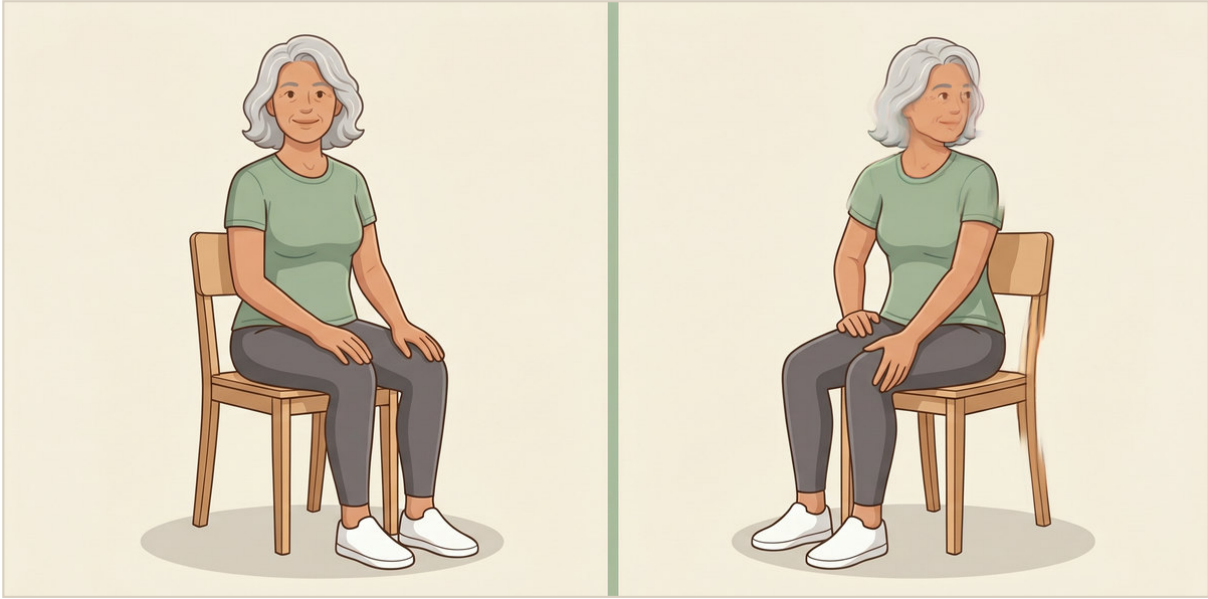
6. Seated Ankle Circles



1. Sit tall and lift one foot off the floor.
2. Draw slow circles with the toes, both directions.
3. Lower and repeat with the other foot.

Aim for: 8 circles each way, each foot • 1 set

7. Seated Gentle Twist



1. Sit tall with feet flat on the floor.
2. Turn gently to one side, resting a hand on the chair back.
3. Return to center and turn to the other side.

Aim for: Hold 15 seconds each side • 1 time