

# POSTURE EXERCISES FOR SENIORS



## Standing Straight: Mountain Pose

1. Stand with your feet no more than shoulder width apart. Make sure they're side by side with neither in front of the other. Your arms are at your side
2. Build your posture from the feet up. Lift and spread your toes and set them back down.
3. Let your body sway a tiny bit then relax into a centered position.
4. Lift through your ankles and knees and tighten your thigh muscles.
5. Your abdomen remains relaxed.
6. Continue to lift upward through your spine. Imagine the crown of your head reaching for the ceiling.
7. Let your shoulders fall back and relax.
8. Look straight ahead.
9. Hold 30 seconds to a minute.



## Sitting Straight: Spinal Extensions

1. Sit in a chair with your feet flat on the floor.
2. Lift your rib cage.
3. Sway on your hips until you find a centered position.
4. Gently move your chin forward and back until your head is comfortable and centered.
5. Inhale and sit up tall. Reach the crown of your head toward the ceiling.
6. Exhale and relax.
7. Repeat 10 times.



## Shoulder Rolls

1. Stand up straight or sit straight in a chair. Your arms are at your side or resting in your lap.
2. Lift your ribs and relax your spine into a centered position.
3. Roll your shoulders up, back and around. Do 10-20 times in a continuous motion. Make the circles as large as you comfortably can without moving your torso.
4. Now do 10-20 rolls in the opposite direction.



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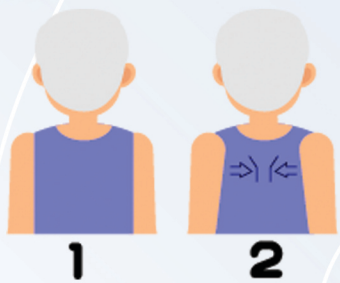
### Chin Tucks

1. Sit or stand straight.
2. Pull your chin straight back. Don't let it lift toward the ceiling or lower toward the floor. Imagine you're making a double chin.
3. Jut your chin out, keeping it on that level plane.



### Wall Tilts

1. Stand straight with your back against a wall.
2. Move your feet out about a foot from the wall, keeping your shoulders and pelvis against the wall.
3. Inhale as you arch your back.
4. Exhale and flatten your back into the wall.
5. This can be done with your arms at your sides, or, if it's comfortable, place a flat hand behind your back and squish your hand into the wall on the exhale.
6. Repeat about 10 times.



### Shoulder Squeezes

1. Stand up straight. Your arms can be either at your side, or with your elbows tucked in and bent 90 degrees.
2. Draw your elbows back and squeeze your shoulder blades toward each other.
3. Do 1-2 sets of 10-20 reps.



### Arm Ups

1. Sit or stand with your arms at your sides.
2. Raise your elbows to the height of your shoulders. Keep your arms parallel to the floor.
3. Squeeze your shoulder blades together.
4. Do 1-2 sets of about 10 reps.





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## Knee Pillow Squeeze

1. Sit up straight on the edge of a chair.
2. Place the pillow between your knees or between your thighs just above your knees.
3. Your arms can be at your side or gripping the chair.
4. Squeeze your knees together, hold for a second or two and release.
5. Don't squeeze as hard as you can. Stop at the point where you feel steady tension along the insides of your thighs.



## Knee Band Push

1. Sit up straight on the edge of a chair.
2. Wrap the band or belt around your thighs just above the knees.
3. Your arms can be at your side or gripping the chair.
4. Spread your knees against the belt for a second or two then relax.



## Bird Dogs

1. Get on your hands and knees. Hips and knees should be 90 degrees and the shoulders directly above the hands.
2. Keep looking at the floor to keep your head in a neutral position.
3. Support your back by keeping your abdominal muscles tight.
4. Simultaneously lift and extend your right arm and your left leg.
5. Hold them as straight as you can for a few seconds.
6. Return to the starting position, then repeat with the opposite arm and leg.
7. Do 1-2 sets of about 10 reps.



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## Cat and Cow



1. Get on your hands and knees. Hips and knees should be 90 degrees and the shoulders directly above the hands.
2. Inhale as you do the “cow” portion of the move.
3. The motion begins at the base of the spine and moves up. Lift your sit bones, round your belly toward the floor, and gradually raise your spine and neck. Imagine you’re moving one vertebra at a time. Continue through the upper back and finish looking up with your neck extended.
4. Exhale into the “cat” position. Again start at the base of your spine. Raise your belly and roll your back down, lower back through upper back through neck. End with your upper back hunched and your head tucked looking at your knees.
5. Keep a continuous movement, pausing only briefly at the extremes. Repeat 10-15 times.