Seated Back Thigh Stretch

- Increases lower body flexibility.

**Why is exercise important?**
- Decreases the loss of muscle that often occurs in older adults.
- Can help to:
  1. Lower blood pressure
  2. Improve cholesterol and triglyceride levels
  3. Control diabetes
  4. Keep your bones strong
- May keep you independent longer.
- Helps improve your mood!

**Safety Tips**
1. Talk to your doctor before beginning any exercise routine.
2. Wear comfortable clothing.
3. Wear well fitting, supportive, and secure shoes.
4. Start slow and do what you feel is comfortable!

**Directions:**
**Step 1:** Put hands on your thighs and extend one leg with your knee slightly bent and toes pointing up.
**Step 2:** Lean forward slightly from hips, keeping your back straight. Hold for 10-30 seconds.
**Step 3:** Bring your foot back to the starting position.
Seated Thigh Flex

- Builds leg strength for walking.

**Directions:**

**Step 1:** Check sitting position: back straight, hands at sides, knees bent, and feet flat on the floor. Breathe in.

**Step 2:** Move your foot backwards under the chair ending on the ball of your foot. Breathe out and tighten your stomach muscles.

**Step 3:** Breathe in and return leg to starting position.

Repeat 8-12 times on each leg.

Advanced Version:
Go up higher on the ball of your foot every time you move your foot backwards under the chair; then add ankle cuff weights.

Seated Leg Lifts

- Builds leg strength for walking, climbing stairs, stepping onto a curb, and getting up from a chair.

**Directions:**

**Step 1:** Check sitting position, straighten one leg in front of you, and breathe in.

**Step 2:** Breath out as you raise the straight leg as high as you can go and tighten your stomach.

**Step 3:** Breathe in as you lower your leg back to the ground.

Repeat 8-12 times on each leg.

Advanced Version:
Add ankle cuff weights.

Seated Knee Lift

- Builds leg strength for stepping up onto curbs and climbing stairs.

**Directions**

**Step 1:** Check sitting position and sit with knees shoulder width apart. Breathe in.

**Step 2:** Breathe out, tighten your stomach, and raise one knee off the ground, keeping your knee bent.

**Step 3:** Breathe in and return leg to starting position.

Repeat 8-12 times on each leg.

Advanced Version:
Add ankle cuff weights.