Seated Bicep Stretch

Directions:

Step 1: Breathe in and lift your arms out to your sides about half way up to your shoulders, with your palms face front. (Do not lock your elbows, keep arms slightly bent).

Step 2: Reach back with your arms as you breathe out. Squeeze your stomach and hold for 10-30 seconds.

Step 3: Return arms to starting position. Repeat 2-5 times.

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!

Upper Body Exercises

All you need is a chair!

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.
Seated Chest Press

Directions:
Step 1: Arms by your sides, elbows bent, palms down.
Step 2: Breathe in.
Step 3: Breathe out as you push your arms out in front of you, but do not completely straighten your arm.
Step 4: Breathe in and bring your arms back to the starting position.
Repeat 8-12 times.

Advanced Version:
For added weight, find something you can easily hold onto such as a bottle of water or a can of soup.

Seated Row

Directions:
Step 1: Lift arms out in front of your chest.
Step 2: Breathe in.
Step 3: Pull elbows back and squeeze shoulder blades together and breathe out.
Step 4: Breathe in, and bring your arms to starting position.
Repeat 8-12 times.

Advanced Version:
Add light weights such as a can or bottle of water to both hands.

Seated Overhead Press

Directions:
Step 1: Bend your arms with palms facing forward and hands near your shoulders.
Step 2: Breathe in.
Step 3: Breathe out as you raise both arms over your head and bring your hands together.
Step 4: Breathe in, and bring your hands back to the starting position.
Repeat 8-12 times.

Advanced Version:
Add light weights such as a can or bottle of water to both hands.