

Chair Exercises for Seniors

CHOOSING THE CHAIR

Whether you are exercising at home or in a facility, you may not have a great selection of chairs available to choose from. In that case, select the chair that has most of the following qualities.

When seated for exercise, use a chair that:

- Is sturdy and does not have wheels.
- Is comfortable, with padding on the seat and the backrest.
- Provides back support in a good postural alignment.
- Has a fairly flat seat.
- Provides 1-2 inches of space between the front edge of the chair and the back of the knee.
- Allows your feet to rest flat on the floor when your hips are positioned well back in the chair.
- Allows you to sit at the front edge of the seat of the chair without tipping forward.
- Does not have armrests unless required for safety.

When standing for exercises, use a chair that:

- Is sturdy and stable enough so that it will not tip over easily when used to help maintain balance.
- Has a back high enough that the participant can hold on to it during exercises without leaning forward and compromising postural alignment.

If you are shopping for a new chair to use for SIT AND BE FIT, we recommend going to any office supply store or similar store (Costco, Office Depot, Staples, Target, etc.):

- Stackable office chairs or dining room chairs work well.
- Padded folding chairs also work surprisingly well for seated exercises, but the backs may be too low for the standing exercises.

Some catalog companies do carry the SIT AND BE FIT chair from time to time. You can call these companies and ask for a free catalog:

Viking: 1-800-421-1222

Staples: 1-800-333-3330

Office Depot: 1-888-463-3768

TIPS FOR PARTICIPANTS IN WHEELCHAIRS

If you are exercising from a wheelchair, lock your wheels before beginning any of the exercises. However, if it's possible to transfer safely from a wheelchair to an exercise chair, please do so. If transfers are too difficult or if you do not have adequate sitting balance to use the exercise chair safely, remain in the wheelchair.

To improve mobility and prevent possible injury from bumping arms and legs into the wheelchair, remove leg and arm rests from the chair, providing you have adequate balance and stability in the wheelchair. If the feet cannot reach the floor when the leg rests are removed, place a pillow behind the back so the feet can be flat on the floor.

SIT AND BE FIT ♦ P.O. Box 8033 ♦ Spokane WA 99203-0033 - [Return Policy](#) - [Privacy Policy](#)

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