



Co-funded by the  
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## **Seniors to sport court, not to hospital**

### **EXERCISES ON THE CHAIR**

These undemanding exercises are designed for less able or not very mobile people, who want to keep muscle strength and a good extent of joint motion. These exercises are suitable for elderly people in home conditions or at work in their small office. We choose stretching and working out engaging all muscle structures with focus on exercises in the centred position. We make use of therabands or overballs. In the sitting position we can activate the midriff very well. Coordinate these exercises with breathing. After working out always choose stretching and finally relaxation.