

WORKOUTS(SENIORS)

Day	Morning Exercise	Afternoon Exercise	Evening Exercise
Monday	Seated Stretching	Indoor Walking	Relaxation Breathing
	Morning:	Afternoon:	Evening:
	Perform gentle stretching exercises while seated, focusing on	Take a walk indoors, such as pacing around your living room	Sit comfortably and practice deep breathing exercises.
	improving flexibility and mobility in the neck, shoulders, and	or hallway. Aim for 10-15 minutes of continuous movement.	Inhale deeply through your nose, hold briefly, and exhale
	legs.		slowly through your mouth.
Tuesday	Chair Yoga or Tai Chi	Gardening or Light Housework	Mindful Relaxation
	Morning:	Afternoon:	Evening:
	Follow along with a chair yoga or Tai Chi video, focusing on	Engage in light gardening activities or household tasks	Spend a few minutes in quiet reflection or meditation.
	gentle movements to improve balance, flexibility, and	such as dusting, sweeping, or folding laundry.	Focus on relaxing each part of your body.
	relaxation.		

Wednesday	Seated Strength Exercises	Gentle Stretches	Relaxing Chair Massage
	Morning:	Afternoon:	Evening:
	Perform seated strength exercises using everyday objects like	Spend a few minutes performing gentle stretches for the	Treat yourself to a relaxing chair massage, focusing on
	water bottles or cans as weights. Focus on exercises like	arms, legs, and back.	relieving tension in your muscles and promoting relaxation.
	bicep curls, leg lifts, and seated leg extensions.		
Thursday	Deep Breathing and Relaxation	Leisurely Stroll	Gentle Yoga or Stretching
	Morning:	Afternoon:	Evening:
	Sit comfortably and practice deep breathing exercises, inhaling	Take a leisurely stroll around your neighborhood or a local	Follow along with a gentle yoga or stretching video,
	deeply through your nose and exhaling slowly through your mouth.	park. Enjoy the fresh air and scenery.	focusing on gentle movements and deep breathing.
Friday	Dance or Chair Dancing	Household Chores	Calming Music and Stretching

	Morning:	Afternoon:	Evening:
	Put on your favorite music and have a dance party in your living room, or follow along with a chair dancing video.	Engage in household chores such as vacuuming, mopping, or organizing.	Play calming music and spend a few minutes stretching your muscles before bedtime.
Saturday	Slow Walking or Nature Walk	Outdoor Picnic or Relaxation	Guided Meditation
	Morning:	Afternoon:	Evening:
	Enjoy a slow walk around your neighborhood or a nearby park.	Pack a simple picnic and head to a local park. Spend time enjoying nature and relaxing outdoors.	Wind down with a guided meditation session, focusing on deep breathing and relaxation techniques.
	Take in the sights and sounds of nature and soak up the sunshine.		
Sunday	Rest Day	Light Stretching	Movie Night
	Morning:	Afternoon:	Evening:
	Take a rest day and allow your body to recover and rejuvenate.	Perform light stretching exercises to gently loosen up	Gather with loved ones for a cozy movie night. Choose a

		tight muscles and promote relaxation.	feel-good movie and enjoy some popcorn.
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