



# SILVER SALTIES

## Chair Aerobics



**Objective** To promote health benefits such as increased range of movement, muscle tone, flexibility, cardiovascular fitness and social connections through movements to music from the comfort of a chair with other participants at the SLSC clubhouse.

### Duration

30min - 45min per session

### Frequency

1+ session a week

### Program

5 - 10 weeks

### Place



SLSC Clubhouse

### Intensity



Light to Moderate. Suitable for all participants particularly those who have limited mobility or who may be dealing with chronic pain or disability due to injury/other.

## A Typical Session

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader – 5min
- Warm-up movements – 5min (see examples)
- Chair aerobics including a series of movements to work upper limbs, body core and lower limbs (see examples) - 15-30min
- The SLS Club Leader will choose various movements (see examples) and promote 10 repetitions of each movement, 5 second rest, before next movement. The number of repetitions for movements can increase over the duration of the program.
- Cool-down including gentle stretches – 5min
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

## Safety

All participants should:

- Consult with their doctor before participating.
- Bring any medications, asthma puffers, and water.
- Wear comfortable, loose clothing.
- Stop any movements if they get uncomfortable or tired.

## Things To Know

Chairs for chair aerobics should:

- Be stable with no wheels (unless locked wheelchairs)
- Be solid and have a straight back
- Not have any arm rests which could restrict movement.
- Good posture is important in chair aerobics including:
  - Sitting up straight with spine in comfortable position
  - Shoulder blades back
  - Ribcage lifted

- Breathing in and out – not holding breath!
- Weights such as light dumbbells, cans of soup, water bottles or resistance bands can be used when doing movements.
- It is good practice to gradually increase the number of movements performed, the number of repetitions of each movement done, and the length of time of session.



### Warm up movements

- Free movement to music
- Neck stretches from side to side, up and down
- Shoulder shrugs and circles
- Body twists
- Wrist/hand clench and relax and gentle rolling
- Feet/ankle flex, extend and gentle rolling
- Start jumps from front of chair

### Breathing activities

- Focus on deep breathing in and out for 2-3 min
- Chinese breathing – 3 short breaths in while lifting arms to side, front and high, exhale and arms to side
- Inhale for 4 seconds, exhale for 4 seconds
- Alternate nostril breathing

### Upper limbs activities

- Shoulder press
- Bicep curls
- Swim strokes
- Rowing a boat
- Straight arm raises – side, front, back
- Draw a circle in the air
- Air punches
- Plane acrobatics
- Clapping hands above hands, side, front
- Ocean wave movements

### Core activities

- Body twists with hands on head
- Hand/elbow to opposite knees
- Chair running
- Forward bend/hang
- Glute squeezes
- Figure 8s using 2 hands to do the action

### Lower limbs activities

- Kicking from knee
- Marching in place
- Single or both heel lifts
- Single heel slides
- Double knee/leg lift and hold
- Single or double toe taps

### Challenge activities

- Sit to stand
- 1-foot balance holding on to chair
- Planks using chair against wall

