**Springing Into Action with Senior Helpers’ Seated Chair Exercises**

1. **Overhead Bend and Reach (left)**
   1. Raise both arms above your head.
   2. Lower your right arm and lean to the right. Feel the stretch in your left side.
   3. Hold for at least 15 seconds.
   4. Return to your original position with your arms over your head.
   5. Drop your left arm and lean to the left.
   6. Repeat 2 to 4 times toward each side.

2. **Shoulder Blade Squeeze (right)**
   1. Lift your arms near the level of your shoulders with your elbows pointed straight out.
   2. Bring your elbows back while you squeeze your shoulder blades together. Don’t lift or shrug your shoulders as you are squeezing.
   3. Hold 6 seconds.
   4. Repeat 8 to 12 times.

3. **Knee Extension (right)**
   1. Straighten and lift one leg, and hold while you slowly count to 5. Be sure you don’t lock your knee.
   2. Slowly lower your leg back down.
   3. Repeat 8 to 12 times.
   4. Do the exercise with the other leg.

4. **Marching in Place (left)**
   1. Sit with your feet slightly apart, and keep your hands at the edge of your chair or on the armrests.
   2. March in place, lifting your knees high toward the ceiling. Remember to breathe normally.
   3. Keep marching in a smooth rhythm for 1 minute. Work up to marching 5 minutes or longer.

5. **Chair Push-ups (right)**
   1. Sit tall with your feet flat on the floor and spread comfortably apart.
   2. Grip the armrests, and take a deep breath in.
   3. Breathe out as you use your arms (not your legs) to push your body off the chair. Straighten your arms as much as you can.
   4. Hold for about 1 second, and then lower yourself back to the chair.
   5. Repeat 8 to 12 times.

6. **Neck Rotation (left)**
   1. Keeping your chin level, turn your head to the left, and hold for at least 15 seconds.
   2. Turn your head to the right and hold for at least 15 seconds.
   3. Repeat 2 to 4 times to each side.

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*Note: Please consult a physician before starting any exercise regimen.*