

Fit After 60: Chair Yoga Routine

Gentle Movements to Improve Balance and Mobility

Chair Yoga Sequence:

- 1. Seated Mountain Pose – Sit tall, feet flat, arms at sides, breathe deeply (30 sec)
- 2. Shoulder Rolls – Roll shoulders slowly backward and forward (10 reps each)
- 3. Seated Cat-Cow – Alternate arching and rounding your back with hands on knees (10 reps)
- 4. Seated Twist – Gently twist torso to each side while holding the chair (15 sec each)
- 5. Seated Forward Bend – Hinge at hips, reach hands toward floor (hold 20 sec)
- 6. Leg Lifts – Lift one leg straight out, hold for 5 sec, switch legs (5 reps each)
- 7. Ankle Rolls – Lift foot off floor and rotate ankle (10 circles each way)
- 8. Seated Warrior Arms – Raise arms to shoulder height, stretch outward (hold 15 sec)

7-Day Practice Tracker:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
-------	-------	-------	-------	-------	-------	-------

Balance, breathe, and feel the difference in just one week.