

Absentee Shawnee Fitness Program

Stronger Seniors Chair Exercise

Chair Exercise are exercises or workouts done while seated in a chair, or sometimes standing next to the chair for stability. Chair exercises are suitable for older adults due to the solid base of support preventing falls, and less strain on the joints.

They are also suitable for beginning exercisers who need to start with easier exercises to gain functional strength for the tasks of daily living. Other groups that would benefit include those with chronic conditions such as Cardiovascular Disease, Diabetes, Obesity, Arthritis and Osteoporosis. Other people who could improve their quality of life are the partially mobile, people in wheelchairs, the frail and the elderly.



Tai-Chi

Tai chi is a self-healing system of slow, graceful exercises that combine movement, meditation and rhythmic breathing to improve the flow of chi which is thought to prevent illness and improve well-being. Preliminary research suggests that tai chi may reduce stress, lower blood pressure and help older adults by improving posture, balance, muscle tone, flexibility and strength.



EVERY TUESDAY, THURSDAY, AND FRIDAY!

AST RESOURCE CENTER

**TUESDAY (Chair Exercise/or Tai-Chi)
10:00 a.m. - 10:45 a.m.**

**THURSDAY (Chair Exercise/or Tai Chi)
10:00 a.m. - 10:45 a.m.**

**FRIDAY (Chair Exercise/or Tai Chi)
11:00 a.m. - 11:45 a.m.**

Strength

Flexibility

Stress relief

Balance

