



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

