

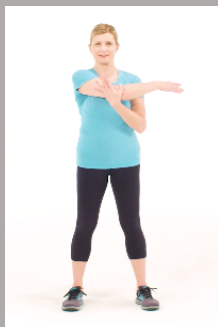
# Senior Stretching

## 7 Simple Stretches for Older Adults

### Overhead Side Stretch

**How to do it:** Stand Tall with your feet hip-width apart. Raise your arms overhead. If you'd like, interlace your fingers. Keeping your torso long, gently lean to the left, and hold for 10 to 30 seconds. Return to center, and repeat on the other side.

**Make it Easier:** Sit tall in a chair, keeping your hips, knees, and toes forward. If it's uncomfortable to lift your arms overhead, rest your arms on your hips, or keep them down by your sides.



### Shoulder Stretch

**How to do it:** Stand Tall with your feet hip-width apart. Reach your right arm across your body. Place your left hand on your upper right arm, and gently draw your right arm closer. Hold for 10 to 30 seconds. Release, switch arms, and repeat.

**Make it Easier:** Sit tall in a chair, keeping your hips, knees, and toes forward. If this stretch is uncomfortable, try the shoulder roll. It's a great stretch for your neck and shoulders.

### Triceps Stretch

**How to do it:** Stand Tall with your feet hip-width apart. Raise your arms overhead, and bend your right arm so it's behind your head. Place your left hand above your right elbow, and gently draw your right arm in. Hold for 10 to 30 seconds. Release, switch arms, and repeat.

**Make it Easier:** Sit tall in a chair, keeping your hips, knees, and toes forward. For a shallower stretch, don't reach your bottom hand as far. Aim for the back of your head rather than the base of your neck.



### Hamstring Stretch

**How to do it:** Place your right heel on a bench with your leg straight and toes up. Without rounding your lower back, gently hinge forward from your hips until you feel a comfortable stretch. Hold for 10 to 30 seconds. Release, switch legs, and repeat.

**Make it Easier:** Do this stretch while seated in a chair, resting your heel on the floor in front of you.