



Week One

You don't have to start off an exercise routine by running a marathon. Did you know that these 4 simple Chair exercises can lead to weight loss?

The good news is that chair exercises can help you lose weight, especially if you are interested in staying healthy after 50. Incorporating low-impact exercises into your daily routine can provide other benefits too, such as better balance, improved mobility, and increased strength. Starting with something as simple as a chair exercise from the comfort of your own home can do wonders for your physical and mental well being, and is considered safer than many other forms of exercise.

1.Seated Jumping Jacks

[Click here to watch video](#)

Seated jumping jacks are a good warmup exercise, but they do burn calories for weight loss! For best results, perform seated jumping jacks quickly and with vigour.

2.Seated Toe Stretch

[Click here to watch video](#)

Seated toe stretch works your hamstrings and lower back to improve flexibility and mobility. To perform seated toe stretches, sit on the edge of your chair and lean forward. Carefully reach for your toes while remaining seated. Be sure to avoid leaning too far forward and maintain a seated position throughout this exercise.

3.Chair Running

[Click here to watch video](#)

Chair running helps you burn calories to lose weight! To burn more calories, pump your left and right arms back and forth in a manner that is also similar to running.

4.Skater Switch

[Click here to watch video](#)

This chair exercise provides a workout for your core, shoulders, biceps, triceps, and inner thigh muscles. Done with intensity, this exercise can also burn calories to optimise weight loss. Skater switch also improves joint motion, flexibility, and core strength to maximise weight loss potential.