



MOVE WELL • LIVE WELL

CHAIRFIT®

Move & Strengthen

Simple, Chair-Based Exercises for **Strength,**
Balance & Flexibility at Any Age



FEEL STRONG.
MOVE FREELY.
LIVE WELL.



**Build Strength
& Muscle**



**Improve Balance
& Stability**



**Increase Flexibility
& Mobility**



**Boost Energy
& Confidence**



YOUR GUIDE TO SAFE, EFFECTIVE **CHAIR-BASED FITNESS**



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MOVE WELL • LIVE WELL

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A simple path to move better, feel stronger and live freer.

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Move at your own pace. Listen to your body. Celebrate every step.

Every page supports strength, balance, flexibility and freedom of movement.



MOVE WELL
LIVE WELL

Welcome!

I'M SO GLAD YOU'RE HERE.

This book was created with you in mind.

It's for real people, in real life, who want to feel stronger, more confident, and more like themselves again. You don't need fancy equipment.

You don't need a gym membership.

All you need is a chair, a little time, and the decision to show up for yourself.

WHY MOVEMENT MATTERS AS WE AGE



MOVEMENT KEEPS YOU STRONG

It helps build and maintain muscle, so we can stay independent and active.



MOVEMENT SUPPORTS BALANCE

Better balance means more confidence and fewer worries about falling.



MOVEMENT BOOSTS MOOD

It releases feel-good endorphins, reduces stress, and helps you sleep better.



MOVEMENT IMPROVES HEALTH

It supports your heart, joints, bones, brain, and overall well-being.



MOVEMENT GIVES YOU FREEDOM

It helps you keep doing the things you love — for years to come.



My Personal Message to You

I believe that it's never too late to invest in yourself.

I've seen firsthand how movement can change lives — including my own. It's changed the way I move, the way I feel, and the way I show up in my everyday life.

You don't have to be perfect. You just have to be willing.

Take it one day at a time.
Take it one step at a time.
Keep moving forward — your future self will thank you.

I'm so proud of you for choosing YOU.

Let's do this — together! 

A Little Encouragement for Your Journey



Be patient with yourself.
Progress takes time and that's okay.



Celebrate the small wins.
They lead to big changes.



Listen to your body.
Rest when you need to.
Then get back to what feels good.



Keep showing up.
Your consistency today creates a stronger you tomorrow.

YOU ARE CAPABLE. YOU ARE STRONG. YOU ARE WORTH IT. 



STRONG BODY. CLEAR MIND. LIMITLESS YOU.



CHAIRFIT[®]

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Participation in any exercises, stretches, breathing techniques, or wellness activities contained within this ebook is entirely at your own risk. It is important to move within your own limits, listen to your body, and stop immediately if discomfort, pain, or unusual symptoms occur.



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Your health and safety are important.
Thank you for choosing to prioritise your well-being.

With Kelsey Roderick

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How to Use This Book

Simple steps to help you get
the most out of these exercises.



1. START WHERE YOU ARE

There's no "right" place to begin.
Choose the exercises that feel right
for you today.



2. FOLLOW THE EXERCISES

Each movement includes easy-to-follow
steps and a clear photo to guide you.
Go at your own pace.



3. TAKE IT SLOW

Move gently and listen to your body.
Quality matters more than quantity.



4. STAY CONSISTENT

Small steps, done regularly, lead
to big changes over time.



5. NOTICE THE DIFFERENCE

Pay attention to how you feel
before and after each exercise.
All progress counts.



6. MAKE IT YOUR OWN

Use this book as a tool to support you
in feeling stronger, more confident,
and more like yourself.



A Little Encouragement for Your Journey



Show up
for yourself,
even in small
ways.



Celebrate
every win,
no matter
the size.



Remember,
you're stronger
than you
think.



You are worth
the time, the effort,
and the care.

YOU ARE CAPABLE. YOU ARE STRONG. YOU ARE WORTH IT. 



STRONG BODY. CLEAR MIND. LIMITLESS YOU.





MOVE WELL
LIVE WELL

Simple Weekly Movement Plan

A gentle guide to help you build strength, mobility, balance and confidence at your own pace.



WEEK 1 — Start Gently

- Aim for 3 sessions this week
- Begin with the Warm-Up Exercises
- Choose any 3 exercises from the book
- Perform 1 set of 6–8 repetitions
- Finish with 2 minutes of calm breathing



WEEK 2 — Build Consistency

- Aim for 3–4 sessions this week
- Warm up first each time
- Choose 4 exercises
- Add 1 balance-focused exercise
- Repeat 1–2 sets, moving slowly and with control



WEEK 3 — Add Strength & Mobility

- Aim for 4 sessions this week
- Choose 4–5 exercises
- Include resistance band work 1–2 times
- Hold stretches for 20–30 seconds where suitable
- Finish with breathing or a gentle seated stretch



WEEK 4 — Create Your Routine

- Aim for 4–5 sessions this week
- Mix seated and standing exercises
- Repeat your favourite movements
- Notice how you feel before and after each session
- Keep moving at your own pace and celebrate progress

SIMPLE SESSION FORMULA



1. Warm up



2. Move with control



3. Breathe and stretch



4. Rest when needed



*Small steps, done regularly, create real results.
Consistency matters more than perfection.*



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MOVE WELL
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Warm-Up Exercises

Good warm-ups prepare your body, improve circulation, and help you move with more ease and confidence.

Put on your favorite music and enjoy moving your body!



MARCH IN PLACE

Lift your knees one at a time while swinging your arms. Get your heart rate up and wake up your body.



SHOULDER ROLLS

Roll your shoulders forward and back to release tension and improve mobility.



SEATED OR STANDING TWISTS

Gently rotate your torso side to side to warm up your spine and improve rotation and balance.



SIDE STEPS

Step side to side, shifting your weight and engaging your hips. Great for balance and coordination.



DEEP BREATHS

Take slow, deep breaths in through your nose and out through your mouth. Center your body and mind.

Move at your own pace. Listen to your body. Every movement is a step in the right direction. 



THE BENEFITS OF CHAIR EXERCISE



SEATED BENEFITS

- ♥ Improves strength and flexibility
- ♥ Supports joint health
- ♥ Enhances balance and stability
- ♥ Builds confidence and independence
- ♥ Great for all fitness levels



STANDING BENEFITS

- ♥ Improves balance and posture
- ♥ Strengthens muscles
- ♥ Supports bone health
- ♥ Boosts circulation and energy levels
- ♥ Promotes overall function and mobility



“Movement is medicine — at any age, in any place.”

Chair exercises build strength, improve balance, and support your independence so you can live life on your terms.

STRONG BODY. CLEAR MIND. LIMITLESS YOU. 



YOU ARE CAPABLE. YOU ARE STRONG. YOU ARE WORTH IT. 

Exercise 1

Standing Side Reach

Improve stability, balance & core strength

This gentle standing movement helps improve balance, strengthens your core and legs, and increases flexibility through your sides. It's a great way to wake up your body, improve posture, and build confidence in your movement.

HOW TO DO IT

- 1 Stand tall behind or beside your chair for support (if needed).
- 2 Step one foot out to the side, toes pointed slightly forward.
- 3 Reach both arms up and lean gently to the side, keeping your core engaged.
- 4 Hold for a breath, then return to center.
- 5 Repeat on the other side.

Do 6—8 reps on each side.



THIS ISN'T JUST ABOUT SITTING IN A CHAIR.

This is a complete approach to movement. While seated exercises build strength and mobility, standing exercises help improve:

-  Stability
-  Balance
-  Confidence in everyday movements
-  Overall strength & coordination

Move better. Feel stronger. Live freer.



By combining seated and standing movements, you'll feel stronger, move with more ease, and live life to the fullest.



BALANCE

Stay steady.
Move with confidence.



CONFIDENCE

Small moves today
lead to a stronger you.

✦ Every body. Every age. Every day. ✦

Exercise 2

Resistance Bands

Small Tools. Big Results.

Resistance bands are a simple yet powerful way to improve joint mobility, build strength, and tone your muscles—without putting stress on your joints. They add just the right amount of challenge to help your body move better and feel stronger.

BENEFITS OF USING RESISTANCE BANDS



Improve Joint Mobility

Gentle resistance helps increase range of motion and flexibility in your shoulders, arms, hips, and legs.



Gain Strength

Bands provide consistent resistance that helps build lean muscle and functional strength.



Tone Your Muscles

Perfect for sculpting and defining your arms, back, core, and legs.



Support Your Joints

Low-impact and joint-friendly, making them ideal for all fitness levels.

WHY BANDS ARE PERFECT FOR YOU

- ✓ Lightweight, portable, and easy to use anywhere
- ✓ Adjustable resistance for any fitness level
- ✓ Safe and effective for everyday movement
- ✓ Great for both seated and standing exercises

How to Get Started

- 1 Choose the right band for your level.
- 2 Focus on slow, controlled movements.
- 3 Listen to your body and move with confidence.

STRONGER. MORE MOBILE. MORE YOU.

✦ *Just a few minutes a day can make a big difference.*



Exercise 3

Balance Exercises for Strength & Stability

*Build confidence. Improve coordination.
Move with ease.*

Balance is the foundation for everything we do—from walking and climbing stairs to reaching and lifting. These simple standing exercises help improve stability, strengthen your core and legs, and reduce your risk of falls.

**Start where you are. Go at your own pace.
Every little bit helps!**

1. ONE-FOOT BALANCE

HOW TO DO IT

- 1 Stand tall behind or beside your chair for support if needed.
- 2 Shift your weight onto one foot and gently lift the other foot off the ground.
- 3 Keep your core engaged and your gaze forward.
- 4 Hold for 10–30 seconds, then switch sides.

Goal: Build up to 30–60 seconds on each leg.

BENEFITS

- ✓ Improves balance & coordination
- ✓ Strengthens legs & core
- ✓ Boosts confidence in daily activities
- ✓ Supports fall prevention



2. STANDING QUAD STRETCH

Improves balance & opens the front of your thigh.



- 1 Stand tall, holding the chair with one hand.
- 2 Bend one knee and bring your heel toward your glutes.
- 3 Hold your ankle gently with your hand.
- 4 Keep your knees close together and your core engaged.
- 5 Hold for 15–30 seconds, then switch sides.

3. SIDE LEG LIFT

Strengthens hips, improves stability & balance.



- 1 Stand tall, holding the chair for support.
- 2 Shift your weight onto one leg.
- 3 Slowly lift the other leg out to the side.
- 4 Keep your toes pointing forward and your core engaged.
- 5 Lower with control. Repeat 8–12 times, then switch sides.

TIPS FOR SUCCESS



Use a chair for support if needed.



Wear supportive shoes.



Quality over quantity.
Go slow and steady.



Be patient and celebrate progress!

★ *Stronger balance. Stronger you.* ★

Exercise 4

Upward Arm Arches & Side Stretches

*Open your body. Lengthen your spine.
Improve flexibility & posture.*

This flowing movement helps improve spinal mobility, open up tight muscles, and release tension in your shoulders, arms, and sides. It supports better posture, deeper breathing, and a greater sense of ease in your body.

Move slowly. Breathe deeply.
Feel the stretch. Enjoy the mobility.

1. UPWARD ARM ARCH

HOW TO DO IT

- 1 Sit tall with your feet flat on the floor.
- 2 Inhale and sweep both arms out to the sides and up overhead.
- 3 Reach your fingers toward the ceiling, gently arching your back.
- 4 Exhale and slowly lower your arms back down.

Repeat 5–8 times.

BENEFITS

- ✓ Improves shoulder mobility
- ✓ Opens the chest
- ✓ Lengthens the spine
- ✓ Supports better posture
- ✓ Encourages deep, full breathing

2. SIDE STRETCH

HOW TO DO IT

- 1 Inhale and reach your right arm up overhead.
- 2 Exhale and gently lean to your left, reaching your right arm up and over.
- 3 Feel a stretch along the right side of your body.
- 4 Inhale back to center and switch sides.

Hold each side for 10–20 seconds.
Repeat 2–3 times.

BENEFITS

- ✓ Stretches and lengthens the sides
- ✓ Improves flexibility and range of motion
- ✓ Relieves stiffness in the back
- ✓ Supports healthy spinal alignment

TIPS FOR SUCCESS



Breathe deeply through each movement.



Move slowly and with control.



Keep your core engaged and sit tall.



Listen to your body and stretch within a comfortable range.

✦ *Open up. Stretch out. Feel your best.* ✦

Exercise 5

Abductors & Adductors

*Stronger hips. More stability.
Better everyday movement.*

This seated exercise targets your hip abductors and adductors—key muscles that support your hips, pelvis, and lower body. Strengthening these areas improves hip mobility, stability, and balance while making everyday movements easier and safer.

**Strong hips support a strong body.
Move well. Live well.**



HOW TO DO IT

- 1 Sit tall in your chair with your feet together and flat on the floor.
- 2 Place a resistance band around your thighs, just above your knees.
- 3 Hold the band lightly with your hands or rest your hands on your thighs.
- 4 Choose either movement below and move slowly with control.
- 5 Return to center and repeat.

Do 10–15 reps for each movement.

WHY IT MATTERS



Strengthens hips
for better stability
& balance



Improves hip
mobility and
range of motion



Tones and
strengthens the
legs and glutes



Supports better
posture and
everyday function

1. ABDUCTORS – PRESS OUT

Targets the outer hips and glutes.



- 1 Sit tall with your feet hip-width apart.
- 2 Press your knees out against the band, keeping your core engaged.
- 3 Hold for a moment, then slowly return to center.
- 4 Repeat for 10–15 reps.

Focus: Control, not speed.

2. ADDUCTORS – PRESS IN

Targets the inner thighs.



- 1 Sit tall with your feet hip-width apart.
- 2 Gently squeeze your knees inward against the band.
- 3 Hold for a moment, then slowly release.
- 4 Repeat for 10–15 reps.

*Focus: Keep your core engaged
and breathe.*

TIPS FOR SUCCESS



Sit tall and keep
your back
supported.



Move slowly
and with
control.



Focus on your
hips – feel the
muscles working.



Breathe steadily
through every
movement.

★ *Strong hips. Strong legs. Stronger you.* ★

Exercise 6

Hip Flexors

*Release tension. Protect your back.
Move with less pain.*

Tight hip flexors can lead to more than just stiffness. When these muscles are tight, they can pull on your pelvis and lower back, causing discomfort and poor posture. This tension can also contribute to hip and knee pain, and make everyday movements more difficult.

This stretch helps lengthen the hip flexors, reduce tension, and support better alignment and mobility.

WHY TIGHT HIP FLEXORS CAN CAUSE PAIN



Pull on your lower back, leading to pain and stiffness



Affect hip alignment and limit range of motion



Contribute to knee pain and muscle imbalances



Make daily activities and movement patterns less efficient

HOW TO DO IT

- 1 Kneel on one knee next to your chair.
- 2 Place your other foot flat on the floor in front of you, knee bent at 90 degrees.
- 3 Keep your torso tall and tighten your core.
- 4 Gently tuck your pelvis under (imagine your tailbone lowering slightly).
- 5 Reach the opposite arm overhead and lean slightly to the side for a deeper stretch.

Hold for 20–30 seconds. Switch sides and repeat.

TIPS FOR SUCCESS



Breathe deeply and relax into the stretch.



Keep your pelvis tucked to protect your lower back.



Hold the stretch and avoid bouncing.



Stretch both sides regularly for best results.



BENEFITS

- ✓ Releases tight hip flexors
- ✓ Reduces lower back, hip & knee pain
- ✓ Improves posture and pelvic alignment
- ✓ Increases hip mobility
- ✓ Supports easier movement in daily life

Loosen up. Stand tall. Move better every day.

Exercise 7

Hamstring Stretches

*Loosen tight muscles.
Move better. Feel better.*

Tight hamstrings can lead to lower back pain, hip stiffness, and poor posture. Regular stretching helps improve flexibility, ease tension, and support stronger, more functional movement in your everyday life.

A few minutes today can make a big difference in how you feel tomorrow.



WHY IT MATTERS



Tight hamstrings can pull on your lower back and hips, causing pain.



Stretching improves flexibility, posture, and range of motion.



Looser muscles support better balance, strength, and movement.



You'll feel more relaxed, energized, and ready for what's next.

HOW TO DO IT

- 1 Sit tall in your chair with one leg extended, heel on the floor (or lifted).
- 2 Loop a resistance band around the arch of your foot or place your hands behind your thigh/calf.
- 3 Gently straighten your knee as much as is comfortable.
- 4 Keeping your back tall, gently pull back on the band or hold behind the leg.
- 5 You should feel a stretch along the back of your thigh.

Hold for 20–30 seconds. Switch sides and repeat.

Tip: Breathe deeply and relax into the stretch.

BENEFITS



Relieves tightness in the hamstrings



Supports lower back health & posture



Improves flexibility & mobility



Promotes relaxation & stress relief

TIPS FOR SUCCESS



Sit tall and keep your core engaged.



Hold the stretch for at least 20–30 seconds.



Breathe deeply and relax your shoulders.



Be consistent. Small daily habits create big results.

Strong body. Clear mind. Limitless you.

Exercise 8

Spinal Twists

Improve mobility.
Release tension.
Feel better.

Spinal twists help improve flexibility in your spine, release tightness in your back and shoulders, and support digestion and circulation. This gentle movement can also help reduce stress and improve posture.

A few minutes today can make a big difference in how you feel tomorrow.



WHY IT MATTERS



Twists improve spinal mobility and flexibility.



Help release tension in your back, shoulders, and neck.



Support healthy digestion and internal organ function.



Promote relaxation, reduce stress, and improve posture.

HOW TO DO IT

SEATED SPINAL TWIST

- 1 Sit tall in your chair with both feet flat on the floor.
- 2 Cross one leg over the other, placing your foot on the floor.
- 3 Place your opposite elbow on the outside of your knee and gently twist your torso to look over your shoulder.
- 4 Keep your spine tall and shoulders relaxed.
- 5 **Hold for 20–30 seconds.**
- 6 Switch sides and repeat.

SEATED FORWARD TWIST (OPTIONAL)

- 1 Sit tall in your chair with both feet flat on the floor.
- 2 Place your hands on your knees.
- 3 Gently round your spine forward and let your head and neck relax down.
- 4 Feel a gentle stretch through your back.
- 5 **Hold for 20–30 seconds.**
- 6 Return to sitting tall and relax.

Tip: Move slowly and breathe deeply. Never force a twist.

BENEFITS



Improves spinal mobility



Relieves back, neck & shoulder tension



Supports digestion & circulation



Reduces stress & promotes well-being

TIPS FOR SUCCESS



Sit tall and keep your core engaged.



Hold each twist for 20–30 seconds.



Breathe deeply and relax your shoulders.



Be consistent. Small daily habits create big results.

★ *Strong body. Clear mind. Limitless you.* ★

Exercise 9

FOOT & ANKLE MOVEMENTS

Improve balance, circulation & stability

Strong, mobile feet and ankles are the foundation for balance, stability and confident movement. This simple exercise helps improve circulation, strengthens the lower legs, and supports overall mobility for everyday activities.

HOW TO DO IT

- 1 Sit tall near the front of your chair, feet flat on the floor.
- 2 Slowly lift one foot up onto the ball of your foot (heel lifted).
- 3 Keep the other foot flat on the floor.
- 4 Hold for a moment, feeling the engagement in your calf and ankle.
- 5 Lower and switch sides.
- 6 Continue alternating.

Do 10–15 lifts on each side.

WHY IT'S BENEFICIAL



IMPROVES BALANCE

Stronger ankles help you feel steadier on your feet and reduce the risk of falls.



BOOSTS CIRCULATION

Encourages healthy blood flow in the feet and lower legs.



STRENGTHENS ANKLES & CALVES

Builds strength and endurance in the muscles that support your movement.



SUPPORTS EVERYDAY MOVEMENT

Helps with walking, climbing stairs, and maintaining an active lifestyle.



Tip

Move slowly and with control.
Focus on lifting through the ball
of your foot, not your toes.





MOVE WELL
LIVE WELL

Exercise 10

Quadricep Stretches

*Improve flexibility.
Release tension.
Move with ease.*

This stretch targets the front of your thighs (quadriceps) to improve flexibility, reduce tightness, and support better balance and mobility.

A few minutes today can make a big difference in how you feel tomorrow.



HOW TO DO IT

- 1 Sit tall sideways on a chair.
- 2 Hold on to the back of the chair with your inside hand for support.
- 3 Bend your outside knee and reach back to hold your ankle or foot.
- 4 Keep your knees close together and avoid letting the knee drop back.
- 5 Gently push your hips forward until you feel a stretch in the front of your thigh.
- 6 Hold for 20–30 seconds.
- 7 Repeat on the other side.

Tip: Keep your core engaged and breathe slowly and deeply.

MODIFICATION

If you prefer not to hold your foot, tuck it underneath the chair and push down through your thigh to feel a stretch in the front of your leg.



BENEFITS



Improves flexibility in the quadriceps and hip flexors.



Helps reduce tightness from sitting or repetitive activities.



Supports better balance, posture, and mobility.



Enhances performance and reduces the risk of injury.



Promotes relaxation and releases tension in your legs.

TIPS FOR SUCCESS



Sit tall and keep your core engaged.



Breathe deeply and relax your shoulders.



Hold each stretch for 20–30 seconds.



Be consistent. Small daily habits create big results.



STRONG BODY. CLEAR MIND. LIMITLESS YOU.





MOVE WELL
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Exercise 11

Breathing Exercises

Calm your mind.
Lower stress.
Feel your best.

Breathing exercises activate your body's relaxation response, lower cortisol (stress hormone), and improve focus, mood, and energy—all in just a few minutes.

Let's breathe together
and feel the difference.



ALTERNATE NOSTRIL BREATHING

This technique helps balance your nervous system, lower stress, and improve focus while deepening breath flow and lung capacity.

- 1 Sit tall and relax your shoulders.
- 2 Close your right nostril with your right thumb.
- 3 Inhale slowly through your left nostril.
- 4 Close your left nostril with your right ring finger.
- 5 Exhale slowly through your right nostril.
- 6 Inhale through your right nostril.
- 7 Close your right nostril and exhale through your left nostril.
- 8 This is one round. Repeat 4–6 rounds.
- 9 Move slowly and breathe gently.

HOW TO DO IT



Use your right hand in a "V" shape: thumb closes the right nostril, ring finger closes the left. Keeping your spine tall and your shoulders relaxed.



BENEFITS



Calms the nervous system and lowers stress.



Improves breath flow and lung capacity.



Enhances focus and mental clarity.



Supports balance and emotional well-being.



Promotes relaxation and better sleep.

TIPS FOR SUCCESS



Sit tall and keep your core engaged.



Breathe slowly and deeply.



Practice daily for best results.



Be consistent. Small daily habits create big changes.



Use these techniques anytime you feel stressed or overwhelmed.



STRONG BODY. CLEAR MIND. LIMITLESS YOU.





MOVE WELL
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Exercise 12

Well Rounded Stretch

Improve spinal function.
Increase back flexibility.
Feel more mobile.

This gentle seated twist targets your shoulders, upper back, and lower back to improve spinal mobility, release tension, and support better posture.

*Take a deep breath,
twist gently, and feel
the difference.*



HOW TO DO IT

- 1 Sit tall with your feet flat on the floor.
- 2 Place your right hand on the back of the chair.
- 3 Place your left hand on your right thigh or knee.
- 4 Gently twist your torso to the right, looking over your right shoulder.
- 5 Keep your spine tall and shoulders relaxed.
- 6 Hold for 20 seconds.
- 7 Slowly return to center and repeat on the left side.



Hold 20 seconds
each side.



WHAT IT DOES

This stretch improves flexion and rotation in your spine while helping to:



Improve spinal mobility and flexibility



Relieve tension in the upper and lower back



Support better posture and alignment



Enhance breathing and lung expansion



Calm the nervous system and reduce stress



*A simple twist for a
healthier, more mobile you.*

TIPS FOR SUCCESS



Sit up tall and keep your core engaged.



Inhale to lengthen your spine, exhale as you twist.



Keep your shoulders relaxed and down.



Hold for 20 seconds each side.



Repeat daily for best results.



MODIFICATION

If you prefer a gentler twist, cross your arms over your chest and gently rotate from your torso.



WHEN TO DO IT

- ✓ After long periods of sitting
- ✓ In the morning to wake up your body
- ✓ After exercise to release tension
- ✓ Anytime you feel tight or stressed



STRONG BODY. CLEAR MIND. LIMITLESS YOU.





MOVE WELL
LIVE WELL

Exercise 13

Hand Exercises

Strengthen your hands.
Improve flexibility.
Support your daily life.

These simple movements help improve mobility, strength, and coordination in your fingers, thumbs, and wrists—supporting everything you do.

Let's keep our hands
strong, flexible, and pain-free.



HAND EXERCISES

- 1 FINGER SPREADS**
Open your hand wide, spreading your fingers apart. Hold 5 seconds. Relax. Repeat 5 times.
- 2 FIST & RELEASE**
Make a gentle fist, then open your hand wide. Repeat 5 times.
- 3 THUMB STRETCH**
Gently pull your thumb across your palm with your other hand. Hold 10 seconds. Repeat each side.
- 4 WRIST CIRCLES**
Extend your arms. Make small circles with your wrists. Do 5 circles in each direction.
- 5 TABLETOP FINGER LIFTS**
Place your hand flat on a table. Lift one finger at a time, starting with your thumb. Repeat 2–3 times.
- 6 WRIST EXTENSION STRETCH**
Extend your right arm forward with your palm facing down. Gently pull your fingers back with your other hand. Hold 15 seconds. Repeat each side.

EXTENSIONS

Take your hand exercises a step further with these extensions:

- **GRIP STRENGTH**
Squeeze a soft ball or rolled-up sock for 5–10 seconds. Repeat 5 times.
- **THUMB CIRCLES**
Gently make small circles with your thumb. Do 5 in each direction.
- **FINGER TAPS**
Tap your thumb to each fingertip one at a time. Repeat 2–3 times.
- **PRAYER STRETCH**
Press your palms together in front of your chest. Lower your hands and gently press your wrists together. Hold 15 seconds.



*Strong and flexible hands
support a strong and active life.*

BENEFITS

-  Improves flexibility in your fingers, thumbs, and wrists.
-  Strengthens the small muscles in your hands.
-  Supports better grip, balance, and coordination.
-  Helps reduce stiffness and discomfort.
-  Supports daily activities and independence.
-  Promotes relaxation and stress relief.

TIPS FOR SUCCESS



Sit tall and keep your shoulders relaxed.



Breathe deeply and move gently.



Move slowly and focus on control.



Be consistent. Small daily habits create big results.



Stop if you feel any pain and listen to your body.



STRONG BODY. CLEAR MIND. LIMITLESS YOU.





MOVE WELL
LIVE WELL

Thank You FOR READING THIS BOOK to the End!

You've shown up for yourself — and that is something to be truly proud of!

Every page, every practice, every choice to keep moving is an act of self-care and self-respect.



Keep listening to your body.
Keep moving with kindness.
Keep choosing **YOU**.



REMEMBER...



EVERY MOVE COUNTS.

No movement is too small.



CONSISTENCY OVER PERFECTION.

Small steps create big change.



YOU DESERVE THIS TIME.

Your health is your best investment.



JOY IS A POWERFUL TOOL.

Move in ways that make you smile.



NEVER STOP GROWING.

Keep your body and mind active.

*You're not just getting older —
you're getting stronger, wiser,
and more amazing every day.*

Keep moving. Keep smiling. Keep living well! ♥

Here's to your health, happiness, and all the strong years ahead!



STRONG BODY. CLEAR MIND. LIMITLESS YOU.



About the Author

Kelsey Roderick

GROUP FITNESS / YOGA INSTRUCTOR
ACCREDITED ACC STRENGTH & BALANCE PROVIDER
MOVEMENT ADVOCATE

Kelsey Roderick is a passionate fitness professional, dedicated to helping people move better, feel stronger, and live freer.

With years of experience in the fitness industry, Kelsey specialises in creating approachable, empowering spaces where people of all ages and abilities can build strength, confidence, and a deeper connection to themselves.

Her mission is simple: to inspire movement as a daily act of self-care and to remind everyone that it's never too late to prioritise your health.




MOVE BETTER.
FEEL STRONGER.
LIVE FREER.


My Why

I believe movement is for **every body** and every stage of life.

 My goal is to help you feel strong, capable, and confident—inside and out.

You don't have to do it perfectly, you just have to start. 

“ *Movement has the power to change more than just your body—it can change your mindset, your day, and your life.* 

♥ WHAT INSPIRES KELSEY ♥



PEOPLE

Real stories, real progress, real strength.



MOVEMENT

The power of movement to heal, energise, and transform.



POSITIVITY

Choosing joy, practicing gratitude, and focusing on what matters.



GROWTH

Always learning, always evolving, always becoming a better version of ourselves.

A little more about Kelsey...



Loves coffee, sunshine, and slow mornings.



Can't start the day without movement.



Always reading something that inspires growth.



Believes in living with purpose and spreading kindness.

Thank you for being here! 

I'm so grateful to be part of your movement journey.

Let's keep moving and growing—together. 