

STRONG BALANCE, STRONG YOU!



Small moves. Big difference.



IMPROVES BALANCE

Helps prevent falls
and builds stability.



BUILDS STRENGTH

Strengthens legs, core,
and supporting muscles.



BOOSTS FOCUS

Enhances coordination
and body awareness.



SUPPORTS INDEPENDENCE

Helps you move with
confidence in daily life.



DAILY REMINDER



A few minutes
each day can
make you
stronger, steadier,
and more
confident.

STRONG **BALANCE.** STRONG YOU.

KELSEY RODERICK

MOVE BETTER • FEEL STRONGER • LIVE FREER





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 @chairfitwithkelsey



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Welcome!

YOU'RE IN THE RIGHT PLACE

This guide is here to help you move better, feel better, and live with more strength and independence.

Every stretch, every habit, and every choice you make is a step toward a **stronger body**, a **steadier mind**, and a **healthier, happier you**.



You've made a great choice.

By investing in yourself today, you're investing in your strength, your balance, and your future.



DAILY REMINDER

A few minutes each day can make you stronger, steadier, and more confident.



HERE'S WHAT YOU CAN EXPECT:



SIMPLE STRETCHES

Easy-to-follow moves you can do with or without a chair.



STRONGER LEGS

Build strength, stability, and endurance.



BETTER BALANCE

Improve confidence and reduce the risk of falls.



HEALTHY HABITS

Simple daily habits that support your body and mind.



REAL RESULTS

Small steps today lead to big changes tomorrow.



You've got this!

Take your time, listen to your body, and celebrate every step forward.

Let's move, breathe, and thrive—together.



STRONG **BALANCE.** STRONG YOU.

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STRONG BALANCE, STRONG YOU!

*Strong body. Steady mind.
Better every day.*



DAILY REMINDER



A few minutes
each day can
help you move
better, feel better,
and stay
stronger.



DISCLAIMER

The content in this guide is for informational
and educational purposes only and is not
intended as medical advice.

Always consult your physician or healthcare
provider before beginning any new exercise
or wellness program.

By participating, you acknowledge that you
are doing so at your own risk and agree to
listen to your body, move mindfully, and
honor your own limitations.



Move with awareness.



Breathe with intention.



Live with strength.



STRONG BODY. STEADY MIND. BETTER EVERY DAY.



STRONG **BALANCE.** STRONG YOU.

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WARM UP EXERCISES

based around a chair and balance





These gentle warm-up exercises will help you improve **balance**, build **strength**, and increase **mobility** — all from the safety and support of a chair.



Remember:

Move slowly, breathe deeply, and listen to your body. 

- 1



SEATED MARCH

 - Sit tall near the front of your chair.
 - Lift one knee toward your chest.
 - Lower your foot down with control.
 - Alternate legs in a slow, steady rhythm.

**BENEFITS:**
 - Improves balance and coordination
 - Activates core and hip flexors
 - Supports walking and daily movement
- 2



SEATED LEG EXTENSION

 - Sit tall with both feet flat on the floor.
 - Straighten one leg out in front of you until it's level with your knee.
 - Hold for a moment, then lower with control.
 - Repeat on the other side.

**BENEFITS:**
 - Strengthens thighs and knees
 - Improves balance and stability
 - Supports walking and daily movement
- 3



SEATED SIDE STRETCH

 - Sit tall and place one hand on your seat.
 - Reach the opposite arm overhead.
 - Gently lean to the side, feeling a stretch along your side body.
 - Hold, breathe, and switch sides.

**BENEFITS:**
 - Improves flexibility and posture
 - Opens up the side body
 - Supports better breathing
- 4



SEATED SPINAL TWIST

 - Sit tall and cross one leg over the other (optional).
 - Place the opposite hand on your knee.
 - Gently twist your torso to the side.
 - Hold, breathe, and switch sides.

**BENEFITS:**
 - Improves spinal mobility
 - Aids digestion
 - Relieves tension in the back
- 5



OPEN CHEST & NECK STRETCH

 - Clasp your hands behind your back (or hold a towel).
 - Gently lift your chest and draw your shoulders back.
 - Lift your chin slightly and hold.
 - Breathe deeply.

**BENEFITS:**
 - Opens the chest and shoulders
 - Improves posture
 - Enhances breathing and relieves stress



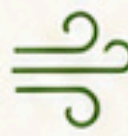
Tip for Success:



Keep your core engaged.



Use a stable chair without wheels.



Breathe slowly and deeply.



Stop if you feel pain. Comfort comes first.



OPEN CHEST AND NECK STRETCH



This gentle stretch helps open your chest and shoulders, release tension in your **neck**, and improve your posture.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Sit tall near the front of your chair.
- 2 Clasp your hands behind your back (or hold a towel).
- 3 Gently lift your chest and draw your shoulder blades together.
- 4 Lift your chin slightly and keep your neck long.
- 5 Hold for 20–30 seconds. Breathe deeply.



FOCUS AREAS:



Opens the chest and shoulders



Relieves tension in the neck



Improves posture and breathing



TIPS FOR SUCCESS:



- ♡ Don't overarch your lower back.
- ♡ Keep your shoulders down and away from your ears.
- ♡ Relax your neck and jaw.
- ♡ Move within your comfort zone.
- ♡ Consistency is key!



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



STRONG **BALANCE.** STRONG YOU.

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HAMSTRING STRETCH



This simple stretch helps improve **flexibility** in your hamstrings, **reduce muscle tension**, and support better posture and movement.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Sit tall near the front of your chair.
- 2 Straighten one leg out in front of you with your heel on the floor and toes pointing up.
- 3 Keep your other foot flat on the floor with your knee bent.
- 4 Hinge forward gently from your hips, keeping your back straight. Reach toward your extended leg.
- 5 Go as far as is comfortable. Avoid bouncing.
- 6 Hold for 20–30 seconds. Breathe deeply.
- 7 Switch legs and repeat.



FOCUS AREAS:



Stretches the back of your thigh (hamstring)



Improves flexibility and mobility



Supports better posture and reduces lower body tightness



TIPS FOR SUCCESS:



- ♥ Keep your back long and chest open.
- ♥ Don't round your back—hinge from your hips.
- ♥ Stop if you feel pain. Stretch to a gentle pull.
- ♥ Keep breathing and relax your shoulders.
- ♥ Consistency is key!



BENEFITS:

- Increases hamstring flexibility
- Relieves tightness and tension
- Supports lower back health
- Improves mobility for daily activities



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SEATED PIRIFORMIS STRETCH



This seated stretch helps release tension in your **hips** and **lower back**, improves flexibility, and supports better **mobility**.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Sit tall near the front of your chair with both feet flat on the floor.
- 2 Cross one ankle over the opposite knee, creating a figure 4 shape.
- 3 Keep your back straight and your chest open.
- 4 Gently lean forward from your hips until you feel a stretch in your buttock and outer hip.
- 5 Hold for 20–30 seconds. Breathe deeply.
- 6 Return to center and switch sides.

TIPS FOR SUCCESS:



- ♥ Keep your back tall and chest open.
- ♥ Don't round your back—hinge forward from your hips.
- ♥ Go only as far as is comfortable.
- ♥ Breathe deeply and relax.
- ♥ Consistency is key!



FOCUS AREAS:



Stretches the piriformis and hip muscles



Relieves tension in the lower back and hips



Improves flexibility and mobility



BENEFITS:

- Relieves tightness in the hips and buttocks
- Supports lower back comfort
- Improves hip flexibility and movement



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SHOULDER AND NECK RELIEF



Release Tension + Restore Ease

This gentle stretch helps release tension in your **neck** and **shoulders**, improve posture, and bring more ease to your day.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Sit tall near the front of your chair with your feet flat on the floor.
- 2 Place your right hand behind your back and let it rest on the seat of the chair.
- 3 Gently tilt your head to the left, bringing your left ear toward your left shoulder.
- 4 For a deeper stretch, place your left hand on the right side of your head and gently guide the stretch.
- 5 Hold for 20–30 seconds. Breathe deeply.
- 6 Switch sides and repeat.



FOCUS AREAS:



Relieves tension in the neck and shoulders



Improves posture and alignment



Promotes relaxation and mobility



TIPS FOR SUCCESS:



- ♥ Keep your shoulders relaxed and down.
- ♥ Avoid lifting your shoulder toward your ear.
- ♥ Keep your spine tall and supported.
- ♥ Breathe slowly and relax into the stretch.
- ♥ Consistency is key!



BENEFITS:

- Relieves neck and shoulder tension
- Improves posture and alignment
- Enhances mobility and flexibility
- Promotes relaxation and well-being



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UPPER BACK RELIEF



Open Up + Feel Lighter

This stretch helps release tightness in your upper back, improve mobility, and support better posture and movement.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Sit tall near the front of your chair with your feet flat on the floor.
- 2 Clasp your hands together in front of you, with your palms facing out.
- 3 Round your upper back gently as you extend your arms forward and let your head drop between your arms.
- 4 Feel a stretch across your upper back and between your shoulder blades.
- 5 Hold for 20–30 seconds. Breathe deeply.
- 6 Slowly roll back up to center and relax.

TIPS FOR SUCCESS:



- ♡ Keep your hips grounded in the chair.
- ♡ Let your shoulders relax away from your ears.
- ♡ Don't lock your elbows—keep a soft bend.
- ♡ Focus on lengthening through your spine.
- ♡ Breathe deeply and enjoy the release.



FOCUS AREAS:



Releases tension in the upper back



Improves spinal mobility



Supports better posture and alignment



BENEFITS:

- Relieves upper back tightness
- Improves posture and alignment
- Enhances mobility and flexibility
- Promotes relaxation and well-being



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FOOT AND ANKLE STRENGTHENING



Build Strength + Improve Balance

Strong feet and ankles support your entire body, improve **stability**, and help **prevent injuries**. This simple exercise builds strength in the muscles you use every day.



REMEMBER:
Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Stand tall behind a sturdy chair, holding on lightly for balance.
- 2 Rise up onto your toes, lifting your heels off the floor.
- 3 Hold for 1–2 seconds at the top, squeezing your calves.
- 4 Slowly lower your heels back down to the floor.
- 5 Repeat for 10–15 repetitions. Rest and repeat as desired.



FOCUS AREAS:



Strengthens feet, ankles, and calves



Improves balance and stability



Supports mobility and helps prevent injuries



TIPS FOR SUCCESS:



- ♡ Keep your core engaged and posture tall.
- ♡ Don't rush—control the movement.
- ♡ Use the chair for support, not for pulling.
- ♡ Wear supportive shoes.
- ♡ Consistency is key!



BENEFITS:

- Builds strong feet and ankles
- Improves balance and coordination
- Supports better posture
- Helps prevent falls and injuries
- Enhances performance in daily activities



STRONG **BALANCE.** STRONG YOU.

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BALANCE MOVE BEHIND THE CHAIR



Steady Your Body + Build Confidence

This gentle balance move helps improve **stability**, strengthen your **legs** and **core**, and support better balance—all with the support of a chair.



REMEMBER:

Move slowly,
breathe deeply,
and listen to
your body.



HOW TO DO IT:



- 1 Stand tall behind a sturdy chair, holding the backrest lightly.
- 2 Shift your weight onto your left foot.
- 3 Slowly lift your right foot off the floor and move it behind your left leg, tapping your toes to the floor.
- 4 Hold for 2–3 seconds, keeping your balance.
- 5 Return your right foot to the ground and stand evenly.
- 6 Repeat on the other side.
Aim for 8–10 reps on each side.



FOCUS AREAS:



Improves balance
and coordination



Strengthens legs
and core



Boosts confidence
and stability



TIPS FOR SUCCESS:



- ♡ Stand tall and engage your core.
- ♡ Keep your movements slow and controlled.
- ♡ Use the chair for support, not for leaning.
- ♡ Focus your gaze forward.
- ♡ Practice regularly to build your balance.



BENEFITS:

- Improves balance and coordination
- Strengthens legs and core
- Enhances stability and confidence
- Supports safe movement and mobility



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SQUAT FOR STABILITY



Strengthen + Support Your Body

Squats are a powerful way to build lower body strength, improve balance, and support everyday movement. This supported squat helps you move with confidence and control.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Stand behind a sturdy chair with your feet hip-width apart.
- 2 Hold the backrest lightly for support.
- 3 Slowly bend your knees and hips to lower your body, as if sitting back into a chair.
- 4 Keep your chest lifted and your knees in line with your feet.
- 5 Lower as far as feels comfortable, then press through your feet to stand back up.
- 6 Repeat for 8–12 repetitions. Rest and repeat as needed.



FOCUS AREAS:



Strengthens legs, glutes, and core



Improves balance and stability



Supports functional strength for daily life.



TIPS FOR SUCCESS:



- ♥ Keep your feet flat and grounded.
- ♥ Engage your core.
- ♥ Sit back, don't lean forward.
- ♥ Use the chair for balance, not for pulling.
- ♥ Breathe—inhale as you lower, exhale as you rise.



BENEFITS:

- Builds lower body strength
- Improves balance and coordination
- Enhances stability and core control
- Supports better posture and mobility
- Helps with everyday activities



Move with purpose, feel the difference.

STRONG **BALANCE.** STRONG YOU.

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IT BAND STRETCH



Release Tension + Improve Mobility

This seated stretch helps release tightness along the outer thighs and hips, supports better movement, and promotes balance and stability.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Sit tall on a sturdy chair with both feet flat on the floor.
- 2 Cross your right ankle over your left knee.
- 3 Sit up tall and gently press down on your right knee with your right hand.
- 4 You should feel a stretch along the outside of your right hip and thigh.
- 5 Hold for 20–30 seconds, breathing deeply.
- 6 Switch sides and repeat.



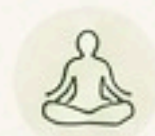
FOCUS AREAS:



Releases tightness in the IT band and outer hips



Improves hip mobility and flexibility



Supports balance and lower body function



TIPS FOR SUCCESS:



- ♥ Sit tall and keep your core engaged.
- ♥ Don't round your back.
- ♥ Keep both hips level.
- ♥ Breathe deeply and relax into the stretch.
- ♥ Use support if needed.



BENEFITS:

- Relieves IT band tightness
- Improves hip and leg mobility
- Enhances balance and coordination
- Supports pain-free movement
- Aids recovery and prevents injury



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



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CALF STRETCH



Loosen Tightness + Improve Flexibility

This stretch helps release tightness in your **calves**, improve flexibility, and support healthy movement and posture.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Stand facing a wall with your hands at shoulder height.
- 2 Step one foot back, keeping that leg straight and your heel on the floor.
- 3 Bend your front knee and lean forward slightly, pressing your hands into the wall.
- 4 Keep your back leg straight and your back heel grounded.
- 5 You should feel a gentle stretch in your back calf.
- 6 Hold for 20–30 seconds. Switch legs and repeat.



FOCUS AREAS:



Relieves tightness in the calves



Improves ankle flexibility



Supports better balance and mobility



TIPS FOR SUCCESS:



- ♡ Keep your back leg straight and heel down.
- ♡ Don't lock your front knee.
- ♡ Breathe deeply and relax.
- ♡ Use a wall for balance and support.
- ♡ Stretch both legs evenly.



BENEFITS:

- Relieves calf tightness
- Improves flexibility and range of motion
- Supports circulation and recovery
- Enhances balance and stability



STRONG **BALANCE.** STRONG YOU.

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KNEE LIFT BALANCE



Improve Balance + Strengthen Your Core

This simple balance move helps improve **stability**, strengthen your **core** and **hips**, and support better posture and control in your everyday movements.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Stand tall behind a sturdy chair, holding the backrest lightly.
- 2 Shift your weight onto your left foot.
- 3 Slowly lift your right knee toward your hip, keeping your back straight and core engaged.
- 4 Hold your knee up for 2–3 seconds, keeping your balance.
- 5 Lower your right foot back down with control.
- 6 Repeat on the other side.
- 7 Aim for 8–10 lifts on each leg.



FOCUS AREAS:



Improves balance and coordination



Strengthens core and hip muscles



Supports stability and posture



TIPS FOR SUCCESS:



- ♡ Stand tall and engage your core.
- ♡ Keep your supporting knee soft, not locked.
- ♡ Look forward and focus on a steady point.
- ♡ Use the chair for balance, not for pulling.
- ♡ Breathe steadily and move with control.



BENEFITS:

- Improves balance and coordination
- Strengthens core and hip muscles
- Enhances stability and posture
- Supports better movement and prevents falls



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STANDING HAMSTRING CURL



Strengthen + Support Your Legs

This standing exercise helps strengthen your **hamstrings** and **glutes**, improve knee flexibility, and support balance and everyday movement.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



HOW TO DO IT:



- 1 Stand tall behind a sturdy chair, holding the backrest lightly.
- 2 Keep your chest lifted and your knees soft.
- 3 Slowly bend your right knee, lifting your heel toward your glutes.
- 4 Keep your knees close together and avoid swinging your leg.
- 5 Pause for a moment, then slowly lower your foot back down.
- 6 Repeat on the other side. Aim for 8–10 curls on each leg.



FOCUS AREAS:



Strengthens hamstrings and glutes



Improves knee flexibility and mobility



Supports balance, posture, and leg stability



TIPS FOR SUCCESS:



- ♥ Hold the chair for balance, not for pulling.
- ♥ Keep your core engaged and your back straight.
- ♥ Move slowly and with control.
- ♥ Focus on squeezing your hamstring at the top.
- ♥ Breathe steadily and stay upright.



BENEFITS:

- Strengthens hamstrings and glutes
- Improves knee flexibility and mobility
- Supports balance and coordination
- Enhances posture and leg stability
- Helps prevent injuries and supports everyday activities



STRONG **BALANCE.** STRONG YOU.

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SIDE LEG LIFT CHALLENGE



Strengthen + Tone + Improve Balance

This simple movement helps strengthen your hips, glutes, and legs, improves balance, and supports better posture and stability.



HOW TO DO IT:



- 1 Stand tall with your feet hip-width apart, core engaged.
- 2 Shift your weight onto your left leg.
- 3 Slowly lift your right leg out to the side, keeping it straight and your toes facing forward.
- 4 Keep your hips level and your torso upright.
- 5 Hold for a moment at the top, then slowly lower your leg.
- 6 Repeat 10–15 times, then switch sides.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



FOCUS AREAS:



Strengthens hips, glutes, and outer thighs



Improves balance and stability



Supports better posture and alignment



TIPS FOR SUCCESS:



- Keep your core engaged.
- Stand tall and avoid leaning.
- Lift your leg only as high as you can without swinging.
- Move slowly and with control.
- Use a wall or chair for support if needed.



BENEFITS:

- Strengthens and tones hips and legs
- Improves balance and coordination
- Supports posture and alignment
- Enhances everyday movement and stability
- Builds strength and confidence



REMEMBER:

Consistency is key. Small steps today lead to big results tomorrow.



Move with purpose, feel the difference.



STRONG BALANCE. STRONG YOU.

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STANDING ADDUCTOR STRETCH



Open Hips + Improve Flexibility

This standing stretch helps lengthen and release the inner thighs, improves hip mobility, and supports balance and lower body flexibility.

HOW TO DO IT:



- 1 Stand with your feet wide apart.
- 2 Point your right foot forward and your left foot slightly out to the side.
- 3 Shift your weight to the right, bending your right knee.
- 4 Keep your left leg straight and gently lean your torso forward.
- 5 Place your hands on your right thigh or knee for support.
- 6 Hold for 20–30 seconds, breathing deeply.
- 7 Switch sides and repeat.



REMEMBER:

Move slowly, breathe deeply, and listen to your body.



FOCUS AREAS:



Stretches and lengthens the inner thighs



Improves hip mobility and flexibility



Supports balance and lower body function



USE A BAND TO GO DEEPER:



Add a light resistance band around your thighs to activate your muscles and enhance your stretch.

TIPS FOR SUCCESS:



- Keep your core engaged.
- Don't lock your knee.
- Shift your weight gently and with control.
- Use support if needed.
- Be consistent for best results.



BENEFITS:

- Opens and releases tight inner thighs
- Improves hip flexibility and range of motion
- Enhances balance and stability
- Supports ease of movement in daily activities
- Promotes better posture and alignment



MOVE WITH PURPOSE

Every stretch is an investment in your strength, mobility, and independence. You've got this!



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THANK YOU



Your time and commitment to your practice
are the first steps to lasting change.

Keep showing up for yourself. 



Kelsey has been in the fitness industry for over 35 years and is a qualified Group Fitness Instructor, Yoga Teacher, Movement Educator, Wellness Advocate, and Accredited ACC Strength & Balance Provider based in New Zealand.



MINDFUL MOVEMENT

Breathe, flow,
and feel good.



STRONGER TOGETHER

We rise when we move,
connect and inspire.



CHAIRFIT®

Accessible.
Safe. Effective.



WELLNESS IN MOTION

Small steps today
lead to big change.



You're doing amazing.

Thank you for being here. 

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