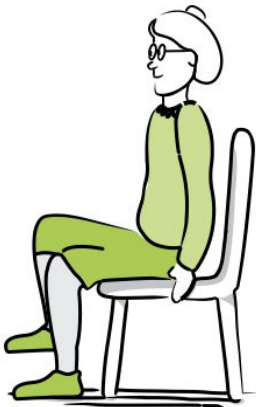


# Seated Exercise Activity for Seniors

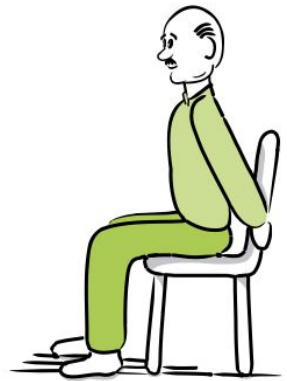
**Chair March**



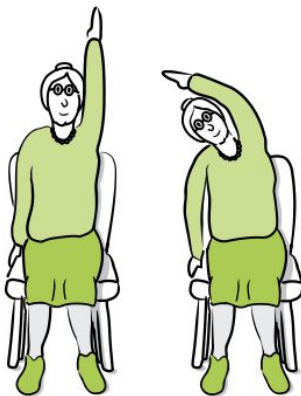
**Arm Swings**



**Chest Stretch**



**Arm Reaches**



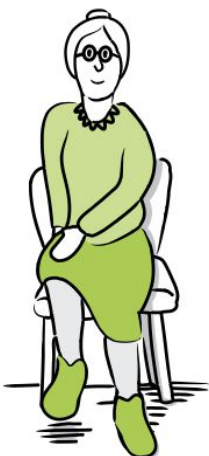
**Body Twist**



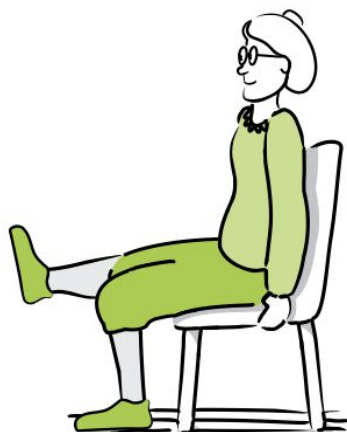
**Leg Stretch**



**Knee Taps**



**Leg Extend**



**Leg Circles**

