



FREE SAMPLE

The Kitchen Chair Routine

Try the 3-minute Mini Break, with the chair setup and safety pages from the full guide.



Free to print and share. Gentle seated mobility and stretching for adults 50+.

FREE SAMPLE

Try it before you buy it

These are real pages from **The Kitchen Chair Routine**: how to set up your chair, how each move should feel, when to stop — and the complete Mini Break, a three-minute routine for any time you've been sitting still.

The Mini Break

1		Shoulder rolls 5 circles each way	p. 6	2		Seated marching 5 lifts each leg	p. 7
3		Hands and wrists 5 fists · 5 wrist circles each way	p. 8				

In the full guide

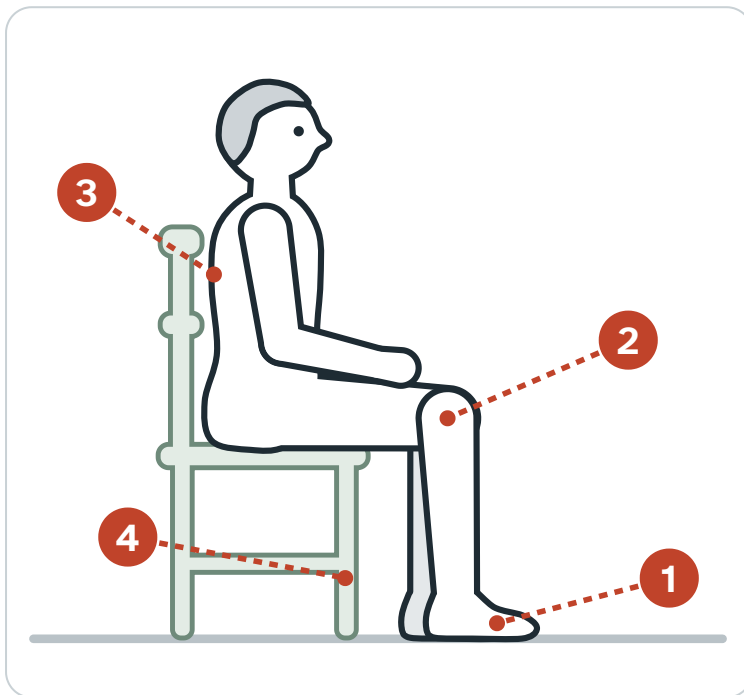
- ✓ All 13 illustrated movements, each on its own page in large, clear type
- ✓ The Full (15-minute) and Short (7-minute) routines
- ✓ A 7-day calendar with a suggested first week, and a joint comfort tracker
- ✓ A reprint pack, a one-page routine card for the fridge, and questions to take to your doctor or physical therapist
- ✓ US Letter and A4 versions

US\$19, one payment, instant download.

Professional review pending: this draft has not yet been reviewed by a licensed physical therapist and must not be sold until it has.

GET READY

Set up your chair and space



- 1 **Feet flat on the floor**, about hip-width apart.
- 2 **Knees bent at about a right angle**, roughly level with your hips. If your feet don't reach the floor, try a lower chair.
- 3 **Sit tall, away from the backrest**, unless a move or your comfort calls for support.
- 4 **A solid, stable chair** — no wheels, and ideally no arms, which get in the way of your arms. If your balance is poor or you've had a hip replacement, a sturdy chair *with* arms may be safer: ask your physical therapist.

Your space

- ✓ The chair on a floor where it won't slip — backing it against a wall helps
- ✓ An arm's length of clear space around you; move rugs and cords
- ✓ Good light, and this page where you can see it
- ✓ Water within reach

Avoid

- ✗ Office chairs with wheels, rocking chairs and swivel chairs
- ✗ Soft sofas, recliners and stools without a back
- ✗ Socks on a smooth floor, or loose slippers — wear flat, supportive shoes with non-slip soles

[1][27][4][18][15] · Page 4 explains how each move should feel.

GET READY

How it should feel

Gentle stretch or light effort This is the aim. You can breathe and talk normally.	Strong pull or strain Ease off a little until it feels comfortable again.	Pain, dizziness or chest discomfort Stop. See page 5.
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- ✓

Move slowly and smoothly. Never bounce or jerk into a stretch.
- ✓

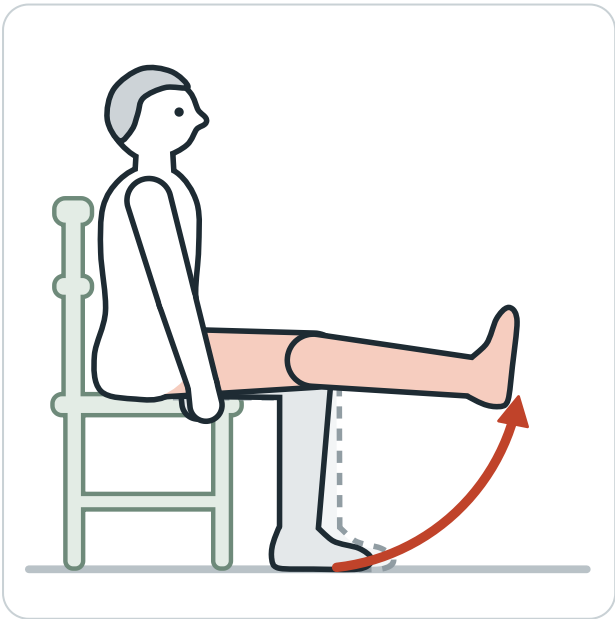
Go only as far as is comfortable. Your range may change from day to day — that's normal.
- ✓

Keep breathing. Don't hold your breath, especially while you hold a stretch.
- ✓

Skip or soften any move that doesn't feel right today. Each card has a gentler option.
- ✓

Keep the order. The routine starts with warm-up moves because stretching is more comfortable once your muscles are warm.

How to read the pictures



- Dashed grey outline** — where the movement starts
- Shaded part** — the part of you that moves
- Arrow** — the direction to move. A two-headed arrow means back and forth.
- Red numbers** match the numbered steps on the card.

SAFETY

Stop and get help

Stop moving and rest if you feel

- ✗ **Any pain** — a stretch should feel like a gentle pull, never pain
- ✗ **Dizziness**, light-headedness or confusion
- ✗ **Chest pain, pressure or tightness**
- ✗ **Unusual or severe shortness of breath**
- ✗ Feeling **sick**, clammy, or breaking into a **cold sweat**
- ✗ **A racing or uneven heartbeat**

Call 911 or your local emergency number for

- Chest pain, pressure or tightness during or after moving — especially if it spreads to your arm, shoulder, back, neck or jaw, lasts more than a few minutes, or comes with sweating or feeling sick
- A fall or injury where a bone may be broken or a joint looks out of place
- Sudden, severe pain

In the UK call 999; in Europe call 112.

Talk to your doctor before carrying on if

soreness lasts more than a few days, a joint swells up or feels hot, or you notice anything new that worries you.

What's normal

Feeling your muscles work, a mild stretch, and some stiffness for a day or two when you start. If a move is uncomfortable, use its gentler option or leave it out.

[15][12][5][7][11]

2

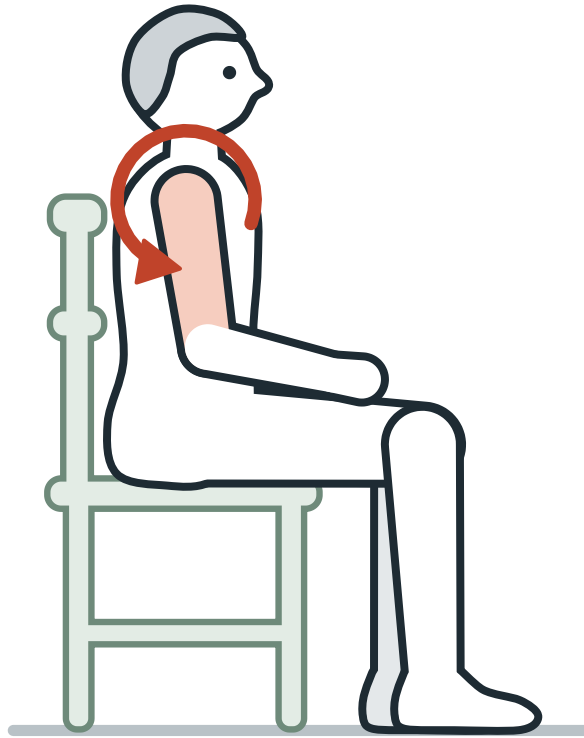
MOVE 2 OF 13 • WARM-UP

Shoulder rolls

Gently warms up your shoulders and upper back.

↻ 5 circles each way

🕒 About 1 minute



Start: Sit tall, arms relaxed, hands resting on your thighs.

- 1 Lift both shoulders up toward your ears.
- 2 Draw them back, squeezing your shoulder blades gently together.
- 3 Let them drop down, then bring them forward to where you started.
- 4 Make **5 slow, smooth circles**, then 5 the other way.

⇒ Breathe normally throughout.

♥ You should feel

Movement and gentle warmth around your shoulders and upper back.

⚠ Make it gentler

Make the circles smaller, or roll one shoulder at a time.

⚠ Skip it, or ask first, if

- you have a painful, stiff or recently injured shoulder — keep the circles small and pain-free.

Stop if anything hurts, or you feel dizzy or unwell — page 5.

3

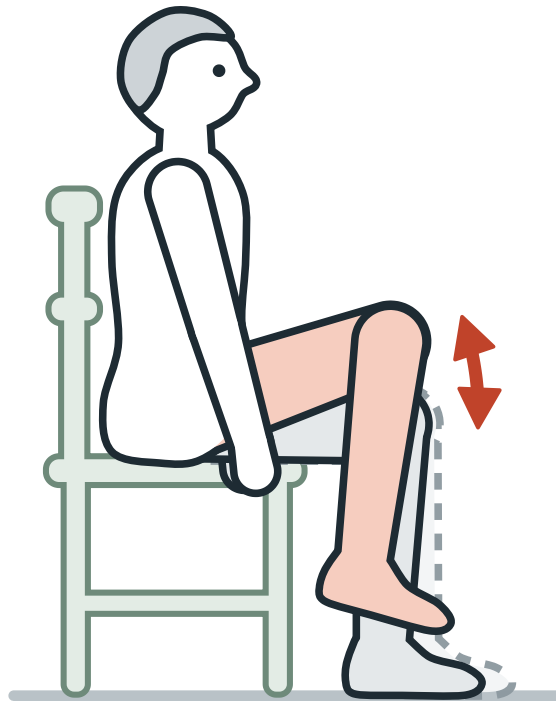
MOVE 3 OF 13 • WARM-UP

Seated marching

Warms up your hips and legs.

↻ 5 lifts each leg

🕒 About 1 minute



Start: Sit tall, not leaning on the backrest. Hold on to the sides of the seat.

- 1 Lift one leg, keeping the knee bent, as high as is comfortable.
- 2 Put your foot back down with control.
- 3 Lift the other leg the same way.
- 4 Do **5 lifts with each leg**, in a steady rhythm.

♥ **You should feel**

Your hips and the fronts of your thighs working gently.

⚠ **Make it gentler**

Lift your foot just an inch or two off the floor.

⚠ **Skip it, or ask first, if**

- you have had a hip replacement — keep your knee lower than your hip, and follow the limits your surgeon or physical therapist gave you.

Stop if anything hurts, or you feel dizzy or unwell — page 5.

MOVE 11 OF 13 • HANDS

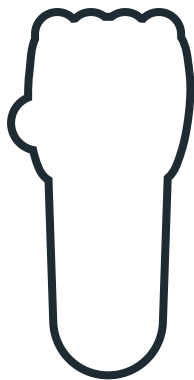
11

Hands and wrists

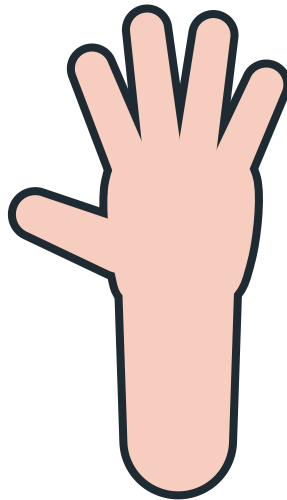
Moves your fingers and wrists through their comfortable range.

🔄 5 fists • 5 wrist circles each way

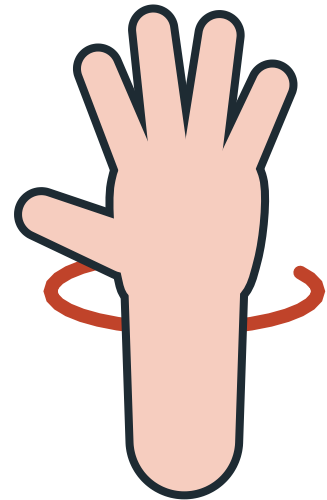
🕒 About 1 minute



1 Loose fist



2 Spread wide



3 Circle the wrists

Start: Sit tall and rest your forearms on your thighs, or hold your hands in front of you.

- 1 Slowly make a loose fist, with your thumb across the outside of your fingers. Don't squeeze.
- 2 Open your hand and spread your fingers wide.
- 3 Do this **5 times** with both hands.
- 4 Then gently circle your wrists, **5 times each way**.

♥ You should feel

Movement through your fingers and wrists.

⚠ Make it gentler

Make a looser fist, and spread your fingers only as far as is comfortable.

⚠ Skip it, or ask first, if

- your finger or wrist joints are hot, red or newly swollen (a flare) — rest them and ask your doctor.

Stop if anything hurts, or you feel dizzy or unwell — page 5.

SOURCES

Sources for these pages

Numbers match the full guide's source list. These organizations have not reviewed or endorsed this guide.

- [1] **NHS (nhs.uk).** Sitting exercises. www.nhs.uk/live-well/exercise/sitting-exercises/ Page last reviewed 18 January 2024. Accessed 2026-10-08.
- [4] **HSE Health & Wellbeing (Ireland).** Easy Exercises: A Chair Based Programme for Older Adults. assets.hse.ie/media/documents/chair-based-exercises-for-older-adults.pdf Published January 2017. Accessed 2026-10-08.
- [5] **National Institute on Aging (NIH).** Three Types of Exercise Can Improve Your Health and Physical Ability. www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-can-improve-your-health-and-physical Content reviewed January 14, 2025. Accessed 2026-10-08.
- [6] **National Institute on Aging (NIH).** Exercise and Physical Activity for Older Adults. order.nia.nih.gov/sites/default/files/2023-10/exercise-physical-activity-brochure.pdf September 2023. Accessed 2026-10-08.
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- [17] **American Academy of Orthopaedic Surgeons (OrthoInfo).** Activities After Total Hip Replacement. www.orthoinfo.org/recovery/activities-after-hip-replacement/ No date shown. Accessed 2026-10-08.
- [18] **NHS (nhs.uk).** Recovering from a hip replacement. www.nhs.uk/tests-and-treatments/hip-replacement/recovering-from-a-hip-replacement/ Page last reviewed 6 March 2024. Accessed 2026-10-08.
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- [21] **Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust (physiotherapy leaflet).** Neck and Upper Back Exercises Level 1. www.wwl.nhs.uk/pdfreader/cnv-wwl-68ca8bce9edd73.73954624 Updated 4 March 2026. Accessed 2026-10-08.
- [27] **NHS (nhs.uk).** Strength exercises. www.nhs.uk/live-well/exercise/strength-exercises/ Page last reviewed 28 February 2024. Accessed 2026-10-08.