

Seated Exercise Activity for Seniors

Chair March



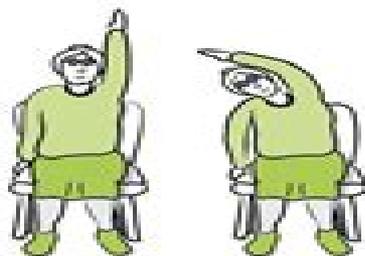
Arm Swings



Chest Stretch



Arm Reaches



Body Twist



Leg Stretch



Knee Taps



Leg Extend



Leg Circles



Be Seated A About Chairs

D Kirk



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Be Seated James Cross Giblin,1993-11-19 Chronicles the history technological development and social significance of chairs in Europe Africa Asia and the United States from prehistory to the present [5-Minute Chair Yoga for Seniors](#)
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