

Chair Yoga for Seniors with Diabetes

5 Safe Poses to Support Blood Sugar & Circulation



Why Chair Yoga?

Chair yoga offers a gentle, low-impact way for seniors with diabetes to:

- Improve blood sugar control
 - Boost blood circulation
 - Ease joint stiffness
 - Reduce stress and cortisol
 - Promote relaxation and energy
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- ✓ Ideal for beginners and older adults
 - ✓ No need to get on the floor
 - ✓ Supports safe movement and diabetic care



5 Safe Chair Yoga Poses


⚠ Always check your blood sugar before starting and consult your doctor.

1. Seated Forward Bend

(For digestion & relaxation)

- Sit tall with legs extended forward or slightly bent
- Inhale and raise both arms


- Exhale and hinge forward from hips, reaching toward feet or knees
- Hold for 5 slow breaths

 *Supports pancreas and calms the nervous system.*

2. Chair Cat-Cow Stretch

(For spinal mobility & stress relief)

- Sit with feet flat, hands on knees
- Inhale: Arch your back, open chest (Cow)
- Exhale: Round back, tuck chin (Cat)
- Repeat 5–8 times

 *Improves spine health and promotes deep breathing.*

3. Ankle Rolls + Toe Taps

(For blood flow & neuropathy prevention)

- Slowly roll each ankle in circles (10 times in each direction)
- Tap toes up and down 20–30 times

 *Improves circulation to feet and ankles.*

4. Seated Side Stretch

(For digestion & waist flexibility)

- Sit tall with one hand on chair

- Inhale, lift opposite arm and stretch to the side
- Hold for 3–5 breaths
- Repeat both sides

 *Stimulates abdominal organs and reduces tension.*






5. Seated Twist

(For metabolism & internal massage)

- Sit upright, place right hand on left knee
- Inhale, lengthen spine
- Exhale, gently twist left
- Hold 5 breaths
- Switch sides

 *Aids digestion and blood sugar balance.*

Safety Tips for Diabetic Seniors

-  Practice on a stable chair with back support
 -  Avoid over-stretching or fast movements
 -  Stay hydrated and keep water nearby
 -  Never hold your breath during poses
 -  Check blood sugar before and after exercise
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Daily Practice Suggestions

- Start with **10–15 minutes daily**
 - Use gentle background music
 - Focus on **slow breathing** with each move
 - End practice with a **relaxation moment** (hands on heart, 5 deep breaths)
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Stay Seated, Stay Strong

Chair yoga empowers seniors to manage diabetes naturally—one breath, one stretch, one day at a time.
