

CIRCLE SCARVES

BODY

If a senior is confined to a chair for much of the day, try to find ways to encourage movement in his or her daily life. All you need are two colorful scarves:

1. With a scarf in each hand, extend arms straight out in front.
2. Make circles in the air with scarves, going from small to large circles.
3. Continue on with the circles by going down from large to small.

To help a senior, sing or count to the beat. It will make loved ones feel as though they've participated in an exercise plan.

