

After-Walk Cool Down — Gentle Stretches for Seniors

A gentle cool-down designed to calm the heart rate and reduce muscle tightness after a walk. Safe for most seniors — use a chair for balance if needed.

Exercise	Duration / Reps	Notes
Slow Marching in Place	1 min	Gradually slow pace
Calf Stretch (Wall or Chair)	20 sec per side	Hands on wall/chair for balance
Quadriceps Gentle Stretch	20 sec per side	Hold ankle, use chair for balance
Seated Hamstring Stretch	20 sec per leg	Sit and extend one leg
Shoulder Rolls & Deep Breaths	30 sec	Inhale up, roll shoulders back on exhale
Ankle Circles	30 sec per ankle	Seated if needed

Safety tips: Move slowly, avoid bouncing, and stop if you feel pain. Keep a chair nearby for support.