2026 EDITION



THE OVER-50S HOME STRENGTH & BALANCE ROADMAP

Get fit from the comfort of your lounge room!





THIRD AGE FITNESS

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YOUR ROADMAP TO STAYING ACTIVE, INDEPENDENT, AND STRONG

At Third Age Fitness, we believe that age is just a number, but mobility is freedom. We've put this guide together to show you that staying fit doesn't have to be complicated, painful, or scary. It's about small, consistent movements that keep you doing what you love — whether that's gardening, traveling, or playing with the grandkids. We've put together a range of options for a range of circumstances - we know you'll find something that is just right for you.

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A QUICK NOTE ON SAFETY

Every exercise in this guide, and in all of our specialised programs, are designed by qualified fitness professionals, specifically for those in their 'third age' — older adults like you! Join us for safe, effective movements backed by 60 years of experience.

Our website has more information on all our exercise options!

Use your phone camera here

Or click your finger here

FIVE EXERCISES IN FIVE MINUTES TO:

RELAX THE SHOULDERS

Our shoulders so often get tight and stiff, whether it's because of poor sleep, feeling cold, or hunched posture. Exercise is a great way to loosen all those knots in the shoulders - try to fit in these stretches whenever you feel the shoulders start to tighten up.



1. SHOULDER LIFT
Lift one shoulder up high, then drop back down. Repeat, then swap sides.



2. FORWARD & BACK
Curl shoulders forward as far as possible, then pull them back. Repeat.



3. SHOULDER CIRCLES
Circle one shoulder forward and around in a circle. Reverse direction, then repeat with other shoulder.



4. JOINT RELEASE
Bend forward, drop arm down to floor. Circle arm inwards, then out. Swap sides.



5. BLADE SQUEEZE
Hands clasped behind back, squeeze shoulder blades together and lift hands away from body.

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HOME WORKOUT SAFETY CHECKLIST

Chair Stability

- [x] Chair is sturdy and does not wobble
- [ ] Chair has no wheels
- [ ] No armrests (or armrests don't interfere)
- [ ] Chair sits on a non-slip surface
- [ ] Chair has straight back
- [ ] Chair isn't too low to ground

Seating and Posture

- [ ] Feet rest flat on floor
- [ ] Knees are bent at around 90°
- [ ] Sitting in centre of chair
- [ ] Shoulders are relaxed
- [ ] Chest is lifted, sitting tall
- [ ] Head and neck are relaxed
- [ ] Looking straight ahead

Health Precautions

- [ ] Consulted with healthcare provider before starting exercises
- [ ] Will stop exercise if feeling pain, dizziness, or discomfort
- [ ] Will use support if balance feels unstable

Exercise Space

- [ ] Area around chair is free of clutter
- [ ] No cords around chair
- [ ] No sharp corners nearby
- [ ] No rugs around chair
- [ ] Area has good lighting
- [ ] Comfortable room temperature

Equipment & Assistance

- [ ] Drink before starting
- [ ] Additional water handy
- [ ] Comfortable, non-slip shoes
- [ ] Loose, breatheable clothing
- [ ] Phone within reach

Improving Over Time

- [ ] Have I tracked my progress?
- [ ] Am I breathing steadily?
- [ ] Can I increase the movement?
- [ ] Can I go a little longer?
- [ ] Can I shorten my breaks?
- [ ] Am I maintaining good posture?

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