



Activity for the Ages!



**A team-building program to promote fun
and physical activity in congregate
meal sites for older adults**



Program Manual

Activity for the Ages!

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Introduction

For older adults, taking part in regular physical activity is the key to independent living and an optimal quality of life. All it takes is 20 to 30 minutes a day of walking or comparable activities.

It can be difficult to stay active, and even harder to become active, if you have never been active before. Only a small percentage of Americans over age 65 get enough physical activity, and one of every three adults over 65 is considered to be completely inactive.

This program is designed to provide a fun and easy-to-follow plan to help older adults become more active and stay that way for as long as possible. Although the program targets congregate meal sites, it also can be used in senior living facilities, community centers or anywhere else older adults meet or live.

This program was developed in partnership with older adults, congregate meal site managers and

local Area Agencies on Aging to promote physical activity and develop a sense of cohesion among participants. The group sessions – typically offered once, twice, or three times a week – include activities designed to allow for group goal-setting and create a network of support. Monthly supportive telephone calls from the leader help increase participant confidence, review group and personal goals, examine individual progress, and provide feedback.

This manual covers recruiting participants, obtaining medical clearance, session activities and scripts for supportive telephone calls. Potential leaders need to meet only two requirements: current first aid and CPR certification. Leaders will have fun and gain pleasure from knowing they have helped make substantial changes in the program participants' physical and social quality of life.

About The Authors ...



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Part 1

Introduction to Creating a Team-Building Physical Activity Program

1: Increasing Physical Activity of Older Adults

- Why should we promote physical activity?
- Is physical activity really safe for older adults?
- What do I need to know to lead a physical activity program?

Others have asked these same questions. To address these and other issues, a coalition of national organizations – including the American College of Sports Medicine, American Association of Retired Persons (AARP), the National Institute on Aging, and the Robert Wood Johnson Foundation – formed the Active Aging Partnership. Together they developed and wrote a national blueprint designed to increase physical activity of adults over age 50. This section highlights some of that information.

Why should we promote physical activity?

As we age, some activities get a little tougher: climbing stairs, grocery shopping, getting in and out of the bathtub, or other typical daily activities. Congregate meal site users more frequently report difficulty doing these activities, which makes them less likely to be able to live independently. Part of the mission of the Elderly Nutrition Program is to help older adults avoid losing key physical functions that might force them to stop living independently. Many of these functions can be made easier through regular physical activity. In addition, being active reduces fat tissue, lowers triglycerides, slows bone loss, and improves endurance, strength, sense of well-being and happiness. Most important to many older adults is the ability to keep doing their daily activities.

Nine out of 10 adults over age 65 have at least one chronic health condition, and many of those conditions are related to not getting enough

physical activity. That means older adults can expect more benefits from regular activity than any other age group. Despite the potential benefit, older adults tend to be inactive. As a population, 33 percent of men and 50 percent of women over age 50 report that they participate in no leisure-time physical activity.

Congregate meal site users are even less active than the general older adult population. An inactive older adult is unlikely to become active without some form of support. The program described in this manual has helped older adults start and stay with a regular physical activity plan.

Is it really safe?

Extreme age and frailty should not keep older adults from taking part in mild to moderately intense physical activity, according to the American College of Sports Medicine. Nonetheless, safety should always be the first consideration. **Section 5: Ensuring Participant Safety** (page 9) emphasizes the necessity of acquiring each participant's informed consent as well as a physician's approval for participation. It is important to use the appropriate type and intensity of activity for frail older adults. **Section 6: Program Basics** (page 10) defines appropriate activities for this age group.

What do I need to know to lead a physical activity program?

Everything you need to know is in this manual: how to recruit participants, obtain physician's approval, and present the program safely. Aside from that, the leader needs only current first aid and cardiopulmonary resuscitation (CPR) certifications, which can be obtained through local Red Cross or other community organizations.

2: The *Activity for the Ages!* Approach

The mission of this program is to promote physical activity for older adults. By using a team-building approach, the goal is to develop a strong sense of cohesion and community. Team-building activities increase the fun factor, help people get to know one another and keep everyone motivated.

Group sessions are based on developing a positive social setting that encourages participants to achieve group and personal goals. The program is based on the theory that the strategies listed below will improve participation in physical activity:

- Increased group interaction and communication about physical activity.
- A sense of group identity (participants may create a group name).
- Strong group expectations for physical activity (setting group goals).
- Feelings of responsibility to the group (having a role within the group).

These strategies are important in developing a social environment that supports regular physical activity. The program has proven effective in increasing activity among young and older adults, as well as cardiac rehabilitation patients.

Early sessions focus on group interaction and communication about physical activity. These sessions target participants' positive expectations about activity by associating it with an enjoyable social atmosphere. Activities highlight participants' common successes, exercise barriers and goals. The resulting increase in self-confidence enhances long-term maintenance of physical activity.

The focus shifts from interaction and communication to developing a sense of group identity and stronger group expectations for physical activity. Finally, throughout the program, participants can choose tasks – taking attendance, helping with set-up – that will increase individual feelings of responsibility to the group.

3: Volunteer Leader

Health promotion programs are often difficult to present. As a result, they are not offered in some communities. *Activity for the Ages!* is different. Almost anyone could lead this program: an older adult, a senior-center administrator, a nurse, a community volunteer.

The volunteer leader should be comfortable in front of a group, enthusiastic, dedicated and comfortable talking on the phone. Leaders need to be comfortable leading exercises and team-building activities. Most of the activities take little planning and are easy to get started.

Enthusiasm goes a long way! Excitement about the program will spread among participants and make the activities seem to be even more fun, helpful and engaging.

Though the activities are safe for even frail older adults, a critical health issue could arise during a session. A leader with current first aid and CPR certifications can handle an emergency until medical help is available. The Appendix includes a "Symptom Checklist" (page 42) with a detailed plan of action for emergencies. The

checklist should be posted in the classroom and in participants' homes.

Dedication to the program is a key to success. A dedicated leader is prepared for class on time. Organization and reliability make it easier for participants to stick with the program.

Activity for the Ages! includes a detailed plan for telephone support. Leaders should be prepared to call each participant once a month to discuss progress, give feedback and reinforce goals.

What are the specific responsibilities?

Activity for the Ages! leaders are responsible for:

1. Promoting the program and recruiting participants.
2. Leading a weekly 45- to 60-minute session.
3. Keeping attendance records.
4. Making monthly telephone support calls to each participant. (Each call will take about 10 minutes.)
5. Collecting and reviewing program evaluation information every three months.

4: Encouraging Participation

Many older adults have the misconception that they can't participate in a physical-activity program or may feel intimidated at the prospect of joining one, even in a familiar location. A few simple steps can increase the number of participants who start and stay with the program.

Step 1: The people who manage the program site can be extremely influential. Our research shows that congregate meal site managers and representatives from Area Agencies on Aging generally support providing physical-activity programs and can be great advocates in involving participants.

Site managers will want to know how the program can benefit seniors and will need information about the program's safety and ease of presentation. They are usually familiar with the facility's clients and might have suggestions on recruiting participants. An enthusiastic manager can help recruitment by making announcements, mentioning the program in interactions with seniors, or by including information in a newsletter. A committed manager may also recruit participants who can benefit most from the program, but who may need encouragement.

Recruitment efforts should be supportive and persuasive, while reinforcing the concept that participation is a choice and will not influence the services currently offered and received.

Step 2: Lack of transportation can be a barrier to potential participants, so one of the primary concepts of *Activity for the Ages!* is offering the program in locations where older adults already gather – congregate meal sites, faith-based facilities or senior centers. Of course, not all potential participants gather in one place, so it is important to publicize the program elsewhere – malls, coffee shops, community centers.

Posters can serve as announcements, and active older adults can be encouraged to talk about the program informally or to give brief presentations. Newspapers, newsletters, local radio and television are also good ways to spread the word.

Step 3: Some older adults may feel that they can't do the activities, making them unlikely to join. A short *Activity for the Ages!* video with testimonials shows actual participants doing program activities. To borrow a copy of the video, contact K-State Research and Extension, Department of Family Studies and Human Services, at 785-532-5773.

5: Ensuring Participant Safety

To ensure a safe program, the activities and responsibilities of class membership must be fully described to each participant. Information provided must include the possibility of negative events related to both proper and improper completion of activities in the group sessions.

On the back of the Appendix title page is a "Symptom Checklist" (page 42) that highlights feelings and sensations that require immediate response. Participants should learn the symptoms and post the list at home where it will be handy. A copy should also be posted at the location of the group sessions.

The "Informed Consent Statement" (Appendix, page 43) explains the purpose of the program; benefits and risks; confidentiality of data and participation; and leader contact information. It is important that each individual has the ability to read and understand the statement. Some individuals with low vision may need assistance in completing the form, but first be sure the potential

participant understands the material well enough to describe the information before signing.

Physician Consent

Participants must obtain a physician's consent before beginning the program. Each should receive both the participant's consent and physician's release form (Appendix, page 44). The form allows the physician to release appropriate medical information before the patient begins participating and clears him or her for the activity.

Some participants find the extra trip to the physician to be a barrier. To simplify the process, the leader could fax, mail or take release forms to physicians after participants have signed. Doing so can speed the program's beginning.

The consent procedure is vital for liability and could save a life. And for those who are hesitant about their abilities, knowing that their physicians approve of their participation can provide peace of mind and additional self-confidence.

6: Program Basics

This program is designed to enhance a social group setting to help participants set personal goals for the amount and type of physical activity each will do outside of class. Activities will focus on providing group structure, using effective group processes, promoting a sense of group unity, and determining group expectations for regular attendance and activity.

During the 12 program sessions, the leader provides a structure to help participants develop feelings of commitment and responsibility to the group. Class members assume different roles and responsibilities as important parts of the group.

The goal of these activities is to develop a strong sense that each participant is important to the group's success. Roles can be as simple as taking attendance, acting as class greeter or helping to set up chairs. Other activities help participants achieve and sustain strong motivation to attend classes and do physical activities at home.

A strong motivator of physical-activity behavior is a sense of group identity. Program sessions include activities to select an appropriate group name and come up with ideas for posters, logos or T-shirts. As participants start thinking of themselves as members of a group they will tend to feel more motivated.

The leader will help participants develop personal action plans for physical activity (Appendix, page 50). The leader will work with each participant to develop a personal action plan, and will make three monthly support phone calls to discuss accomplishments and obstacles, and to provide tips on sticking with the program.

Appropriate Physical Activity

The focus of the home and group-based physical-activity sessions is strength training and aerobic activities. Aerobic activities that use large muscle groups such as the arms and legs can improve heart and lung function and increase muscle strength and flexibility. The goal is to assist all participants to reach the level recommended for frail older adults by the American College of Sports Medicine: 20 to 30 minutes of mild to moderate activity, three to five times per week.

Resistance exercises will start with participants seated, progressing (if appropriate) to doing some exercises while standing to improve balance and muscle coordination. Balance activities will be performed standing, holding onto a sturdy chair.

The weekly group session is used as a model for home sessions. A generic session will begin with a warm-up period (walking the perimeter of the room or seated marching, depending on space limitations). The warm-up helps prevent injuries, reduces muscle soreness and promotes circulation. A seated range-of-motion section prepares participants for aerobic and resistive activity, which follow in the form of arm or weight-bearing activities using resistance bands.

The physical-activity section will begin with 15 minutes, increasing to 30 minutes of combined flexibility, strength and aerobics during each group session. A final few minutes of stretching helps prevent muscles from tightening up and becoming sore and at risk for injury. Participants work up from one session a week to the goal of three to five sessions (one group and the others at home).

7: Sustainability

While developing the program, the leader should consider recruiting assistant volunteers who can step in to lead a class. This will help sustain the program over time – even if a change of leaders is necessary. Once one or two other leaders are in place, responsibilities can easily be divided.

The best place to recruit other volunteers is within the group. Participants are already familiar with the others in the group, the exercises and format of the sessions, making the transition easy and enjoyable. Volunteers may also be available at the local hospital, schools or colleges, health clubs or other community facilities. (Assistant leaders also must maintain current first aid and CPR certification.)

Keeping Things Fresh

It is important to keep the class dynamic. After completing the 12-session format once or twice, it may be advisable to adapt it with new exercises or group activities. As innovations are considered, three points need to be kept in mind:

1. Activities should include strength, aerobic and flexibility exercises in each session. A

wide variety of activities can be found in the *Activity for the Ages! Exercise Handbook*, (Appendix, beginning on page 59). Other resources include the National Institutes of Health's Senior Health Web site: <http://nihseniorhealth.gov/exercise/exercisestotry/01.html>.

2. The class should include activities that lead to group unity. This includes interaction and communication about activities, a sense of group identity, group goal-setting and feelings of responsibility to the group.
3. The class should include personal action plans and supportive telephone calls. The leader may know other creative ways to support participants by helping them set personal goals.

Adding new group games, exercises and goals – always keeping safety in mind – are ways to keep participants interested once they become comfortable with the format and material. It is essential to consider the source to ensure it is age-appropriate. Credible resources are available (Appendix, page 58).



Part 2

Team-Building Physical Activity Sessions

Sessions and Schedules

Program sessions are targeted toward helping participants develop skills necessary for regular physical activity. The group sessions introduce ideas and create a safe exercise environment. During the first month of classes, participants will learn activity skills and develop personal action plans to help achieve group goals and the ability to sustain activity throughout their lives.

Sessions build on one another and gradually increase the amount of physical and motivational activities. Each single-sheet session description provides the leader with a quick reference to be used before and during each class. The first side includes activities to increase group cohesion and reminders or homework for participants. The back side describes specific exercises, including warm-up, range of motion, upper and lower body, and cool-down (balance and breathing) activities. Pictures of exercises are included as the *Activity for the Ages! Exercise Handbook* (Appendix, pages 59-69).

Please note:

1. Before participants begin, ensure that all have completed the “Informed Consent Statement” (Appendix, page 43) and “Physician’s Release Form” (page 44).
2. Note special circumstances of participants as they find a place to do their activities. Limited hearing or eyesight may mean some participants need to be nearer the leader.
3. To get to know one another, the group may want to use name tags in the beginning.
4. Take attendance each week and follow up with participants who miss a session.

5. Review the Session Objective before each session and have handouts ready. For example, at the first session, have ready for each participant a copy of the *Activity for the Ages! Exercise Handbook* (Appendix, pages 59-69).

6. Distribute hand-out materials at the beginning of the class, and go over explanations or announcements. (It may be more difficult to gain everyone’s attention at the end of the session.)

7. Equipment used in the activity session should be distributed after everyone is seated, but before beginning activities. Be sure all equipment to be used at each session is in place. Most materials can be obtained locally. The Appendix lists resources for items such as resistance bands.

Many of the activities described in the session segments occur monthly. Since this program can start at any point within a month, some of these monthly activities will not fall on the intended week. The leader may rearrange activities to ensure they are scheduled at the appropriate time.

- Evaluation (Appendix, page 57) is given at the beginning of the program and every three months thereafter.
- Supportive telephone calls (every month for the first three months) begin during Session 3.
- Physical Activity Calendars (distributed the week before the beginning of each month) begin during Session 3.
- Individual Goal Setting (beginning of each month) begins during Session 5.

Session 1

Introduction and Orientation

Session Objective:

- Facilitate introductions and fun interactions.
- Introduce beginning exercises for upper and lower body.

Preparation:

- **Start-up:** Hand out name tags, Health Behavior Survey (page 57) and *Activity for the Ages! Exercise Handbook* (pages 59-69).
- **Exercise:** Place chairs in semi-circle, spaced apart by two arms' lengths.
- **Group Activity:** Place chairs in large circle, spaced so participants can touch shoulders without leaning.
- **Personal Action Plan:** Not part of this session.

Session Schedule:

- **Start-up:** 5 minutes
- **Exercise:** 15 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

Session Start-up

Hand out name tags, survey, and exercise handbooks, and explain the class format. Each session will begin with an exercise segment followed by a group activity, then a personal action plan segment (goal setting, motivation strategies) and end with reminders and/or homework. End the introduction with an “ice breaker” question for participants: “What are some reasons you decided to join this class?”

Ask participants to complete the Health Behavior Survey and collect the completed forms.

Remember: All of the movements will be new to participants. Proceed slowly and explain exercises as you demonstrate to help participants feel comfortable. Emphasize that it is all right to stop and rest for a few minutes before resuming activity.

When you explain each movement, give it a name (lawn mower, triceps extension) to help participants remember the activity's motion and provide easy transitions from activity to activity in future sessions. While leading the workout, provide encouragement, make eye contact and use participants' names.

The group activity and discussion at the end of each session will help group members get acquainted.

Group Activity: The Mixer

This is a perfect cool-down activity for the end of the session; it promotes a feeling of unity among group members.

1. While seated in a circle and holding hands, raise arms in front of the body to shoulder level; lower arms. Repeat three times. (Make sure to modify the movement for participants who have physical or balance problems. It is important for everyone to feel comfortable during the activity.)
2. Leaning forward in the chair, touch hands to the floor; sit up. (Remind participants to go only as far as is comfortable.) Repeat three times.
3. Holding onto each other's hands, “row the boat” by making circular movements forward for three times. Repeat backward three cycles.
4. Placing hands on the shoulders of neighbors, lean slightly to the right. Then lean slightly to the left. Repeat three times on each side. Let go of neighbors' shoulders. Shake hands with both neighbors.

Reminders/Homework

It is important to establish a good rapport with participants early in the program. Let them know you care about their well being and look forward to having a great experience with this class.

Reminders: Announce time, date and place of next session. Congratulate participants for attending.

Homework: Remind participants to take activity packets and try the exercises demonstrated in this session twice before the next session.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

(4-6 repetitions, except as indicated)

- *Shoulders*: Shrug up/down, circle shrug back/forward.
- *Fingers*: Open hand; spread fingers; close hand; make fist.
- *Opposition*: Touch fingers to thumb, one at a time.
- *Claw*: Make claw, using first and second finger joints. Open.
- *Thumb circles*: Circle both directions.
- *Neck (2 repetitions)*: Look forward. Turn head right; left. Tilt head right; left.

Upper Body

(4-6 repetitions each, except as indicated)

- *Arm lifts*: Lift both arms forward to shoulder height; lower arms. Lift arms out toward sides; lower arms.
- *Shoulder internal/external rotation*: Leaving upper arms down near sides of body, bend elbows 90 degrees so hands are in front of torso, palms facing each other. In a wide clapping motion, bring hands together in front of body; then swing lower arms out to sides and back as far as possible.
- *Wrist rotation*: With arms in front of body, turn palms up; turn down.
- *Torso turn*: Turn torso to right and turn head to look over right shoulder. Hold 4-6 seconds. Repeat to left.
- *Abdominals*: Contract (squeeze) abdominal muscles. Hold 4-6 seconds, then release.

Upper Body Stretches

(hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.
- *Chest*: Reach behind hips, pressing hands together, moving shoulder blades toward each other.
- *Shoulders*: Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.

- *Crawl spine*: Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.

Lower Body

(4-6 repetitions each, except as indicated)

- *Internal hip rotation*: Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.
- *Ankle inversion/eversion*: Place soles of feet together; turn soles away from each other.

Standing Exercises

(4-6 repetitions each, holding back of chair for support)

- *Standing heel lift*: Rise onto tiptoes, lifting heels off floor.
- *Rocking*: Rock back and forth, toes up to heels up.
- *Knee lift*: Lift right knee. Repeat with left.

Lower Body Stretches

(hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Repeat with other leg.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Session 2

Physically Active Years

Session Objective:

- Increase exercise session to 20 minutes.
- Reminisce about physical activity involvement through the group activity “Physical Activity Timeline.”

Preparation:

- **Start-up:** Hand out name tags.
- **Exercise:** Place chairs in semi-circle, spaced apart by two arms’ lengths.
- **Group Activity:** Hand out Physical Activity Timelines (Appendix, page 45), pens, and have participants sit at tables.
- **Personal Action Plan:** Not part of this session.

Session Schedule:

- **Start-up:** 5 minutes
- **Exercise:** 20 minutes
- **Group Activity:** 15 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

Group Activity: Timeline

This group activity will help everyone learn class members’ names, increase interaction through reminiscence and recognize individual achievements.

1. Give each person a timeline sheet and pen.
2. Ask participants to spend 5 to 10 minutes thinking about what kinds of physical activity they have been involved in during their lives.
3. Help participants remember by asking them to think of childhood activities, gym class and sports teams during the school years; military training; or adult recreation or health club memberships.

After everyone has finished the task, allow 5 to 10 minutes for sharing.

Reminders/Homework

Reminders: Announce the next session’s day and time. Let participants know you will call them once a month to support their goals. The first phone calls will begin after the next session.

Homework: Participants should try exercises twice before the next session.

Session Start-up

Welcome participants by name as they arrive, and initiate some conversations. Help make introductions and get them talking to one another.

Start the session by asking the group if they tried some of the exercises at home. Did they try them at least twice? Ask if anyone has questions/comments/concerns about the exercises so far. Address any concerns that arise. Highlight the “Physical Activity Timeline” group activity. Older adults enjoy this chance to reminisce and interact with other participants and often look forward to this part of the session.

The week after this class can be used to schedule supportive telephone calls to participants. Space the calls out to avoid feeling rushed. Let participants know that the monthly calls are a time to discuss their goals that will be set throughout the program and to provide positive feedback on their progress or tips to keep them on track.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

(4-6 repetitions each, except as indicated)

- *Shoulders*: Shrug up/down, circle shrug back/forward.
- *Fingers*: Open hand; spread fingers; close hand; make fist.
- *Opposition*: Touch fingers to thumb, one at a time.
- *Claw*: Make claw, using first and second finger joints. Open.
- *Thumb circles*: Circle both directions.
- *Neck (2 repetitions)*: Look forward. Turn head right; left. Tilt head right; left.

Upper Body

(4-6 repetitions each, except as indicated)

- *Arm lifts*: Lift both arms forward to shoulder height; lower arms. Lift arms out toward sides; lower arms.
- *Shoulder internal/external rotation*: Leaving upper arms down near sides of body, bend elbows 90 degrees so hands are in front of torso, palms facing each other. In a wide clapping motion, bring hands together in front of body; then swing lower arms out to sides and back as far as possible.
- *Hand to shoulder*: Right palm face up, bend arm so right hand touches right shoulder. Repeat left.
- *Wrist rotation*: With arms in front of body, turn palms up; turn down.
- *Wrist radial/ulnar deviation*: Hold hands out front, palms face down. Move hand outward/inward, parallel to floor.
- *Torso turn*: Turn torso to right and turn head to look over right shoulder. Hold 4-6 seconds. Repeat to left.
- *Abdominals*: Contract (squeeze) abdominal muscles. Hold 4-6 seconds, then release.

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.
- *Chest*: Reach behind hips, pressing hands together, moving shoulder blades toward each other.

- *Shoulders*: Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.
- *Crawl spine*: Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.

Lower Body

(4-6 repetitions each)

- *Internal hip rotation*: Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.
- *Coming to a stand*: Sit toward front of seat.
Level 1: Place hands on sides of chair seat. Push off of seat to lift buttocks off chair.
Level 2: Place hands on thighs. Use thigh muscles to lift buttocks off chair.
Level 3: Cross hands across chest. Push buttocks off chair.
(No need to come to a complete stand.)
- *Ankle inversion/eversion*: Place soles of feet together; turn soles away from each other.

Standing Exercises

(4-6 repetitions each, holding back of chair for support)

- *Standing heel lift*: Rise onto tiptoes, lifting heels off floor.
- *Rocking*: Rock back and forth, toes up to heels up.
- *Knee lift*: Lift right knee. Repeat with left.

Lower Body Stretches

(hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Repeat with other leg.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Balance*: Stand behind chair and lift right knee. Leaving knee up, raise left arm out front. Holding arm parallel to floor, move it to the side, then back to front. Repeat with right arm. Lower right knee and lift left. Repeat movements with right arm, then left arm.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 3

Personal Action Plan

Session Objective:

- Identify motivators for regular physical activity.
- Begin using “Personal Action Plan” segment and monthly physical activity calendars.

Preparation:

- **Start-up:** Hand out name tags, monthly physical activity calendars (Appendix, page 46), pens.
- **Exercise:** Place chairs in semi-circle spaced apart by two arms’ lengths.
- **Group Activity:** Place chairs in large circle. Have 1 tennis ball per person, small trash can or cardboard box.
- **Personal Action Plan:** Personal Action Plan and Motivation Cards (Appendix, pages 50-51), pens.

Session Schedule:

- **Start-up:** 5 minutes
- **Exercise:** 15 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 10 minutes
- **Reminders/Homework:** 5 minutes

Session Start-up

Start by explaining the purpose of monthly Physical Activity Calendars, which are logs for each participant to keep track of individual activity. The FITT (Frequency, Intensity, Time and Type) principle at the bottom of the calendar provides a format to record daily activity. Each time participants record activity, they should include the frequency (each separate event of activity during the day); intensity (mild, moderate, vigorous); time (number of minutes); and type (walking, bicycling).

Pass out the calendar a week before the beginning of the month. Explain that keeping track of daily physical activity will be helpful in tracking improvements, such as increases in active time, or noting when challenges have been overcome.

The calendar will be helpful during the monthly telephone calls from the leader. Encourage participants to post it in a place where it will serve as a reminder to write down the day’s activities.

Group Activity: Hoops

“Hoops” will help participants improve eye-hand coordination, hand and finger strength, and ball-handling skills.

1. Squeeze a tennis ball in one hand, holding the squeeze a few seconds. Repeat with the other hand.
2. Bounce the ball.
3. Throw the ball up and catch it.
4. With the box or wastebasket in the middle of the circle, have participants, one-by-one, throw the balls into the basket. First throw overhand. Next, bounce it in.
5. Keeping chairs in place, divide the circle into two teams. Alternate throws between teams and keep score. The team with the most baskets wins.

Personal Action Plan

Discuss with the class the reasons they choose to be physically active, then ask them to individually complete the Personal Action Plan section, “These are the reasons I want to do regular physical activity.” Emphasize the importance of writing personally meaningful and motivating statements. Ask them to copy the statements on “My Motivation Card.” Now, ask participants to complete the bottom section of the action plan (times available for a telephone call) and collect the plans. The leader will keep the Personal Action Plan sheets for reference during the motivational phone calls and for participant use during future sessions. Remind participants to put the motivator card somewhere they will see it regularly – especially on days when they don’t feel like being active.

Reminders/Homework

Reminders: Announce the next session’s day and time. Supportive phone calls start this week.

Homework: Participants should take home monthly physical activity calendars and try exercises two or three times before the next session.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

(4-6 repetitions each, except as indicated)

- *Shoulders*: Shrug up/down; circle shrug back/forward.
- *Fingers*: Open hand; spread fingers; close hand; make fist.
- *Opposition*: Touch fingers to thumb, one at a time.
- *Claw*: Make claw, using first and second finger joints. Open.
- *Thumb circles*: Circle both directions.
- *Wrist flexion*: Pretend to dribble a basketball.
- *Fingers up/down*: Hold arms out in front of body, palms down. Raise fingers to point up; point down.
- *Neck (2 repetitions)*: Look forward. Turn head right; left. Tilt head right; left.

Upper Body

(4-6 repetitions each, except as indicated)

NOTE: These exercises will simulate the resistance band movements to be introduced in Session 4.

- *Arm circles*: Hold arms straight out to sides, shoulder height. Now use arms to make small circles forward, then backward. Make large circles forward; backward.
- *Double arm pull-down*: Start with arms over head. Press arms down and out to sides at shoulder height. Raise arms back over head.
- *Triceps extension*: Press hands together, elbows bent in “prayer” position in front of chest. Push right arm down and to the side, straightening arm toward the floor. Return to beginning position and repeat with left arm.
- *Biceps curl*: With arms at sides, palms facing forward, bend elbows to curl arms up to chest height. Return to beginning position.
- *Upright row*: Hold arms with hands outside knees, palms down. Raise elbows out to sides, pulling hands up to shoulder height. Return to beginning position.

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.
- *Chest*: Reach behind hips, pressing hands together, moving shoulder blades toward each other.
- *Shoulders*: Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.
- *Crawl spine*: Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.

Lower Body

(seated, 4-6 repetitions each)

- *Leg warm-up*: Seated march (legs only, add arm swing, knees out wide and back in).
- *Stepping out*: Step out to left, back to center. Repeat to right.
- *Ankle press*: Extend leg, toe pointed up, pressing ball of foot toward floor. Repeat with other foot.
- *Knee lift*: Lift right knee. Repeat with left. Lift both together.
- *Leg press*: Bring knee up and press ball of foot forward in kicking motion. Return to starting position and repeat with other leg.
- *Toe lift*: Start with feet flat. Keep toes on the floor and lift heels up and down.
- *Chorus line*: Lift right knee and slightly kick toward left. Lift left knee and slightly kick toward right.

Lower Body Stretches (hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Repeat with other leg.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Balance*: Stand behind chair and lift right knee. Leaving knee up, raise left arm out front. Holding arm parallel to floor, move it to the side, then back to front. Repeat with right arm. Lower right knee and lift left. Repeat movements with right arm, then left arm.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 4

Resistance Bands

Session Objective

- Introduce resistance band.
- Generate ideas for a group name; vote on suggestions at end of class.

Preparation

- **Start-up:** Hand out name tags, paper and pens.
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute two resistance bands per person (one to take home).
- **Group Activity:** Not part of this session.
- **Personal Action Plan:** Not part of this session.

Session Schedule

- **Start-up:** 10 minutes
- **Exercise:** 30 minutes
- **Group Activity:** 0 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

while watching television, or maybe upon awakening or just before going to bed. Adding more activity gradually is recommended, rather than starting out by doing the whole resistance workout right away.

Demonstrate the proper way to hold a resistance band:

Grasp the band by looping both hands through it and slightly stretching it over the back of both hands. Palms should face down, with the knot at the middle of the band.

Increasing the participants' sense of responsibility to the group is an effective way to help them stay with a physical activity program. To help new members feel welcome and to increase group unity, ask regular participants to help welcome newcomers, take attendance or help with room set-up.

Reminders/Homework

Reminders: Vote on a group name. Announce the next session's day and time. Supportive phone calls continue this week. Participants should each take home one resistance band.

Homework: Participants should try resistance band exercises 2-3 times before the next session.

Session Start-up

As participants arrive, give each a piece of blank paper and ask them to think about names for the group. As an incentive for meeting future group goals, participants may decide to get shirts or water bottles with the group name on them. Let each participant know they will be voting on a group name at the end of this session.

Announce to all participants that you are beginning to make supportive telephone calls. Ask them to keep their action plan cards and physical activity calendars handy so they can be discussed during the calls. Remind them that the calls are an opportunity to ask for ideas to overcome any barriers or challenges they have encountered in class or at home.

Give each participant a resistance band for class and another to keep at home. Remind them to refer to their *Activity for the Ages! Handbook* distributed at the first session. It shows and describes the exercises done in class.

Participants will want to keep the resistance band and exercise handbook in a place at home where they will be reminded to exercise: near a favorite chair or by the bed. Ask them to think about a time of day when they can plan to do their activities: during commercials

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

(4-6 repetitions each, except as indicated)

- *Shoulders*: Shrug up/down; circle shrug back/forward.
- *Arm circles*: With arms straight out to sides, shoulder height, make small circles forward, then backward. Make large circles forward, then backward.
- *Fingers*: Open hand; spread fingers; close hand; make fist.
- *Air piano*: Pretend to play the piano on an imaginary keyboard.
- *Wrist flexion*: Pretend to dribble a basketball. (Do 2 sets.)
- *Fingers up/down*: Hold arms out in front of body, palms down. Raise fingers to point up; point down.
- *Neck (2 repetitions)*: Look forward. Turn head right; left. Tilt head right; left.

Upper Body

(4-6 repetitions each, except as indicated; use band)

- *Double-arm pull back*: Grasp band, arms out front and shoulder height. Press band out to sides.
- *Double-arm pull down*: Grasp band with arms over head. Press arms down and out to sides at shoulder height, then back over head.
- *Triceps extension*: Grasp knot in left hand at side, holding loop end at center waist with right hand. Press knot end out and down toward floor. Reverse hand positions and repeat.
- *Double-arm biceps curl*: Palms up in band loops, hold center band down with both feet. Hold elbows down near sides at waist height and curl lower arms up toward chest.
- *Upright row*: Grasp band, palms down, and hold center band down with both feet. Bending elbows out to sides, raise arms to shoulder height.

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.

- *Chest*: Reach behind hips, pressing hands together, moving shoulder blades toward each other.
- *Shoulders*: Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.
- *Crawl spine*: Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.
- *Wrist*: Start with hands in front of body, palms down. Flex wrist to press hands up, then down.

Lower Body

(seated, 4-6 repetitions each)

- *Leg warm-up*: Seated march (legs only, add arm swing, knees out wide and back in).
- *Stepping out*: Grasp band and step into loop with left foot. Hold band at knee height and step out to left, back to center. Repeat with right foot.
- *Ankle press*: Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Pull band toward chest, allowing stretch, and press ball of foot toward floor. Repeat with right foot.
- *Leg press*: Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Toe lift*: Hold knot end with right hand, palm down. Step into band with ball of left foot and pull band to right. With right foot, step on top of band next to left foot. Lift ball of left foot, keeping heel on floor. Switch sides.

Lower Body Stretches (hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Repeat with other leg.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Breathing*: Hands on sides of rib cage, inhale through nose and feel ribs expand. Exhale through mouth and feel ribs contract.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 5

Goal Setting

Session Objective

- Determine participants' satisfaction with sessions.
- Complete goal setting section of Personal Action Plan, Goal-Setting Card.
- Introduce group goal.

Preparation

- **Start-up:** Hand out name tags, paper and pens.
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute resistance bands.
- **Group activity:** Place chairs in a large circle. Have one tennis ball per person, plus one different colored ball.
- **Personal Action Plan:** Personal Action Plan and Goal-Setting Cards (Appendix, page 52).

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 20 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 15 minutes
- **Reminders/Homework:** 5 minutes

Session Start-Up

Use the newly selected group name during this session. One way to highlight the name is to make a poster that outlines dates and times of exercise sessions. Having a poster on display at the facility serves as encouragement to current participants and to others who may consider joining the group.

Make a point to have individual brief conversations with those who have recently received supportive phone calls to reinforce strategies to overcome their challenges. Keeping notes on the calls helps direct follow-up calls and tracks individual progress.

To introduce the group goal, ask participants to choose one location anywhere in the country they would like to go for a vacation. Once suggestions have been made, ask them to come to consensus on one location that everyone would like. Now let them know this is the destination they will reach as a group physical activity goal by Session 12. They will accumulate physical activity minutes spent in correlation with miles to the chosen destination.

Group Activity: Hot Potato

This activity will improve participants' coordination, concentration and rhythm. It's also a fun way to develop group cohesion.

1. Each person has one tennis ball. Pass the balls around the circle to the right, passing with the right hand and receiving with the left.
2. When you call "stop," everyone should be holding one ball. Some participants may be juggling two or more balls, laughing as they try to catch up.
3. Once each person has one ball again, pass to the left, receiving with the right hand and passing with the left. Once the group is comfortable with that, change directions without stopping.
4. Add an extra ball of a different color. The person with the ball at the end is the winner.

Personal Action Plan

Help participants set their first goals for physical activity. Ask them to review their Personal Action Plans and recall their motives for physical activity. Remind them that the target amount of physical activity is 20 to 30 minutes of mild to moderate activity three to five times each week.

Each participant should choose an appropriate goal to reach over the next four weeks to complete the first goal on the Personal Action Plan. After setting the four-week goal, participants should set weekly goals to help them build up to their four-week target on the Goal-Setting Card. Collect Personal Action Plans.

Reminders/Homework

Reminders: Announce the next session's day and time. Tell the group you will have more details on the group goal at the next session.

Homework: Participants should try to achieve the week's goals they just set for themselves.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

(4-6 repetitions each, except as indicated)

- *Shoulders*: Shrug up/down; circle shrug back/forward.
- *Fingers*: Open hand; spread fingers; close hand; make fist.
- *Opposition*: Touch fingers to thumb, one at a time.
- *Claw*: Make claw, using first and second finger joints. Open.
- *Thumb circles*: Circle both directions.
- *Wrist flexion*: Pretend to dribble a basketball. (Do 2 sets.)
- *Fingers up/down*: Hold arms out in front of body, palms down. Raise fingers to point up; point down.
- *Neck (2 repetitions)*: Look forward. Turn head right; left. Tilt head right; left.

Upper Body

(4-6 repetitions each, except as indicated; use band)

- *Double-arm pull back*: Grasp band, arms out front and shoulder height. Press band out to sides.
- *Double-arm pull down*: Grasp band with arms over head. Press arms down and out to sides at shoulder height, then back over head.
- *Triceps extension*: Grasp knot in left hand at side, holding loop end at center waist with right hand. Press knot end out and down toward floor. Reverse hand positions and repeat.
- *Double-arm biceps curl*: Palms up in band loops, hold center band down with both feet. Hold elbows down near sides at waist height and curl lower arms up toward chest.
- *Upright row*: Grasp band, palms down, and hold center band down with both feet. Bending elbows out to sides, raise arms to shoulder height.

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.
- *Chest*: Reach behind hips, pressing hands together, moving shoulder blades toward each other.

- *Shoulders*: Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.
- *Crawl spine*: Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.
- *Wrist*: Start with hands in front of body, palms down. Flex wrist to press hands up, then down.

Lower Body

(seated, 4-6 repetitions each)

- *Leg warm-up*: Seated march (legs only, add arm swing, knees out wide and back in).
- *Stepping out*: Grasp band and step into loop with left foot. Hold band at knee height and step out to left, back to center. Repeat with right foot.
- *Ankle press*: Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Pull band toward chest, allowing stretch, and press ball of foot toward floor. Repeat with right foot.
- *Leg press*: Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Toe lift*: Hold knot end with right hand, palm down. Step into band with ball of left foot and pull band to right. With right foot, step on top of band next to left foot. Lift ball of left foot, keeping heel on floor. Switch sides.

Lower Body Stretches (hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Repeat with other leg.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Breathing*: Hands on sides of rib cage, inhale through nose and feel ribs expand. Exhale through mouth and feel ribs contract.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 6

Barriers and Strategies

Session Objective

- Continue to improve strength and flexibility.
- Follow up on group goal.
- Identify incentive for group goal.
- Discuss activity barriers and coping strategies.

Preparation

- **Start-up:** Hand out monthly Physical Activity Calendar (Appendix, page 46).
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute resistance bands.
- **Group activity:** Place chairs in a large circle. Have a map of vacation destination and sample incentives.
- **Personal Action Plan:** Personal Action Plan, Barriers and Strategies cards (Appendix, pages 53-54 – copied back-to-back) and pens.

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 25 minutes
- **Group Activity:** 5 minutes
- **Personal Action Plan:** 15 minutes
- **Reminders/Homework:** 5 minutes

Session Start-Up

Prepare a map that shows your class location in relationship to the vacation spot the group selected. Today you will let them know what they need to do to get to their destination and will talk about ways to overcome barriers so they can reach their goals.

Pass out the new monthly Physical Activity Calendars.

Group Activity: Group Goal

This activity helps create a common goal and shared feelings of accomplishment and accountability. Before the session, calculate the number of miles from your class location to the vacation destination chosen at the last session. (See the "Directions" section of www.mapquest.com.) For example, from Wamego, Kan., to Tempe, Ariz., is 1,400 miles.

The activity is designed to allow the class to mentally "travel" from their town to the vacation destination over the next six weeks. To do this, figure the number

of minutes of physical activity the class needs to accumulate to reach the destination in six weeks. For example, if 10 people participate in the class, and each completed 30 minutes of physical activity three days a week for six weeks, the total number of minutes is 5,400. Divide the total (5,400) by the number of miles to the location (1,400) to find the number of minutes needed to reach each "mile" toward the goal. In this example, four minutes of physical activity equals one mile.

Explain to participants that any physical activity they do at home or with the group counts toward reaching the vacation destination. If they get halfway to the goal in the next three weeks, each participant will be entitled to an *Activity for the Ages!* incentive. (Bring a sample T-shirt design or water bottle to show the group.) Keep track of minutes of physical activity during each session by asking a participant to record those minutes for the group.

Remind participants to track their minutes of activity on their personal physical activity calendars and be ready to report the minutes to the group each week by bringing the calendars to each session until the goal is reached. Track the group's progress with announcements and a map posted at the location where the group meets.

Personal Action Plan

Ask each participant to fill in the Barriers and Strategies section of the Personal Action Plan and copy the information onto the Barriers and Strategies cards. Use group discussion to help participants identify barriers and strategies. After discussion, remind participants to focus on the side of the card with strategies, not the barriers.

Collect personal action plans and open discussion for questions.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the group goal.

Homework: Participants continue to achieve the goals they set for themselves.

Warm-Up

- Seated marching or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).
- *Trunk leans*: Swing arms overhead, palms up, locking fingers at top. Lean to left; lean right.
- *Chair stands*: Sit with buttocks toward front of chair, feet shoulder-width apart. Swing arms forward for momentum and stand straight up. (Modify by using hands at sides of chair to push off, OR begin from squat and not fully seated.)

Range of Motion

(6-8 repetitions each, except as indicated)

- *Shoulders (4-6 repetitions)*: Shrug up/down; circle shrug back/forward.
- *“Price is Right” move*: Bring left hand up to shoulder. Extend out to front, side and back. Repeat with right hand.
- *Hand to shoulder*: Bring left hand to left shoulder, neck, right shoulder. Reverse hands.
- *Claw*: Make claw, using finger joints. Open.
- *Hyperextend fingers*: Hold wrist upright and extend fingers.
- *Finger circles*: Move fingers only in circles outward, then inward.
- *Wrist flexion*: Pretend to dribble a ball (2 sets).
- *Prayer tilt*: Place hands in “prayer” position. Tilt hands left, then right.

Upper Body

(6-8 repetitions each, except as indicated; use band)

- *Double-arm pull back*: Grasp band, arms out front and shoulder height. Press band out to sides.
- *Double-arm pull down*: Grasp band with arms over head. Press arms down and out to sides at shoulder height, then back over head.
- *Triceps extension*: Grasp knot in left hand at side, holding loop end at center waist with right hand. Press knot end out and down toward floor. Reverse hand positions and repeat.
- *Double-arm biceps curl*: Palms up in band loops, hold center band down with both feet. Hold elbows down near sides at waist height and curl lower arms up toward chest.
- *Upright row*: Grasp band, palms down, and hold center band down with both feet. Bending elbows out to sides, raise arms to shoulder height.
- *Abs*: Hands behind head, elbows out to sides,

bring left elbow to left knee, then right. Reverse.

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.
- *Chest*: Press hands together behind hips.
- *Shoulders*: Raise right arm in front at shoulder height; cross in front of body. Repeat, left.
- *Crawl spine*: Raise right arm toward ceiling, bend elbow and crawl fingers down spine. Repeat, left.

Lower Body

(6-8 repetitions each)

- *Warm-up*: Standing march; side step; side squat.
- *Heel to toe*: Rock from heel to toe. Rock, toes pointing center; toes pointing out. Curl toes toward soles of shoes; lift toes toward top of shoes.
- *Stepping out*: Grasp band and step into loop with left foot. Hold band at knee height and step out to left, back to center. Repeat with right foot.
- *Ankle press*: Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Stretch band toward chest and press ball of foot toward floor. Repeat with right foot.
- *Leg press*: Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Toe lift*: Hold knot end with right hand, palm down. Step into band with ball of left foot and pull band to right. With right foot, step on top of band next to left foot. Lift ball of left foot, keeping heel on floor. Switch sides.

Lower Body Stretches (hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Switch legs.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Balance tree (6 repetitions)*: Stand, holding back of chair with hand or finger for balance. Lift left foot, placing left heel on toes of right foot. Lift toes of top foot and hold. Now raise foot near opposite knee (but not resting on the knee). Put toe to floor and lift again. Change foot positions.
- *Breathing*: Hands on sides of rib cage, inhale through nose; exhale through mouth.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 7

Resources

Session Objective

- Identify other community resources for physical activity.
- Highlight the incentive for getting halfway to the group goal.

Preparation

- **Start-up:** Collect individual weekly physical activity minutes.
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute resistance bands.
- **Group activity:** Place chairs three feet apart, facing each other. Use tennis balls or playground balls.
- **Personal Action Plan:** Personal Action Plan, Resource cards (Appendix, page 58) and pens.

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 25 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 10 minutes
- **Reminders/Homework:** 5 minutes

Session Start-Up

Add each participant's weekly minutes of activity to find the total and mark the miles traveled on the map. Using an incentive for the group goal helps unite members around that collective goal and keeps them motivated to achieve their personal goals.

Group Activity: On Your Toes

Class members will learn to complete a short synchronized routine. The activity helps improve coordination and teamwork.

Plan several routines of three or more parts to be carried out by each pair of participants. The pairs must work together and perform in unison. Some pairs may catch on quickly and others will need more time. The group will feel a sense of accomplishment once they achieve this goal – and it's fun!

1. *Sample round:* Slap thighs twice, clap partner's hands twice, clap own hands twice and slap thighs twice.
2. *Sample round:* Partner 1 bounces the ball in front of the body twice and then bounces the ball to Partner 2. Partner 2 bounces the ball in front of the body twice and then bounces the ball to Partner 1.

As group members' skills improve, plan more challenging routines or let them create their own.

Personal Action Plan

Lead the class in a discussion on available physical activity resources in the community. Ask them to think about places they can do physical activity, possibly including the building where you meet – even on days when no class is scheduled. Other ideas are schools, indoor malls or outdoor parks and trails during good weather. Present some ideas yourself to encourage discussion of more locations. Ask participants to record the resources on their Personal Action Plans and on the Resource cards to take home. Collect Personal Action Plans.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the group goal. Emphasize the incentives for reaching the group goal. Second support phone calls begin this week.

Homework: Participants should continue to achieve goals they set. Ask them to try one of the physical activity resources discussed this week.

Warm-Up

- Seated marching or walk perimeter of room.
- Low knees without arms (30 seconds);
low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds);
high knees out wide (30 seconds).
- *Trunk leans*: Swing arms overhead, palms up, locking fingers at top. Lean to left; lean right.
- *Chair stands*: Sit with buttocks toward front of chair, feet shoulder-width apart. Swing arms forward for momentum and stand straight up. (Modify by using hands at sides of chair to push off, OR begin from squat and not fully seated.)

Range of Motion

(6-8 repetitions each, except as indicated)

- *Shoulders (4-6 repetitions)*: Shrug up/down; circle shrug back/forward.
- *"Price is Right" move*: Bring left hand up to shoulder. Extend out to front, side and back. Repeat with right hand.
- *Hand to shoulder*: Bring left hand to left shoulder, neck, right shoulder. Reverse hands.
- *Claw*: Make claw, using finger joints. Open.
- *Hyperextend fingers*: Hold wrist upright and extend fingers.
- *Finger circles*: Move fingers only in circles outward, then inward.
- *Wrist flexion*: Pretend to dribble a ball (2 sets).
- *Prayer tilt*: Place hands in "prayer" position. Tilt hands left, then right.

Upper Body

(6-8 repetitions each, except as indicated; use band)

- *Double-arm pull back*: Grasp band, arms out front and shoulder height. Press band out to sides.
- *Double-arm pull down*: Grasp band with arms over head. Press arms down and out to sides at shoulder height, then back over head.
- *Triceps extension*: Grasp knot in left hand at side, holding loop end at center waist with right hand. Press knot end out and down toward floor. Reverse hand positions and repeat.
- *Double-arm biceps curl*: Palms up in band loops, hold center band down with both feet. Hold elbows down near sides at waist height and curl lower arms up toward chest.
- *Upright row*: Grasp band, palms down, and hold center band down with both feet. Bending elbows out to sides, raise arms to shoulder height.

- *Abs*: Hands behind head, elbows out to sides, bring left elbow to left knee, then right. Reverse.

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back*: Hug self, moving shoulder blades away from each other.
- *Chest*: Press hands together behind hips.
- *Shoulders*: Raise right arm in front at shoulder height; cross in front of body. Repeat, left.
- *Crawl spine*: Raise right arm toward ceiling, bend elbow and crawl fingers down spine. Repeat, left.

Lower Body

(6-8 repetitions each)

- *Warm-up*: Standing march; side step; side squat.
- *Heel to toe*: Rock from heel to toe. Rock, toes pointing center; toes pointing out. Curl toes toward soles of shoes; lift toes toward top of shoes.
- *Stepping out*: Grasp band and step into loop with left foot. Hold band at knee height and step out to left, back to center. Repeat with right foot.
- *Ankle press*: Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Stretch band toward chest and press ball of foot toward floor. Repeat, right foot.
- *Leg press*: Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Toe lift*: Hold knot end with right hand, palm down. Step into band with ball of left foot and pull band to right. With right foot, step on top of band next to left foot. Lift ball of left foot, keeping heel on floor. Switch sides.

Lower Body Stretches (hold each 15-30 seconds)

- *Lower back/buttock*: Hug leg to chest. Switch legs.
- *Hamstring*: Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles*: Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Balance tree (6 repetitions)*: Stand, holding back of chair with hand or finger for balance. Lift left foot, placing left heel on toes of right foot. Lift toes of top foot and hold. Now raise foot near opposite knee (but not resting on the knee). Put toe to floor and lift again. Change foot positions.
- *Breathing*: Hands on sides of rib cage, inhale through nose, exhale through mouth.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 8

Building Confidence

Session Objective

- Gather ideas to increase membership.
- Acknowledge progress toward group goal.

Preparation

- **Start-up:** Collect individual weekly physical activity minutes.
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute resistance bands.
- **Group activity:** Participants get a chance to lead the group.
- **Personal Action Plan:** Not part of this session.

Session Schedule

- **Start-up:** 5 minutes
- **Exercise and Group Activity:** 40 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

Start the exercise session yourself, leading the group through the first movement. Then go around the circle, giving each participant a chance to lead, completing six to eight repetitions of each exercise. Continue to go around the circle, suggesting an exercise if someone has difficulty thinking of a new one. End the session by leading the class through a stretching routine and the Cool Down, Balance and Breathing segment.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the group goal. Remind participants to be thinking about the good qualities of other group members and be ready to share their thoughts next time.

Homework: Participants should continue to achieve goals they set.

Session Start-Up

Ask participants to help find ways to increase group membership. Encourage group members to invite friends to join. Collect physical activity records and add the total to the map. At the end of the session, ask each participant to think about what they like, value or admire about other class members and be ready to share their thoughts at the next session.

Group Activity: 'I Lead'

The exercise and group activity for this session are combined. Each participant will have a chance to lead the group through an exercise or two as you share the leadership role. Some members may be able to lead a class in the future, and this experience will help their self-confidence. The opportunity also acknowledges the learning and improvements members have made.

After leading the group through the warm-up, explain the format of the session and ask each participant to start thinking of an exercise they like or one they know they can lead. It can be an upper body, lower body or range of motion exercise. The order of the exercises doesn't matter, since everyone will be warmed up.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

(6-8 repetitions each, except as indicated)

- *Shoulder internal/external rotation:* Leaving upper arms down near sides of body, bend elbows 90 degrees so hands are in front of torso, palms facing each other. In a wide clapping motion, bring hands together in front of body; then swing lower arms out to sides and back as far as possible.
- *Wrist rotation:* With arms in front of body, turn palms up; turn down.
- *Wrist radial/ulnar deviation:* Hold hands out front, palms down. Move hand outward/inward, parallel to floor.
- *Torso turn:* Turn torso to right and turn head to look over right shoulder. Hold 4-6 seconds. Repeat to left.

- *Abdominals:* Contract (squeeze) abdominal muscles. Hold 4-6 seconds, then release.
- *Internal hip rotation:* Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.

Upper Body

(6-8 repetitions each)

Session 8 group activity "I Lead" will be used for upper body exercises.

Lower Body

(6-8 repetitions each)

Session 8 group activity "I Lead" will be used for lower body exercises.

Cool-Down, Balance and Breathing

- *Balance:* Stand behind chair and lift right knee. Leaving knee up, raise left arm out front. Holding arm parallel to floor, move it to the side then back to front. Repeat with right arm. Lower right knee and lift left. Repeat movements with right arm, then left arm.
- *Rising and setting sun:* Inhale, raising arms over head; exhale while lowering arms to sides.

Session 9

Celebration of Individuals

Session Objective

- Recognition of each individual within the group.
- Acknowledgement of progress toward group goal.

Preparation

- **Start-up:** Collect individual weekly physical activity minutes. Hand out new monthly Physical Activity Calendar (Appendix, page 46).
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart.
- **Group activity:** Place chairs in a semi-circle, centered around one seat in front. Have ready paper and pens.
- **Personal Action Plan:** Personal Action Plan and second Goal Setting Card (Appendix, page 52).

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 10 minutes
- **Group Activity:** 35 minutes
- **Personal Action Plan:** 5 minutes
- **Reminders/Homework:** 5 minutes

Session Start-Up

Begin the session by collecting activity records and updating progress toward the group goal. Direct the group's attention to the map where miles and minutes are logged. Encourage participants to continue exercising on their own outside of the sessions. Review guidelines for physical activity – 20 to 30 minutes of mild to moderate activity three to five days a week.

This session will focus on the group activity and will include less exercise than usual. It is intended to celebrate the class and its members and should highlight the valued characteristics of each participant.

Pass out the new monthly Physical Activity Calendars.

Group Activity: Hot Seat

The purpose of this activity is to celebrate each individual in the group.

1. Have each participant's name (including your own) on a sheet of paper, and place sheets on a table or rotate through the group's semi-circle formation.
2. Each person will take a turn to visit each sheet and write something that recognizes the unique and valued qualities that person brings to the group.
3. After everyone has written on all the sheets, start the "hot seat" activity. Start with yourself in the "hot seat." Ask a volunteer to read aloud what the group wrote on the sheet with your name.
4. Invite each participant to take the "hot seat" and read (or ask someone else to read) that person's sheet. Continue until everyone has had a turn. This activity will take most of the time for the session.
5. Give participants their "hot seat" sheets to take home.

Note: You may want to observe and wait a while as participants write on each other's "hot seat" sheets. If some sheets don't seem to have many comments, you may want to spend more time with those yourself.

Personal Action Plan

Hand out participants' Personal Action Plans and ask them to complete the second four-week activity goal. Emphasize the group goal and what is appropriate for participants based on their last goals. Those already at their recommended physical activity level should maintain that level for each week. Encourage those not yet at the recommended level to set progressive goals to reach that level at the end of the next four weeks. Next, have participants complete the new Goal Setting Card. Collect Personal Action Plans.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the group goal.

Homework: Participants continue to achieve the goals they set for themselves.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).

Range of Motion

No range of motion exercises for Session 9

Upper Body

Upper Body Stretches (hold each 15-30 seconds)

- *Upper back:* Hug self, moving shoulder blades away from each other.
- *Chest:* Reach behind hips, pressing hands together, moving shoulder blades toward each other.
- *Shoulders:* Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.

- *Crawl spine:* Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.
- *Wrist:* Start with hands in front of body, palms down. Flex wrist to press hands up, then down.

Lower Body

(6-8 repetitions each)

Lower Body Stretches (hold each 15-30 seconds)

- *Lower back/buttock:* Hug leg to chest. Repeat with other leg.
- *Hamstring:* Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.
- *Ankles:* Point and flex toes of right foot, then circle in each direction. Repeat with left foot.

Cool-Down, Balance and Breathing

- *Rising and setting sun:* Inhale, raising arms over head; exhale while lowering arms to sides.

Session 10

Feedback Session

Session Objective

- Acknowledge progress toward the group goal.
- Take group pictures.

Preparation

- **Start-up:** Have a camera ready. Collect individual weekly physical activity minutes.
- **Exercise:** Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute resistance bands.
- **Group activity:** Place chairs in a semi-circle.
- **Personal Action Plan:** Not part of this session.

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 35 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

Group Activity: How are Things?

The objective of this feedback session is to conduct a discussion of last week's activity and previous group sessions. Ask the following open-ended question: "How are things going?"

1. Ask participants for input on group sessions.
2. How would members improve the sessions?
3. Is there anything they feel is not working or not working well?
4. Is there anything they believe is working particularly well?

Personal Action Plan

Not part of this session.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the group goal.

Homework: Participants should continue to achieve goals they set.

Session Start-Up

Update the group on their progress toward the vacation goal and remind them of incentives. Think about ways to highlight personal achievements as well. Encourage participants to congratulate one another for their achievements to foster a sense of bonding and unity.

Take group photos.

Last session's "hot seat" activity might be a starting point to develop certificates that recognize individual achievement in the class. Plan to hand out certificates at Session 12. A sample certificate is shown on page 56 of the Appendix.

Warm-Up

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).
- *Coming to a stand*: Sit toward front of seat.
Level 1: Place hands on sides of chair seat. Push off of seat to lift buttocks off chair.
Level 2: Place hand on thighs. Use thigh muscles to lift buttocks off chair.
Level 3: Cross hands across chest. Push buttocks off chair.
(No need to come to a complete stand.)

Range of Motion

(6-8 repetitions each, except as indicated)

- *Shoulder internal/external rotation*: Leaving upper arms down near sides of body, bend elbows 90 degrees so hands are in front of torso, palms facing each other. In a wide clapping motion, bring hands together in front of body; then swing lower arms out to sides and back as far as possible.
- *Wrist rotation*: With arms in front of body, turn palms up; turn down.
- *Wrist radial/ulnar deviation*: Hold hands out front, palms down. Move hand outward/inward, parallel to floor.
- *Torso turn*: Turn torso to right and turn head to look over right shoulder. Hold 4-6 seconds. Repeat to left.
- *Abdominals*: Contract (squeeze) abdominal muscles. Hold 4-6 seconds, then release.

Standing exercises (hold onto back of chair)

- *Heel lift*: Raise heels off floor, standing on toes.
- *Rocking*: Rock back and forth from toes to heels.
- *Knee lift*: Lift knees, one at a time, in front of body.
- *Side/rear leg lift*: Lift right leg to side, then back. Repeat with left.

Upper Body

(8-12 repetitions each, except as indicated; use band)

- *Bow and arrow*: Grasp band, arms in front, left arm straight and right arm pulling band back, elbow bent. Switch arms.
- *Half double-arm pull down*: Grasp band, arms slightly above eye level. Bring arms down to shoulder height and then out to sides.

- *Lawn mower*: Loop band under left foot, holding knot with left hand. Reach down and pull band back, elbow bent, as if starting lawn mower. Switch sides.
- *Single biceps curl*: Grasp band with left hand, step into band with left foot, then curl left arm up to middle of chest. Repeat right.
- *Lateral raise*: Hold band at center with left hand and knot with right. Bend elbow to raise right arm at side up to shoulder height. Switch hands.

Upper Body Stretches (hold each 15-30 seconds)

Use stretches from other sessions.

Lower Body

(8-12 repetitions each)

- *Leg warm-up*: Standing march; side step; side squat.
- *Internal hip rotation*: Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.
- *Ankle inversion/eversion*: Place soles of feet together; turn soles away from each other.
- *Abduction*: Step in band with both feet. Bring knot to knees and raise feet in front. Hold legs straight and press out, then in.
- *Ankle press*: Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Pull band toward chest, allowing stretch, and press ball of foot toward floor. Repeat with right foot.
- *Leg press*: Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Leg curl*: Loop band around left ankle. Hold knot in right hand at side and bring left foot under chair, then back to front. Switch legs.

Lower Body Stretches (hold each 15-30 seconds)

Use stretches from past sessions.

Cool-Down, Balance and Breathing

- *Balance tree (6 repetitions)*: Stand, holding back of chair with hand or finger for balance. Lift left foot, placing left heel on toes of right foot. Lift toes of top foot and hold. Now raise foot near opposite knee (but not resting on the knee). Put toe to floor and lift again. Change foot positions.
- *Breathing*: Hands on sides of rib cage, inhale through nose and feel ribs expand. Exhale through mouth and feel ribs contract.
- *Rising and setting sun*: Inhale, raising arms over head; exhale while lowering arms to sides.

Session 11

Home-Based Activity

Session Objective

- Acknowledge progress toward the group goal.
- Discuss home-based physical activity.

Preparation

- **Start-up:** Collect individual weekly physical activity minutes.
- **Exercise:** Have recording of *Kansas City*, by Wilbur Harrison, and CD or cassette player. Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute a resistance band and paper plate for each person.
- **Group activity:** Place chairs in two rows. Have two tennis balls or, for more challenge, two playground balls.
- **Personal Action Plan:** Not part of this session.

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 35 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

Session Start-Up

Giving participants weekly feedback on their progress toward the group goal is a key to maintaining motivation. At the beginning of the session, collect activity records, give a running total of miles and hours of exercise, and remind participants of their reward for achieving the goal. Attempt to maintain a sense of excitement about the upcoming accomplishment, and compliment them on their hard work and improvements.

Participants will begin to notice that they have more energy and that activities of daily living have become easier. Give them an opportunity to talk about the changes and highlight the role regular physical activity plays in maintaining flexibility and strength. Remind them that maintaining their activity level will help them live independently longer.

Discuss their home-based physical activity program and ask them to start thinking about challenges and barriers they face there.

Group Activity: Relay

Promote group cohesion, cooperation and interaction with this relay.

A tennis ball will be easier to handle than a playground ball for participants who can use only one hand. If several people in the group have such a disability, be sure to evenly assign them between the two teams.

Phase 1: Each team forms a row, with all participants on both teams facing forward. (This may be done seated or standing.)

- The first person in each row has a ball. At the signal, that person passes the ball to the person behind him or her. Each passes the ball back until it reaches the person in back, who passes it forward. The first team to return the ball to the front of the row is the winner.
- Repeat the relay several trials. The team that wins the most trials wins the match and everyone's congratulations.

Phase 2: Rows face each other.

- The first person in the row passes the ball to the person next to him or her, continuing down the row and back again. The first team to return the ball to the starting point wins.

Personal Action Plan

Not part of this session.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the group goal.

Homework: Participants should continue to achieve goals they set.

Warm-Up and Range of Motion

(combined)

“Kansas City” plate exercise: Play music and use paper plate for this exercise. Repeat each motion 3 times.

- Tap toes and use plate to start “driving.”
- Push plate out and in at chest level.
- Press plate overhead and down to chest.
- Use plate to “tip your hat” and extend arm out to side. Switch sides.
- “Cool off” with one hand to side, fanning plate in biceps curl motion. Switch sides.
- *Abdominals:* Place plate between knees. Hold back straight and sit toward front edge of chair. Lean back, tap heel, point toe toward ceiling, then pull knees up toward chest.
- *Leg extension:* With plate between knees, extend legs out in front, then pull back.
- Drop plate and push it back and forward on the floor with toe. Switch sides.
- Draw circles with foot – each side, both directions.
- Use both feet to push plate forward and back.
- Draw circles with both feet, both directions.
- Push plate out to side and back with foot. Switch sides.
- Pick up plate with feet, raising it high enough to grab it.

Upper body

(8-12 repetitions each, use band)

- *Bow and arrow:* Grasp band, arms in front, left arm straight and right arm pulling band back, elbow bent. Switch arms.
- *Half double-arm pull down:* Grasp band, arms slightly above eye level. Bring arms down to shoulder height and then out to sides.
- *Lawn mower:* Loop band under left foot, holding knot with left hand. Reach down and pull band back, elbow bent, as if starting lawn mower. Switch sides.
- *Single biceps curl:* Grasp band with left hand, step into band with left foot, then curl left arm up to middle of chest. Repeat right.
- *Lateral raise:* Hold band at center with left hand and knot with right hand. Bend elbow to raise right arm at side up to shoulder height. Switch hands.

Upper Body Stretches (hold each 15-30 seconds)

Use stretches from other sessions.

Lower Body

(8-12 repetitions each)

- *Leg warm-up:* Standing march; side step; side squat.
- *Internal hip rotation:* Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.
- *Ankle inversion/eversion:* Place soles of feet together; turn soles away from each other.
- *Abduction:* Step in band with both feet. Bring knot to knees and raise feet in front. Hold legs straight and press out, then in.
- *Ankle press:* Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Pull band toward chest, allowing stretch, and press ball of foot toward floor. Repeat with right foot.
- *Leg press:* Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Leg curl:* Loop band around left ankle. Hold knot in right hand at side and bring left foot under chair, then back to front. Switch legs.

Lower Body Stretches (hold each 15-30 seconds)

Use stretches from past sessions.

Cool-Down, Balance and Breathing

- *Balance tree (6 repetitions):* Stand, holding back of chair with hand or finger for balance. Lift left foot, placing left heel on toes of right foot. Lift toes of top foot and hold. Now raise foot near opposite knee (but not resting on the knee). Put toe to floor and lift again. Change foot positions.
- *Breathing:* Hands on sides of rib cage, inhale through nose and feel ribs expand. Exhale through mouth and feel ribs contract.
- *Rising and setting sun:* Inhale, raising arms over head; exhale while lowering arms to sides.

Session 12

Group Celebration!

Session Objective

- Acknowledge completion of group goal.
- Remind group third month phone calls will begin this week.

Preparation

- **Start-up:** Collect individual weekly physical activity minutes. Hand out monthly Physical Activity Calendars, copies of Health Behavior Survey (page 57) and certificates.
- **Exercise:** Have recording of *Kansas City*, by Wilbur Harrison, and CD or cassette player. Place chairs in a semi-circle, spaced two arms' lengths apart. Distribute a resistance band and paper plate for each person.
- **Group activity:** Arrange chairs in a large circle. Have one playground ball for every two participants.
- **Personal Action Plan:** Not part of this session.

Session Schedule

- **Start-up:** 5 minutes
- **Exercise:** 35 minutes
- **Group Activity:** 10 minutes
- **Personal Action Plan:** 0 minutes
- **Reminders/Homework:** 5 minutes

Session Start-Up

This session marks the beginning of the third round of supportive phone calls – the last ones for those in the group who have participated since the beginning. For those who joined the group later, continue until they have been contacted three times during the first three months of participation.

Have each participant complete a new Health Behavior Survey. Use these to determine whether participants are increasing their activity levels or maintaining the recommended level of 20 minutes of mild to moderate physical activity three to five times a week.

Although this manual provides 12 sessions, feel free to continue the class by repeating the cycle and modifying it to your group's needs.

As the new monthly Physical Activity Calendars are distributed, start discussing a location for the next group goal, now that the first goal has been reached. At the end of the session, take some time to celebrate the group's completion of the goal by handing out the chosen incentives. Have a ceremony to distribute certificates of achievement to those who have completed all 12 sessions. Congratulations!

Group Activity: Kick the Ball

This seated group activity helps improve coordination, concentration, leg strength and reaction time. It also encourages participants to learn the names of other class members and increases their interaction.

- Stand in the center of the circle and kick the ball to a participant. (Keep kicks low and on the ground.) The participant stops the ball with his or her feet and kicks it back to you. When everyone has practiced, distribute more balls and ask participants to call out a group member's name before kicking it to that person.
- When that becomes comfortable, add a few more balls and continue. Finally, use all the balls. Group members stay seated while you chase the balls that go astray, or you could ask another participant to help.
- With everyone seated, have participants gently kick the balls around the circle, stopping each time before kicking it to the person on the right. On the signal, have the group reverse directions and kick to the person on the left.

Personal Action Plan

Not part of this session.

Reminders/Homework

Reminders: Announce the next session's day and time. Remind the group to bring Physical Activity Calendars weekly to tally minutes and miles toward the new group goal. Third round of supportive phone calls begins this week.

Homework: Participants should continue to achieve goals they set.

Warm-Up and Range of Motion

(combined)

“Kansas City” plate exercise: Play music and use paper plate for this exercise. Repeat each motion 3 times.

- Tap toes and use plate to start “driving.”
- Push plate out and in at chest level.
- Press plate overhead and down to chest.
- Use plate to “tip your hat” and extend arm out to side. Switch sides.
- “Cool off” with one hand to side, fanning plate in biceps curl motion. Switch sides.
- *Abdominals:* Place plate between knees. Hold back straight and sit toward front edge of chair. Lean back, tap heel, point toe toward ceiling, and then pull knees up toward chest.
- *Leg extension:* With plate between knees, extend legs out in front, then pull back.
- Drop plate and push it back and forward on the floor with toe. Switch sides.
- Draw circles with both feet, both directions.
- Use both feet to push plate forward and back.
- Draw circles with both feet, both directions.
- Push plate out to side and back with foot. Switch sides.
- Pick up plate with feet, raising it high enough to grab it.

Upper body

(8-12 repetitions each, use band)

- *Bow and arrow:* Grasp band, arms in front, left arm straight and right arm pulling band back, elbow bent. Switch arms.
- *Half double-arm pull down:* Grasp band, arms slightly above eye level. Bring arms down to shoulder height and then out to sides.
- *Lawn mower:* Loop band under left foot, holding knot with left hand. Reach down and pull band back, elbow bent, as if starting lawn mower. Switch sides.
- *Single biceps curl:* Grasp band with left hand, step into band with left foot, then curl left arm up to middle of chest. Repeat right.
- *Lateral raise:* Hold band at center with left hand and knot with right hand. Bend elbow to raise right arm at side up to shoulder height. Switch hands.

Upper Body Stretches (hold each 15-30 seconds)

Use stretches from other sessions.

Lower Body

(8-12 repetitions each)

- *Leg warm-up:* Standing march; side step; side squat.
- *Internal hip rotation:* Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.
- *Ankle inversion/eversion:* Place soles of feet together; turn soles away from each other.
- *Abduction:* Step in band with both feet. Bring knot to knees and raise feet in front. Hold legs straight and press out, then in.
- *Ankle press:* Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Pull band toward chest, allowing stretch, and press ball of foot toward floor. Repeat with right foot.
- *Leg press:* Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.
- *Leg curl:* Loop band around left ankle. Hold knot in right hand at side and bring left foot under chair, then back to front. Switch legs.

Lower Body Stretches (hold each 15-30 seconds)

Use stretches from past sessions.

Cool-Down, Balance and Breathing

- *Balance tree (6 repetitions):* Stand, holding back of chair with hand or finger for balance. Lift left foot, placing left heel on toes of right foot. Lift toes of top foot and hold. Now raise foot near opposite knee (but not resting on the knee). Put toe to floor and lift again. Change foot positions.
- *Breathing:* Hands on sides of rib cage, inhale through nose and feel ribs expand. Exhale through mouth and feel ribs contract.
- *Rising and setting sun:* Inhale, raising arms over head; exhale while lowering arms to sides.



Appendix

Symptom Checklist

It is normal to breathe a little heavier when doing regular physical activity. But some symptoms and feelings can occur that are not normal and are messages to stop immediately and call 911, or if you are in class, tell your instructor that you need immediate attention.

Call 911 immediately if you experience:

- **Sudden numbness or weakness in the face, arm or leg.**
- **Sudden confusion, trouble speaking, trouble understanding.**
- **Sudden trouble seeing with one or both eyes.**
- **Sudden trouble walking; dizziness; loss of balance or coordination.**
- **Sudden severe headache.**
- **Sudden pressure or crushing chest pain.**
- **Sudden feeling of pain that extends from your chest into the jaw, left arm or left shoulder.**
- **Sudden feeling of tightness in your chest.**
- **Sudden shortness of breath that is unusual for you when being physically active at moderate intensity.**

Participant Informed Consent

We would like to invite you to be part of an activity program. Its purpose is to provide a fun and supportive way of helping you become more physically active, improve your quality of life and maintain strength for fulfilling your daily needs.

If you decide to participate, you have the opportunity to join in a 45- to 60-minute physical activity program each week. The program will be tailored to your individual needs and level of fitness. Each participant will begin with short sessions of low-intensity exercise, building to 20- to 30-minute sessions on your own two to three days a week, in addition to the group session. You will also receive a supportive phone call each month for the first three months of the program. The calls will help you with ideas for sticking to the program and making it fun and interesting.

Studies have demonstrated that supervised mild to moderate activity is safe for even frail older adults. Becoming and remaining active increases

the likelihood of maintaining independent living. Unfortunately, inappropriate levels of activity could lead to muscle or bone injuries during or after the activity, or potential cardiovascular, pulmonary or related problems – including the potential for hospitalization or even death.

More information about the program is available from the instructor. Participation is encouraged – but strictly voluntary. You may refuse to participate or may withdraw at any time. You are encouraged to ask the program instructor for clarification or information.

The program instructor is:

Contact phone number is:

Participant Informed Consent Form

Informed Consent Statement

I have read the informed consent statement and agree to take part in this program. My participation is voluntary.

I understand that refusal to participate will involve no penalty or loss of benefits to which I am otherwise entitled. I may discontinue participation at any time without penalty or loss of benefits to which I am otherwise entitled.

If I have questions about the program, I understand that I may contact

_____ (program instructor)

at _____ (phone number).

Signed

Date

(please print name)

Physician Release Form

Dear Dr. _____,

Our site (_____) is offering an on-site and home-based physical activity program for older adults. This evidence-based program was developed by researchers funded by the American Heart Association and has demonstrated efficacy when delivered to healthy and frail older adults. The program consists of a single 45- to 60-minute session at our site, _____, each week for 12 weeks. Participants will complete an additional two to three sessions at home each week.

The program, beginning _____, will be led by a community member certified in CPR and basic first aid. It will consist of resistance, range of motion and mobility components done at a mild to moderate intensity level. To highlight safe activities, the program will use a manual that includes detailed written and graphic descriptions of all exercises.

If you have questions about the program, contact:

_____ (program instructor) at _____ (phone).

Authorization to Release Information

I, _____, grant permission to Dr. _____ to release any pertinent medical information about me before I begin participating in a physical activity program for older adults sponsored by _____ (activity site).

(Client signature)

(Witness signature)

Physician's Authorization for Physical Activity

_____ (patient) may participate in this physical activity class for older adults.

Physician's name (please print)

Physician's signature

Please specify below any limitations or special precautions for activity:

Physical Activity Timeline

Physical Activity Timeline

Age 5-15

Age 16-30

Birth

Today

Middle Years

Recent Years

Activity for the Ages!

Physical Activity Calendar

Participant: Please personalize each calendar sheet with the appropriate month and number the days of the week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Activity for the Ages!

Physical Activity Calendar

Record daily physical activity using the FITT principle:

F: Frequency – How many separate sessions of physical activity each day? (1 session, 2 sessions, etc.)

I: Intensity – How hard is the activity? (low, moderate, vigorous)

T: Time – How many minutes of activity per session? (10, 20, etc.)

T: Type – What were you doing? (walking, bicycling, resistance band, etc.)

Supportive Telephone Script

Protocol for first monthly call:

Caller should refer to individual Personal Action Plans for calls.

Script:

1. Hi _____ (participant's name), this is _____ (caller) from your *Activity for the Ages!* program. You indicated on your action plan that this would be a good time to call. Is this a good time to talk for a few minutes today? (If not, schedule a better time to call back.)
2. This call is intended to help you stay motivated to be regularly involved in physical activity and to help you solve activity problems, if you have any.
3. Since the program began, can you tell me what types and how much physical activity you have been doing?
4. (If no activity) What are some of the things that are keeping you from being active? (Use supportive telephone call suggestion sheet on page 49 and skip to No. 6.)
5. (If activity done) What strategies did you use to overcome any barriers you might have encountered? (If no barriers) Why do you think you didn't find any barriers? (Identify strategies he/she may already be using without realizing it.)
6. Besides the strategies we have talked about, there are resources in the community that can help you to be and stay more active. By "resources" I mean a park, a walking path, a mall, a school, or other programs and places that encourage physical activity. Can you think of resources you know about that can help you achieve your activity goals?
7. It has been great talking to you ... Now, I'd like to set some goals with you for the next couple of weeks. Think about how much physical activity you are currently doing and how much you think you could increase for the next week and a little more the week after that.
How many days do you want to do physical activity next week? And how many minutes each time?
How about in two weeks from now? How many days and how many minutes?
(Provide help to increase slowly and support participant's decisions.)
8. When is a good time to call next month? (Discuss the schedule for next month's phone call.)
9. Thank you for your time today!

Supportive Telephone Script 2

Protocol for second and third monthly calls:

Each phone contact will follow the format described in the Personal Action Plan, which should be available for reference during the call.

Script:

1. Hi _____ (participant's name), this is _____ (caller) from your *Activity for the Ages!* program. You indicated on your action plan that this would be a good time to call. Is this a good time to talk for a few minutes today? (If not, schedule a better time to call back.)
2. This call is to help you stay motivated to be regular in physical activity and to help you solve activity problems, if you have any.
3. First, let's review things that motivate you to be physically active. What are the reasons you want to be active? (Let participant respond, then remind him/her of additional motivators written on the Personal Action Plan.) Those are all great reasons to be active!
4. Second, I'd like to review your personal goals for physical activity. On your action

plan you said you would be doing (_____) minutes of activity (_____) days each week. How did you do on that goal?

(If goal was achieved, provide encouragement and praise. If not, ask about barriers that got in the way and help with problem-solving to find a good strategy to help stick with goals. See supportive phone call suggestion sheet.)

(If goal was not achieved, skip to No. 7.)

5. Third, I'd like to review any barriers that you can foresee arising that might slow down your physical activity.
6. Fourth, you listed (these strategies) as possible ways to overcome your barriers. Do you still think these will work? (If answer is yes, offer praise and encouragement. If answer is no, ask participant to think of other ways to overcome the barrier. Use strategies from supportive Telephone Call Suggestion Sheet.)
7. Have you tried any new resources for physical activity? (If answer is yes, provide encouragement and support. If answer is no, suggest resources they might like to try.)
8. Thank you for your time today!

Supportive Telephone Call Suggestion Sheet

Barrier	Strategy
Lack of Time	<ul style="list-style-type: none">• Identify available time slots. Monitor your daily activities for one week. Identify at least three 30-minute time slots you could use for activity.• Add physical activity to your daily routine. For example: Walk to do local shopping, walk the dog, exercise while you watch TV, park farther away from your destination.
Lack of Energy	<ul style="list-style-type: none">• Schedule physical activity for times in the day or week when you feel energetic.• Convince yourself that if you give it a chance, physical activity will increase your energy level. Then, try it. When you feel tired, walk for 5 minutes, and then stop. Many times you'll feel energized enough to keep going.
Lack of Motivation	<ul style="list-style-type: none">• Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.• Invite a friend to exercise with you regularly, and write it on both of your calendars.• Picture in your mind what you want out of exercise. More energy? Healthier body? Stronger bones? Focus on that vision, rather than the thought that you don't feel like moving now.
Lack of Social Support	<ul style="list-style-type: none">• Explain your interest in physical activity to friends and family. Ask them to support your efforts.• Invite friends and family members to exercise with you. Plan social activities involving exercise.• Develop new friendships with physically active people. Join a group, such as the YMCA.
Lack of Resources	<ul style="list-style-type: none">• Select activities that require minimal facilities or equipment, such as walking, yoga and calisthenics.• Identify inexpensive, convenient resources available in your community (local education programs, park and recreation programs, etc.)
Lack of Safe Environment	<ul style="list-style-type: none">• Avoid areas where there might be a threat to your personal safety. Use community walking areas such as schools, parks, malls, indoor tracks or recreation centers.• Walk with a buddy or group. Ask your neighbors if they would like to start walking with you. There's safety in numbers, and it helps prevent boredom.• It's OK to stay close to home. You can walk a mile by going up and down the same block five to seven times.
Bad Weather	<ul style="list-style-type: none">• Develop a set of regular activities that are always available, regardless of weather – indoor cycling, exercise class, indoor swimming, calisthenics, stair-climbing, mall-walking, dancing.• Focus on strengthening and stretching exercises when the weather is too bad to go outside. Staying active doing household chores and dancing to your favorite music will help you maintain the fitness you have achieved.
Family Obligations	<ul style="list-style-type: none">• Exercise with the grandchildren or others in your care. Go for a walk together. Depending on your care-giving obligations, you can take the care recipient along in a stroller or wheelchair. Or use an exercise video intended for older adults, and exercise together.• Do calisthenics, ride a stationary bicycle, or use other home exercise equipment while your care recipient naps.

Personal Action Plan

Name: _____ Phone: _____

These are the reasons why I want to do regular physical activity:

Moderate or Mild Physical Activity Goal-Setting

1. Over the next 4 weeks I will work my way up to _____ minutes of physical activity _____ times a week.
2. From the 5th through 8th weeks I will do _____ minutes of physical activity _____ times a week.
3. From the 9th through 12th weeks I will do _____ minutes of physical activity _____ times a week.

What are the barriers that might get in the way of achieving your goals?

What resources will you use to help you be physically active?

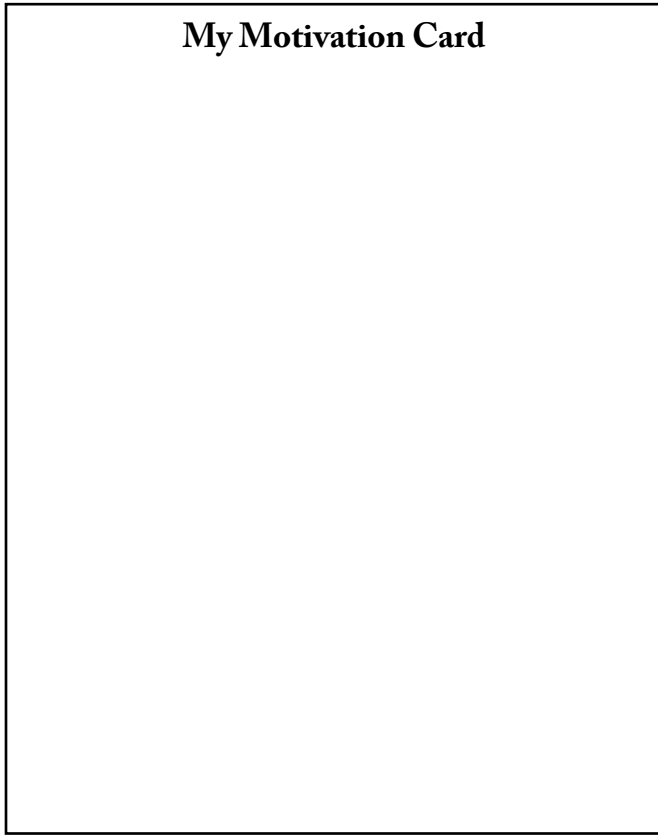
Plans for Telephone Follow-Up

These are the days and times I will usually be available for a telephone call:

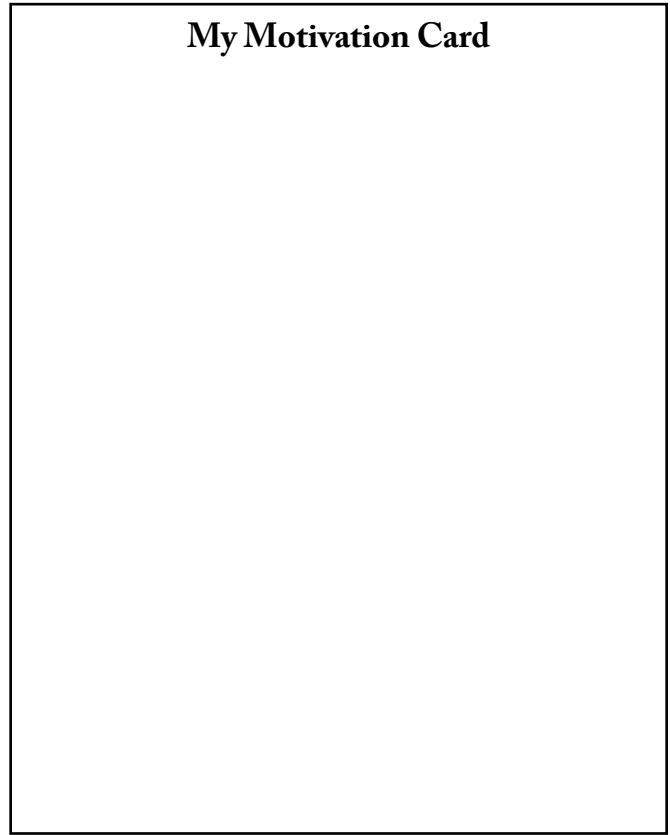
Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Motivation Cards

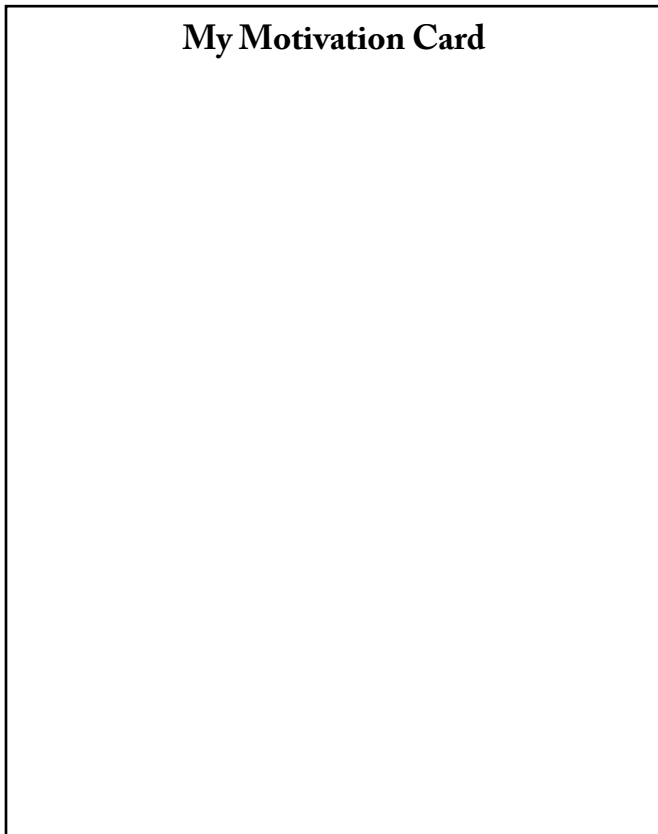
My Motivation Card



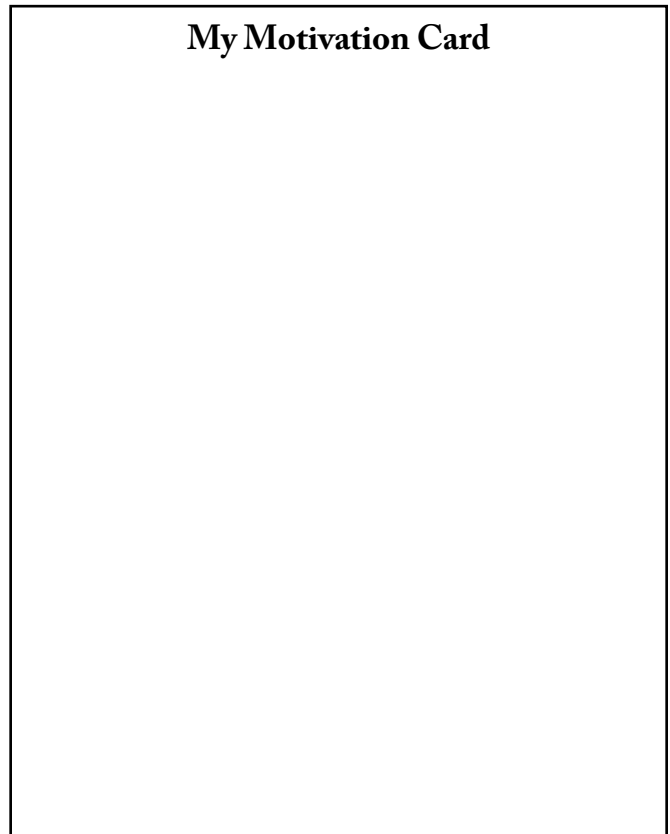
My Motivation Card



My Motivation Card



My Motivation Card



Monthly Goal Setting Cards

My Goals for Physical Activity

1. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

2. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

3. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

4. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

My Goals for Physical Activity

1. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

2. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

3. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

4. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

My Goals for Physical Activity

1. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

2. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

3. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

4. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

My Goals for Physical Activity

1. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

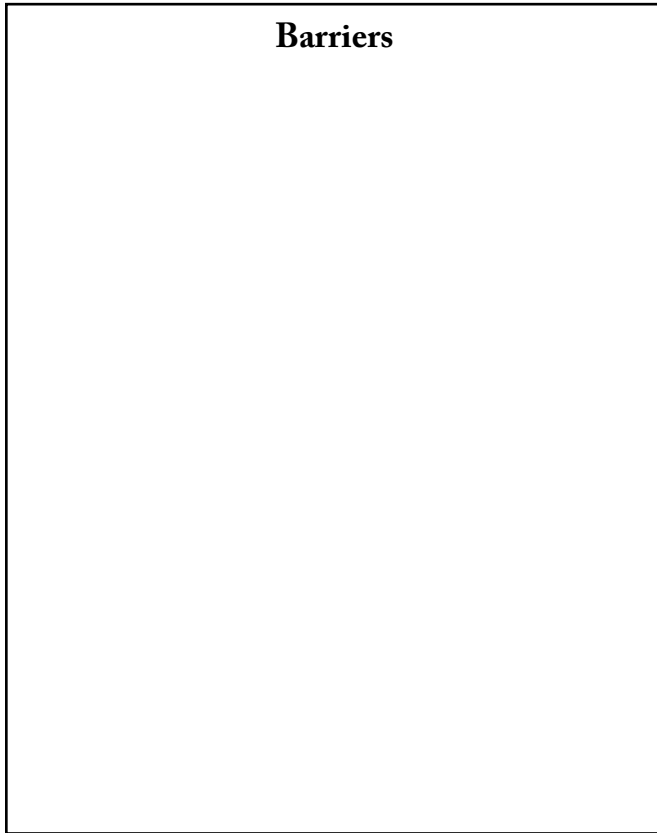
2. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

3. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

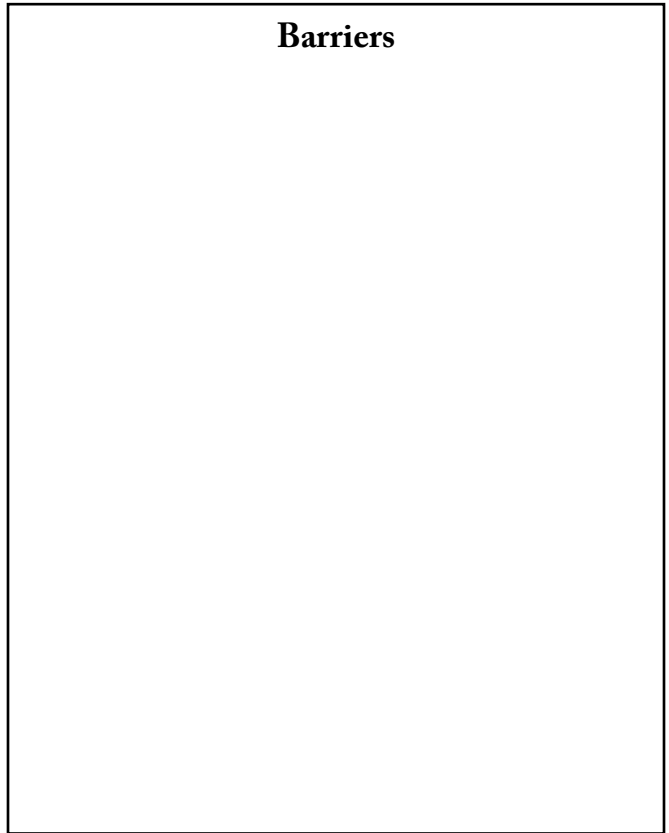
4. For the week of _____
I will do _____ minutes of physical activity
_____ times a week.

Strategies/Barriers Cards (Print "Barriers" and "Strategies to Overcome Barriers" cards back-to-back.)

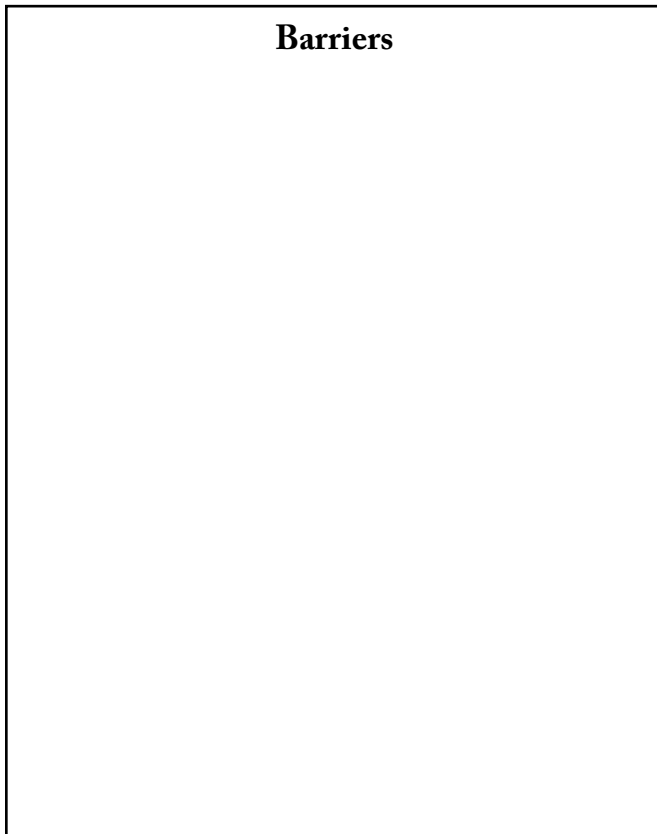
Barriers



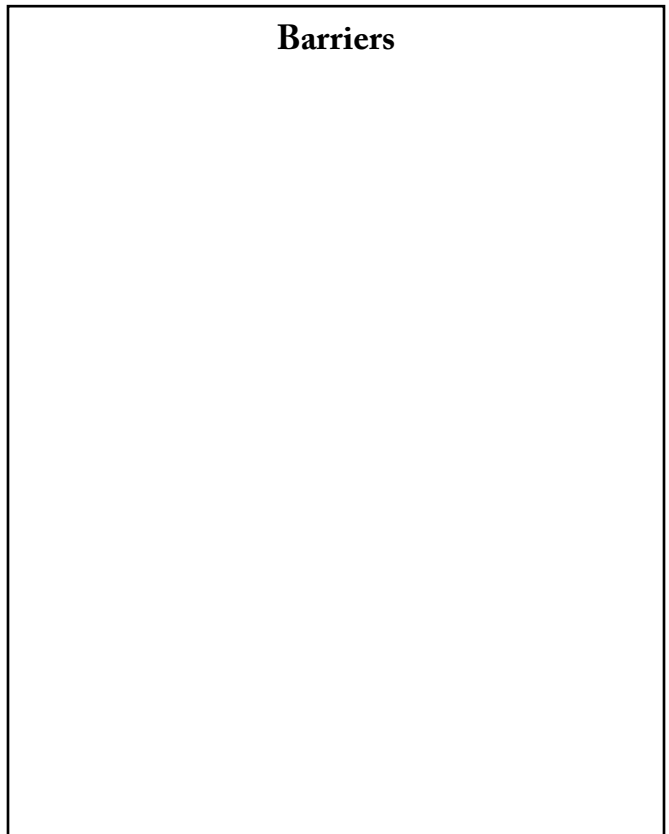
Barriers



Barriers

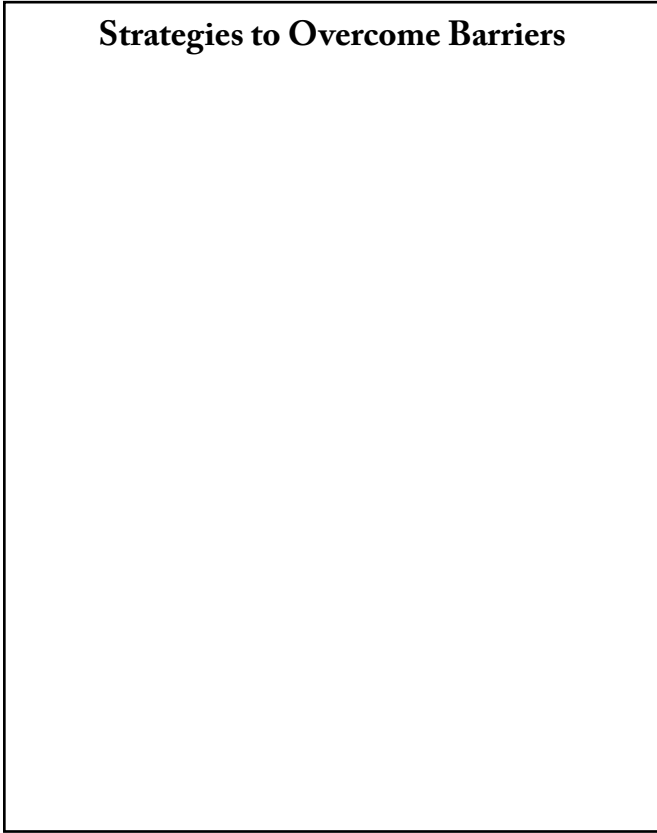


Barriers

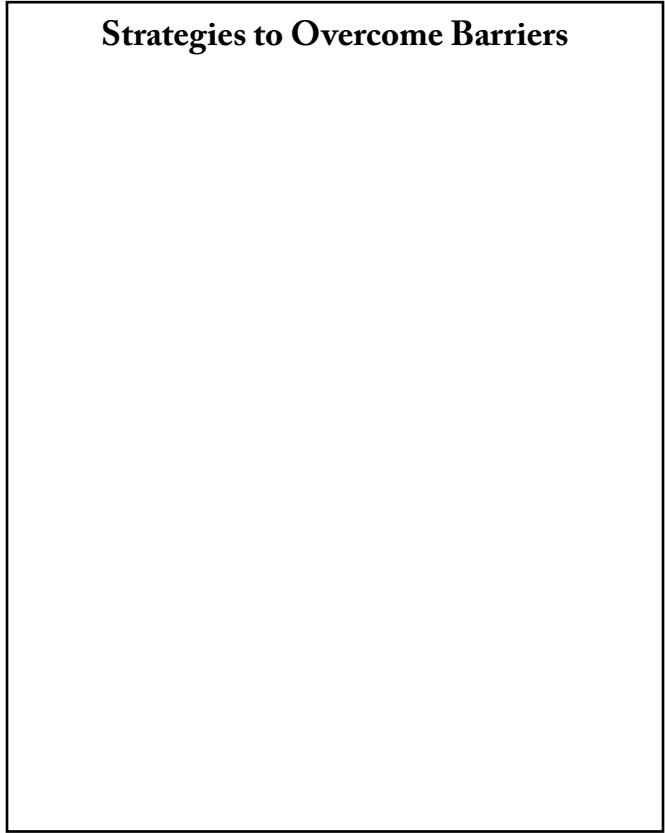


Strategies/Barriers Cards (Print "Barriers" and "Strategies to Overcome Barriers" cards back-to-back.)

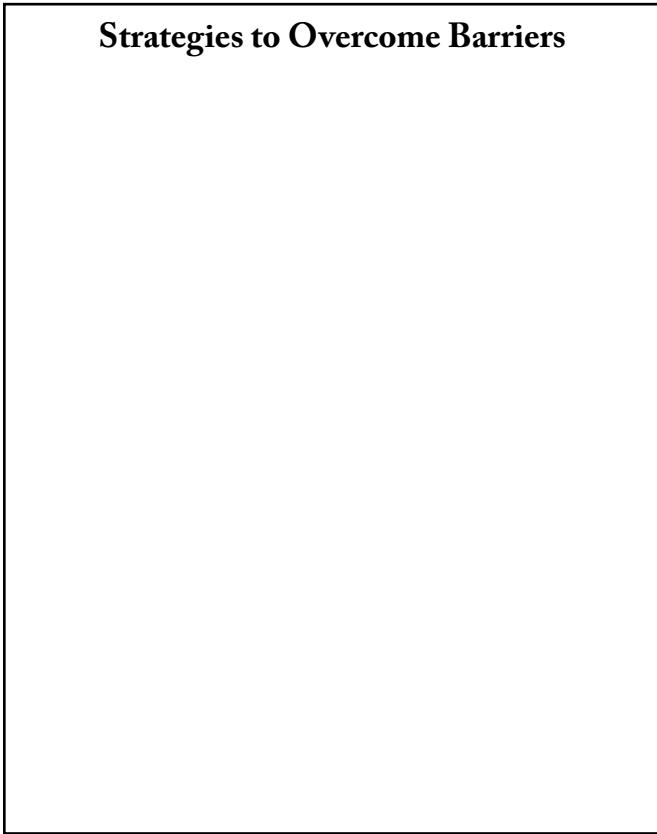
Strategies to Overcome Barriers



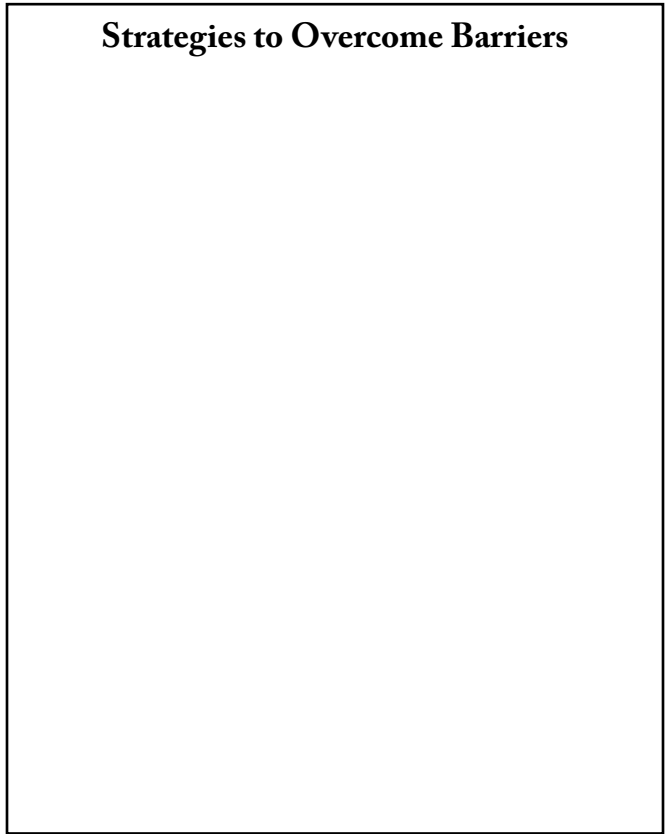
Strategies to Overcome Barriers



Strategies to Overcome Barriers



Strategies to Overcome Barriers



Resource Cards

Resources for Physical Activity

Resources for Physical Activity

Resources for Physical Activity

Resources for Physical Activity



Certificate of Achievement

This certificate is awarded to

In recognition of completion of Activity for the Ages! 3-month program

Congratulations!

Signature _____ Date _____

Health Behavior Survey

Physical activities are activities where you move and increase your heart rate above its resting rate, whether you do them for pleasure, work or transportation. The following questions ask about the amount and intensity of physical activity you usually do. The intensity of the activity is related to the amount of energy you use doing these activities.

Examples of physical activity intensity levels:

Light Activities

- your heart beats slightly faster than normal
- you can talk and sing



Light Exercise



Light Vacuuming



Light Yard Work
(without much bending or stooping)

Moderate Activities

- your heart beats faster than normal
- you can talk but not sing



Brisk Walking



Moderate Gardening



Fast Dancing



Medium-pace Wheeling

Vigorous Activities

- your heart increases a lot
- you can't talk or talking is broken up by large breaths



Aerobics Class



Jogging, Running,
or Power Walking



Single Tennis, Racquetball,
Pickle Ball

Based on the description and pictures above answer the following questions about how physically active you are by circling the response that best describes you.

- | | | |
|--|-----|----|
| 1. I almost never do any physical activities. | Yes | No |
| 2. I do some light and/or moderate physical activities, but not every week. | Yes | No |
| 3. I do moderate physical activity every week but less than 5 times per week | Yes | No |
| 4. I do vigorous physical activities every week but less than 3 times per week | Yes | No |
| 5. I do 30 minutes or more per day of moderate physical activities 5 or more days per week. | Yes | No |
| 6. I do 20 minutes or more per day of vigorous physical activities 3 or more days per week | Yes | No |
| 7. I do activities to build muscle strength (lifting weights/calisthenics) once a week or more | Yes | No |
| 8. I do activities to improve flexibility, such as stretching or yoga, once a week or more. | Yes | No |

About You

Please answer the following questions based on your present situation. Please select the best response from the choices and mark or circle the best answer.

- Female Male
- How old are you? _____
- Please indicate which of the following best describes you. White Black or African American
 Asian American Indian/Alaskan Native
 Native Hawaiian or Other Pacific Islander Other: _____
- Which of the following best describes you?
 Hispanic or Latino Not Hispanic or Latino Not sure
- Would you say your general health is: Excellent Very Good Good Fair Poor
- Now thinking about your PHYSICAL HEALTH (physical illness and injury,): How many days during the past 30 days was your physical health NOT good? _____ days
- Now thinking of your MENTAL HEALTH (stress, depression and problems with emotions): How many days during the past 30 days was your mental health NOT good? _____ days
- During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation? _____ days

Directions for Health Behavior Survey (previous page)

Make a copy of the survey on page 57 for each participant. Ask participants to complete the survey at the beginning of the program and every three months thereafter. Use the results of each evaluation to determine whether participants are increasing activity or maintaining the recommended level of 20-30 minutes of mild to moderate activity three to five times a week.

Additional Resources

Supplies

Resistance Bands – PATH Office, Kansas State University, 800-681-7284

T-shirt Printing – N Zone, 627 Pecan Circle, Manhattan, KS 66502, 785-776-3234.

Books

Active Living Among Older Adults: Health Benefits and Outcomes, Tammy Horne, Sandra O'Brien Cousins.

Active Living Everyday. Steven N. Blair, Andrea L. Dunn, Bess H. Marcus, Ruth Ann Carpenter, Peter Jaret.

Exercise: A Guide from the National Institute on Aging.

Fallproof: A Comprehensive Balance and Mobility Training Program, Debra J. Rose.

Still Kicking: Restorative Groups for Frail Older Adults, Abby V. Brown-Watson.

Web sites

Canada's Physical Activity Guide to Healthy Active Living for Older Adults.

www.bc-sc.gc.ca/hppb/paguide/older/

National Blueprint: Increasing Physical Activity Among Adults Age 50 and Older.

www.rwjf.org/publications/publicationsPdfs/Age50_Blueprint_singlepages.pdf

National Center for Chronic Disease Prevention and Health Promotion: Physical Activity and Health for Older Adults.

www.cdc.gov/nccdphp/sgr/olderad.htm

National Institutes of Health Senior Health.

<http://nihseniorhealth.gov>

Physical Activity and Older Americans – Benefits and Strategies. Agency for Healthcare Research and Quality.

www.ahrq.gov/ppip/activity.htm

Activity for the Ages!

Exercise Handbook

Warm-Up Exercises

- Seated marching (sit on edge of chair) or walk perimeter of room.
- Low knees without arms (30 seconds); low knees with swinging arms (30 seconds).
- High knees with arms (30 seconds); high knees out wide (30 seconds).



- **Trunk leans** (can be used as range of motion exercise also): Swing arms up, lace fingers at top, palms up. Lean to left/right.



- **Chair stands:** Sit with buttocks toward front of chair, feet shoulder-width apart. Swing arms forward for momentum and stand straight up. (*Modify by using hands at sides of chair to push off, OR begin from squat and not fully seated.*)



Level 1



Level 2



Level 3

- **Coming to a stand:** Sit toward front of seat.
 - Level 1:** Place hands on sides of chair seat. Push off of seat to lift buttocks off chair.
 - Level 2:** Place hands on thighs. Use thigh muscles to lift buttocks off chair.
 - Level 3:** Cross hands across chest. Push buttocks off chair.(*No need to come to a complete stand.*)

Range of Motion Exercises



- **Shoulders:** Shrug up/down; circle shrug back/forward.



- **Hand to shoulder** (can be used as upper body exercise also): Bring left hand to left shoulder, neck, right shoulder. Reverse hands.



- **“Price is Right” move:** Bring left hand up to shoulder. Extend out to front, side and back. Repeat with right hand.



- **Arm circles** (can be used as upper body exercise also): Hold arms straight out to sides, shoulder height. Make small circles forward/backward. Make large circles forward/backward.



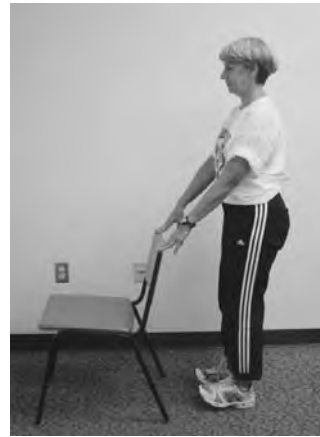
- **Shoulder internal/external rotation** (can be used as upper body exercise also): Leaving upper arms down near sides of body, bend elbows 90 degrees so hands are in front of torso, palms facing each other. In a wide clapping motion, bring hands together in front of body; then swing lower arms out to sides and back as far as possible.



- **Wrist radial / ulnar deviation** (can be used as upper body exercise also): Hold hands out front, palms face down. Move hand outward/inward, parallel to floor.



- **Torso turn (can be used as upper body exercise also):** Turn torso to right and turn head to look over right shoulder. Hold 4-6 seconds. Repeat to left.



- **Rocking:** Rock back and forth, toes up to heels up.



- **Internal hip rotation:** Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.



- **Knee lift:** Lift right knee. Repeat with left.

- **Wrist rotation:** With arms in front of body, turn palms up; turn down.
- **Abdominals:** Contract (squeeze) abdominal muscles. Hold 4-6 seconds, then release.

Standing Exercises

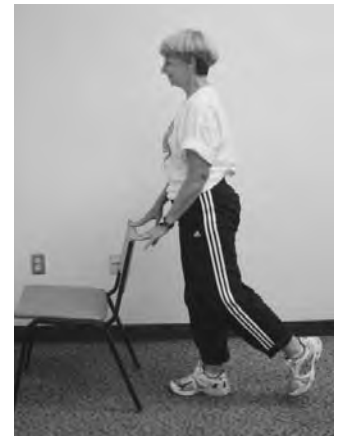
*(Can be used for lower body exercises also.)
Hold back of chair for support.*



- **Standing heel lift:** Rise onto tiptoes, lifting heels off floor.



- **Side/rear leg lift:** Lift leg to side, then to back.





- **Neck:** Look forward.
Turn head right; left.
Tilt head right; left.



Upper Body Exercises without Band

- **Arm lifts:** Lift both arms forward to shoulder height; lower arms. Lift arms out toward sides; lower arms.
- **Shoulder internal/external rotation:** Leaving upper arms down near sides of body, bend elbows 90 degrees so hands are in front of torso, palms facing each other. In a wide clapping motion, bring hands together in front of body; then swing lower arms out to sides and back as far as possible.
- **Hand to shoulder:** Right palm face up, bend arm so right hand touches right shoulder. Repeat left.
- **Wrist rotation:** With arms in front of body, turn palms up; turn down.
- **Wrist radial/ulnar deviation:** Hold hands out front, palms face down. Move hand outward/inward, parallel to floor.
- **Torso turn:** Turn torso to right and turn head to look over right shoulder. Hold 4-6 seconds. Repeat to left.
- **Abdominals:** Contract (squeeze) abdominal muscles. Hold 4-6 seconds, then release.

NOTE: The following exercises will simulate resistance band movements pictured in the upper body resistance band exercise section.

- **Double arm pull-back:** Hold arms in front, shoulder height. Press out to sides.
- **Double arm pull-down:** Start with arms over head. Press arms down and out to sides at shoulder height. Raise arms back over head.
- **Triceps extension:** Press hands together, elbows bent in "prayer" position in front of chest. Push right arm down and to the side, straightening arm toward the floor. Return to beginning position and repeat with left arm.
- **Biceps curl:** With arms at sides, palms facing forward, bend elbows to curl arms up to chest height. Return to beginning position.
- **Upright row:** Hold arms with hands outside knees, palms down. Raise elbows out to sides, pulling hands up to shoulder height. Return to beginning position.



- **Arm circles:** Hold arms straight out to sides, shoulder height. Make small circles forward/backward. Make large circles forward/backward.



- **Abdominals:** Clasp hands behind head, elbows out to sides. Bring elbow to knee on same side of body, then turn body to touch elbow to opposite knee. Reverse.



Upper Body Exercises with Resistance Band



- **Double arm pull-down:** Grasp band, arms over head. Press down and out to sides at shoulder height.



- **Half double-arm pull down:** Grasp band, arms slightly above eye level. Bring arms down to shoulder height and then out to sides.



- **Bow and arrow:** Grasp band, arms in front, left arm straight and right arm pulling band back, elbow bent. Switch arms.



- **Double arm pull-back:** Grasp band, arms out front, shoulder height. Press hands out to sides.



- **Triceps extension:** Grasp knot in left hand at side, holding loop end at center waist with right hand. Press knot end out and down toward floor. Reverse hand positions and repeat.



- **Lateral raise:** Hold band at center with left hand and knot with right hand. Bend elbow to raise right arm at side up to shoulder height. Switch hands.



- **Double-arm biceps curl:** Palms up in band loops, hold center band down with both feet. Hold elbows down near sides at waist height and curl lower arms up toward chest.



- **Upright row:** Grasp band, palms down, and hold center band down with both feet. Bending elbows out to sides, raise arms to shoulder height.



- **Single biceps curl:** Grasp band with left hand, step into band with left foot, then curl left arm up to middle of chest. Repeat right.



- **Lawn mower:** Loop band under left foot, holding knot with left hand. Reach down and pull band back, elbow bent, as if starting lawn mower. Switch sides.

Lower Body Exercises without Band

- **Leg warm-up:** Seated march. Add arm movement. Knees out wide, then in.
- **Internal hip rotation (can be used for range of motion exercise also):** Keeping knees together, step left foot out to side; repeat with right foot. Step left foot back to center; repeat with right foot.
- **Ankle/calf:** Heel tap, toe tap. Rock toe to heel, toes in, toes out. Curl toes; lift toes toward tops of shoes.
- **Coming to a stand:** Sit toward front of seat.
 - Level 1: Place hands on sides of chair seat. Push off of seat to lift buttocks off chair.
 - Level 2: Place hands on thighs. Use thigh muscles to lift buttocks off chair.
 - Level 3: Cross hands across chest. Push buttocks off chair. (No need to come to a complete stand.)

Standing exercises. Hold onto back of chair. (Can be used for warm-up exercise also. See warm-up section for pictures.)

- **Standing heel lift:** Rise onto tiptoes, raising heels off floor.
- **Rocking:** Rock back and forth from toes up to heels up.
- **Knee lift:** Lift one knee at a time.
- **Side leg lift:** Lift one leg to the side. Lower and switch legs.
- **Rear leg lift:** Lift leg to back and lower. Switch legs.

Exercises following will simulate the resistance band exercises pictured in the Lower Body Exercises with Resistance Band section.

- **Leg warm-up:** Seated march (legs only, add arm swing, knees out wide and back in).
- **Stepping out:** Step out to left, back to center. Repeat to right.
- **Ankle press:** Extend leg, toe pointed up, pressing ball of foot toward floor. Repeat with other foot.
- **Knee lift:** Lift right knee. Repeat with left. Lift both together.
- **Leg press:** Bring knee up and press ball of foot forward in kicking motion. Return and repeat with other leg.
- **Toe lift:** Start with feet flat. Keep toes on the floor and lift heels up and down.



- **Ankle inversion/eversion:** Turn soles of feet together, then away from each other.



- **Chorus line:** Lift knee slightly and kick toward opposite side. Reverse legs.

Lower Body Exercises with Band

- **Leg warm-up:** Seated march. Add arm movement. Knees out wide, then in.



- **Stepping out:** Grasp band and step into loop with left foot. Hold band at knee height and step out to left, back to center. Repeat with right foot.



- **Leg curl:** Loop band around left ankle and hold knot in right hand at side. Pull left foot back under chair, then back out to front. Switch sides.



- **Abduction:** Step on band with both feet and bring knot to knees. Raise feet in front of chair, keeping legs straight, and press feet out, then back in.



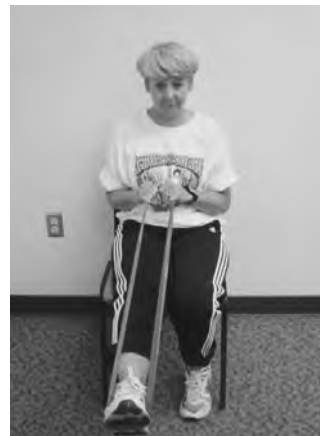
- **Toe lift:** Hold knot end with right hand, palm down. Step into band with ball of left foot and pull band to right. With right foot, step on top of band next to left foot. Lift ball of left foot, keeping heel on floor. Switch sides.



- **Leg press:** Place loop under ball of left foot, holding knot end, palms down. Pull band toward chest and bring knee up. Press ball of foot up and out front. Switch sides.



- **Ankle press:** Place loop under ball of left foot and hold knot, palms down. Extend left leg, toe pointed up. Pull band toward chest, allowing stretch, and press ball of foot toward floor. Repeat with right foot.



Upper Body Stretches (hold each 15-30 seconds)



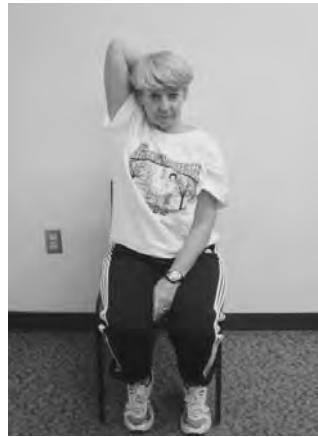
- **Upper back:** Hug self, moving shoulder blades away from each other.



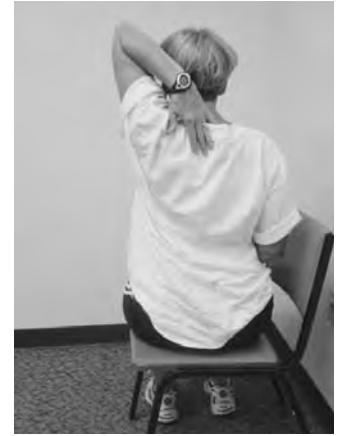
- **Chest:** Reach behind hips, pressing hands together, moving shoulder blades toward each other.



- **Shoulders:** Raise right arm straight in front at shoulder height; cross in front of body. Repeat with left arm.



- **Crawl spine:** Raise right arm toward ceiling, bend at elbow and crawl fingers down spine. Repeat with left arm.



- **Wrist:** With palms down, press hand down, then up.

Lower Body Stretches (hold each 15-30 seconds)



- **Lower back/buttock:** Hug leg to chest. Repeat with other leg.



- **Hamstring:** Extend leg, resting heel on floor, toe pointing up. Lean forward slightly, reaching for shin. Repeat with other leg.

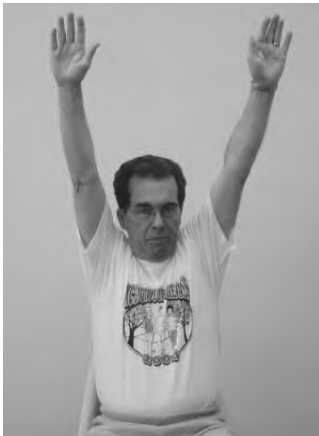


- **Ankles:** Point and flex toes of right foot, then circle in each direction. Repeat with left foot.



- **Breathing:** Hands on sides of rib cage, inhale through nose and feel ribs expand. Exhale through mouth and feel ribs contract.

Cool-Down, Balance and Breathing



- **Rising and setting sun:** Inhale, raising arms over head; exhale while lowering arms to sides.



- **Balance tree:** Stand, holding back of chair with hand or finger for balance. Lift left foot, placing left heel on toes of right foot. Lift toes of top foot and hold. Now raise foot near opposite knee (but not resting on the knee). Put toe to floor and lift again. Change foot positions.



- **Balance:** Stand, holding back of chair with both hands, and lift right knee. Lift left arm in front, then arc out to side of body and back. Repeat with right arm. Now switch knees and repeat with each arm.



For questions about presenting this physical activity program, contact Michael Bradshaw,
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