

Keeping Body and Mind in Shape



“People do not die of old age, they die of inactivity” Jack LaLane

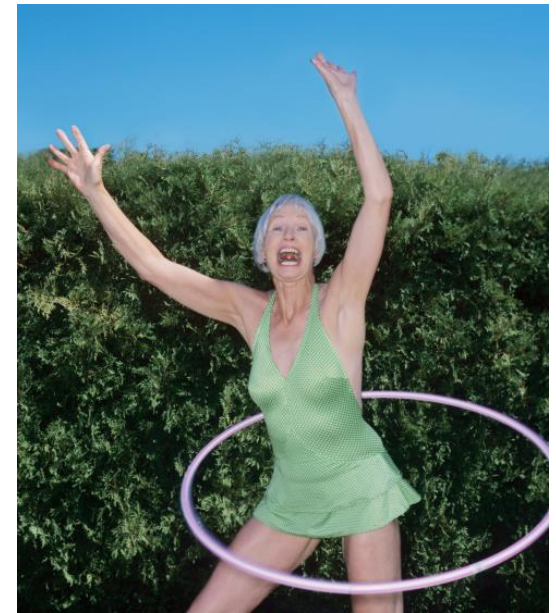
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Exercise vs. Physical Activity

- What is the difference between physical activity and exercise?
 - Physical activity includes tasks done while working, cleaning, exercising, and other leisure activities.
 - Exercise is physical activity that is planned and structured in order to improve or maintain physical fitness and health.
- How much exercise do adults over the age of 65 in general good health need?
 - 2 hours and 30 minutes of moderate cardiovascular activity PLUS
 - Muscle strengthening exercise at least two days a week working all major muscle groups OR
 - 75 minutes of higher intensity cardiovascular activity a week PLUS
 - Muscle strengthening exercise
- 10 minutes at a time is fine!
- <http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>

What should I do?

- Remember, exercise is about progression. Take each day step by step. You know how you feel each day and what you can and cannot do. Challenge yourself, but be smart about your body. Perform exercises as tolerated.
- Check with your doctor before you begin an exercise program.
- Have fun!



Why should we exercise?

- **Benefits**
 - Weight control
 - Decrease risk of cardiovascular disease
 - Reduce risk of Type 2 Diabetes
 - Strengthens bones and muscles
 - Improve mental health and mood
 - Improve endurance
 - Reduce risk of falls
 - Reduce medication
 - Improve flexibility and range of motion
 - Help in controlling pain and stiffness
 - Improve focus and cognition
- **Focus: Body & Mind**

What can you do for exercise?

- Cardiovascular/aerobic exercise
 - Walk/jog/run
 - Swimming
 - Biking
 - Dancing
 - Join aerobic classes
 - Add own equipment to aerobic workout
 - Balls, Frisbees, canes, etc.
 - Do more coordinated movements
 - Ask yourself, how can I stimulate my mind at the same time?

Cardiovascular Exercise

- Ball Beats (Drums Alive)
 - <http://youtu.be/RAY8-7LrtY0>
- Stability Balls
 - Standing or sitting
- Frisbees and paper plates
 - Sitting/standing
- Pencils, wooden dowels, etc.
- Create various rhythms while exercising



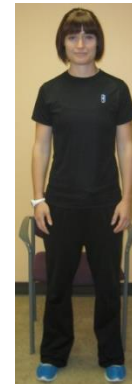
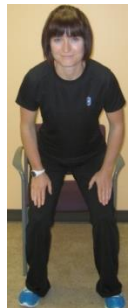
Strength Exercises

- Equipment and Options
 - Dumbbells
 - Resistance Bands
 - Exercise Balls & Regular Balls
 - Body Weight Exercises
- How stimulate mind?
 - Count by 2, 3, 4, 5, 6, etc.
 - ABC's backwards
 - Coordinated movements
- If there is pain, do not do the exercise
- Take your time and build up strength
- 8 – 15 times, complete each set twice
- Always maintain good posture and breathe!

CHAIR STANDS



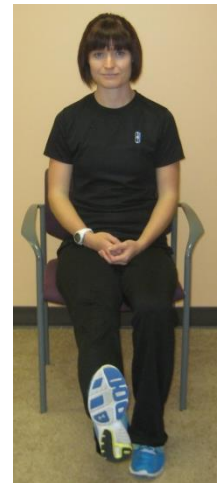
- Sit tall in chair. Feet are flat on floor.
- Sit towards the middle or front of chair.
- Place hands on thighs or arm rests.
- Knees are stacked above ankles.
- Shift weight forward as you stand up, pressing hands into thighs or arm rests.
- Press heels into ground as you stand up.
- Repeat 8 – 15 times, 1 – 2 sets.



STRAIGHT LEG RAISES



- Sit on edge of chair.
- Straighten right leg. Place heel on floor. Toe points up.
- Lift right leg off the floor.
- Slowly lower leg down.
- Repeat 8 – 15 times, 1 – 2 sets.
- Add upper body movement for more work and brain work!



WALL PUSH UPS

- Face a wall. Stand about an arm's length away, feet shoulder width apart.
- Lean body forward. Put palms flat against wall at shoulder height and shoulder width apart.
- Bend elbows and lean upper body towards wall.
- Slowly push back until arms are straight.
- Repeat 8 – 15 times, 1 – 2 sets.
- Use a ball instead of the wall for a change

Squeeze ball with palms



ABDOMINALS



- Scoot towards the middle or front of chair.
- Sit tall and cross arms on chest.
- Gently lean back until your upper back touches the back of the chair. Do not round shoulders.
- Come back to seated position and repeat.





ABDOMINALS

- Sit in the middle of the chair or with your back against the chair.
- Place hands at sides.
- Both feet are on the floor, knees are bent.
- Lift knees straight up and lower down.



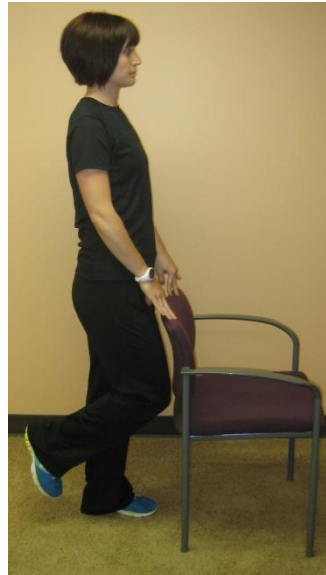
BALANCE

- ALWAYS have a sturdy chair nearby if you feel unstable.
- Make sure there are no throw rugs or items you can trip over in the area you doing exercises.
- Balance is progressive. Start with one exercise and gradually add more challenging movements.
- Tai Chi, balance exercises, incorporate balance into traditional exercises
 - Stand on one leg and do a shoulder raise



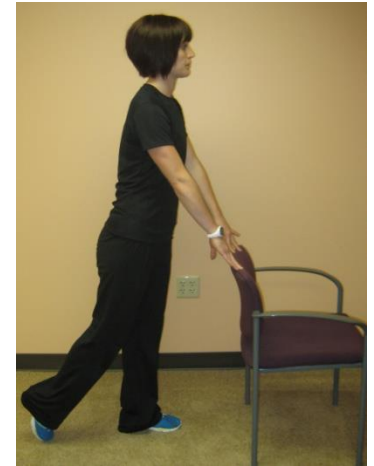
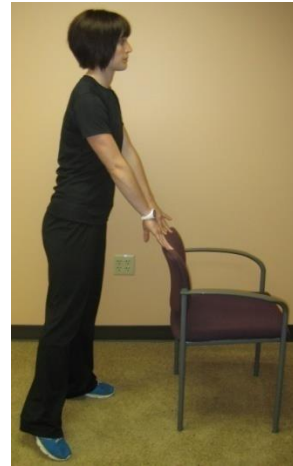
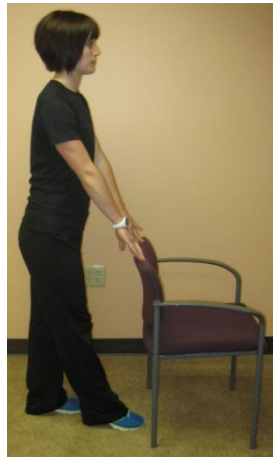
ONE FOOT STANCE

- Stand behind a sturdy chair.
- Lift one foot off floor. The leg you are standing on should be slightly bent.
- Try to hold stance for at least 10 seconds.
- Continue trying to add on more seconds.



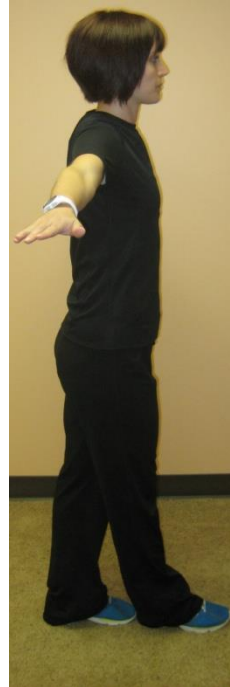
TOE TAPS

- Stand behind sturdy chair.
- Tap right foot in front of you.
- Tap right foot to the side.
- Tap right foot behind you.
- Repeat on the left foot.
- Gradually progress to no tapping and not using a chair.
- Repeat at least 5 times each side.



HEEL TOE WALK

- Position right foot in front of left foot. Heels and toes should almost touch.
- Take a step by putting your left heel in front of your right toes.
- Try to walk at least 10 steady steps. Perform close to wall if feel unsteady.



WEIGHT SHIFTS

- Stand behind sturdy chair.
- Step right foot forward. Shift all weight on right foot.
- Step right foot to the side. Shift all weight on right foot.
- Step right foot behind you. Shift all weight on right foot.
- Repeat on the left foot. Do at least 3 times each side.

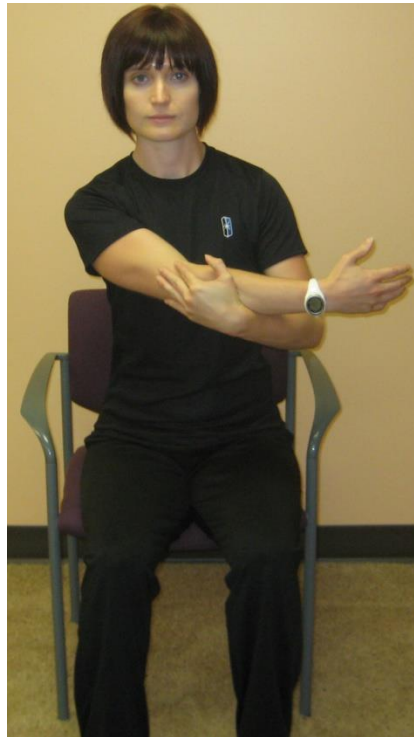


Flexibility

- Perform stretching exercises at least twice a week.
- Make sure to stretch after exercising.
- Hold stretch for at least 15 seconds.
- If you feel a SHARP PAIN when stretching, relax the position you are in.
- Never stretch without warming up your muscles.
- Do not bounce when stretching.
- Always breathe.

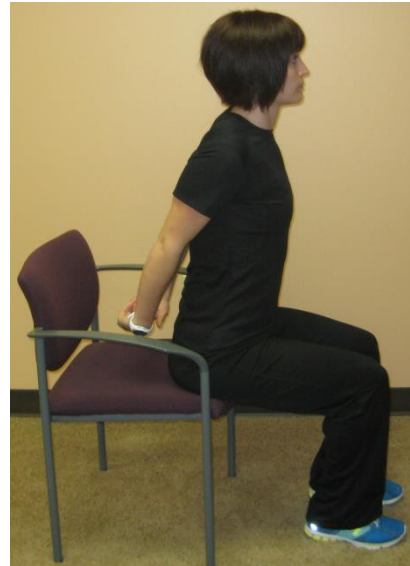
SHOULDER STRETCH

- Take your right arm and bring it across your chest.
- Carefully press arm towards chest (right above the elbow).
- Hold for 15 seconds. Repeat on opposite side.



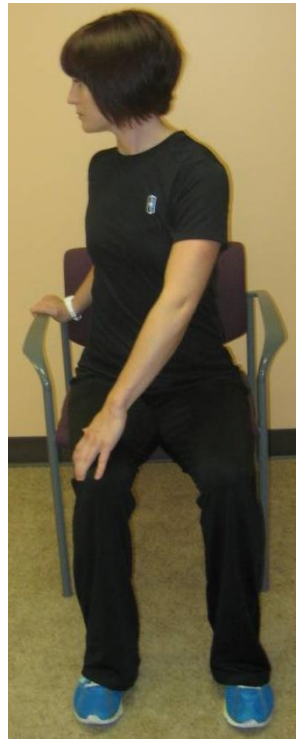
CHEST STRETCH

- Sit or stand tall.
- Hold arms to sides of body at shoulder height.
- Slowly move arms back, while squeezing shoulder blades together. Stop when you feel a stretch.
- Hold for at least 15 seconds.



BACK STRETCH

- Take your right hand and place it on your left knee.
- Slowly turn to your left, trying to peer over your left shoulder.
- Hold for 15 seconds.
- Repeat placing your left hand on your right knee.



LEG STRETCH

- Stretch out your right foot so your heel is touching the ground.(Toe pointing up towards the sky).
- You may need to sit towards the front of the seat in order to get in this position.
- Knee should be slightly bent, not locked.
- Slowly bend at the hips and reach towards your toes until you feel a gentle stretch.
- Hold for 15 seconds.
- Repeat on opposite side.



Remember

- Ask yourself how can you challenge yourself physically, but mentally as well.
 - Use different pieces of equipment
 - Count in creative ways
 - Perform coordinated movements-opposite arm and leg
 - And as always.....HAVE FUN!



THANK YOU VERY VERY MUCH!
HAVE A HAPPY AND HEALTHY DAY!

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