

BE ACTIVE EVERYDAY

Home Exercise Program



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Reference:

Steppin' Up with Confidence: Peer Leader Training Manual

Warm – Up Exercises (5 Minutes):

<p>Marching, 1 minute Start slow & begin to add arms</p>	<p>Arm Circles 2 sets, 8 reps each</p>	<p>Arm Swings 2 sets, 8 reps each Alternate each arm on top</p>
<p>Upward Reaching 2 sets, 8 reps</p>	<p>Shoulder Shrugs 2 sets, 8 reps</p>	<p>Wrist Circles 2 sets, 8 reps</p>
<p>Finger Touches 2 sets, 8 reps</p>	<p>Front to back toe taps 2 sets, 8 reps</p>	<p>Set: number of times you do a group of exercise Rep: number of times you do an exercise during a set Ex. 2 sets, 8 reps Means you do 8 repetitions of the exercise twice (sets)</p>

Cardiovascular Exercises (10 minutes):

<p>Marching, (Normal, then wide & narrow) 3 minutes total!</p>	<p>Step-together-step touch 3 sets, 8 reps each</p>	<p>Step to the side 3 sets, 8 reps each</p>
<p>V-steps 3 sets, 8 reps (remember to change direction)</p>	<p>Waltzing 3 minutes total</p>	

Cardiovascular Cool-Down Exercises (5 minutes):

<p>Side to side toe taps 2 sets, 8 reps each</p>	<p>Heel taps 2 sets, 8 reps each</p>	<p>Stationary toe taps 2 sets, 8 reps each</p>
<p>Shoulder circles 2 sets, 8 reps</p>	<p>Ankle Rotations 2 sets, 8 reps each</p>	<p>Fist exercises 2 sets, 8 reps each</p>

Muscular Strength & Endurance Exercises (5 Minutes):

<p>Abdominal Chair Crunches 2 sets, 8 reps each</p>	<p>Leg squeezes 2 sets, 8 reps each</p>	<p>Calf Raises 2 sets, 8 reps each</p>
<p>Wall Push-ups 2 sets, 8 reps</p>	<p>Bicep Curls 2 sets, 8 reps (keep elbows in)</p>	<p>Tricep Kickbacks 2 sets, 8 reps</p>
<p>Sit to stand 2 sets, 8 reps (encourage minimal use of chair arms)</p>	<p>Back squeeze 2 sets, 8 reps</p>	<p>Set: number of times you do a group of exercise Rep: number of times you do an exercise during a set Ex. 2 sets, 8 reps Means you do 8 repetitions of the exercise twice (sets)</p>

Balance Exercises (5 Minutes):

<p>Reach Forward 2 sets, 10 seconds</p>	<p>Shift weight foot to foot 2 sets, 8 reps each</p>	<p>One leg stand 2 sets, 10 seconds</p>
<p>Knee Raises 2 sets, 8 reps</p>	<p>Walk on a line 4 times, back & forth (try walking by wall)</p>	

Flexibility Exercises (5 Minutes):

<p>Hip Stretch 15 seconds Each leg</p>	<p>Hamstring stretch 20 seconds each leg (don't bounce)</p>	<p>Front thigh stretch 15 Seconds each leg</p>
<p>Neck stretch, Chin-to-chest 15 seconds</p>	<p>Triceps stretch- across body 15 Seconds each arm</p>	<p>Bear hug 30 Seconds Tell a joke at the same time!</p>

Glossary (Per exercise group):

Warm – Up Exercises (5 Minutes):

MARCHING

March with feet shoulder width apart at first. Then bring feet closer together and march. Spread feet wider apart and march. Swing arms along the side of your body.

(M): *Sit down and alternate lifting knees to chest as if marching*

ARM SWINGS

Slowly swing your arms back and forth along your sides. This is the same arm motion you would use if you were taking large steps. Keep your elbows loose and relaxed.

SHOULDER SHRUGS

Stand or sit with arms down by your side. Look straight ahead and keep your shoulders back and relaxed. Slowly and gently raise your shoulders towards your ears. Hold and lower your shoulders back to neutral (starting) position. Repeat.

WRIST CIRCLES

While standing or sitting, draw circles with your fingers, clockwise and counterclockwise.

ARM CIRCLES

Stand or sit with your arms away from your body so that your arms and body create a "T" shape. Slowly make circles with your outstretched arms, forwards and then backwards.

(M) *Start with your arms away from your body so that your arms and body form a "T" shape. Before moving your arms bend your elbows so that your hands are pointing towards the ceiling. Make circles with your elbows, forwards and then backwards.*

UPWARD REACHING

While standing or sitting, with one arm at a time, reach up and across your body. This motion will be similar to that used when picking apples.

FRONT/SIDE/BACK TOE TAPS

While standing or sitting, step your right toe out to the front, then to the side and then behind your body. Bring feet back together and repeat with the left leg.

FINGER TOUCHES

Touch each finger to your thumb on the same hand. Change the speed as you do this.

Cardiovascular Exercises (10 Minutes):

MARCHING

March with feet shoulder width apart at first. Then bring feet closer together and march. Spread feet wider apart and march. Swing arms along the side of your body.

(M): *Sit down and alternate lifting knees to chest as if marching.*

STEP TO THE SIDE

When standing or sitting, step to the right with your right foot, bring your left foot to your right foot. Step to the left with your left foot and bring your right foot to your left foot. Repeat.

V-STEPS

Stand or sit with your feet together at the 6 o'clock position on the face of a clock. Step out to the side and to the front, 2 o'clock with your right foot and to the 10 o'clock position with your left

STEP-TOGETHER-STEP-TOUCH

When standing, step to the right with your right foot, then bring left foot in to meet your right foot. Step to the right again with your right foot and bring left toe in to touch right foot. Step to the left with left foot, then bring right foot in to meet your left foot. Step to the left again with your left foot and bring right toe in to touch left foot. Repeat.

WALTZING

Slowly, with exaggerated motions, dance around the room.

Cardiovascular Cool-down Exercises (5 Minutes):

SIDE TO SIDE TOE TAPS

While standing or sitting, step your right toe out to the side, touch the floor, and bring your feet back together. Repeat with the left foot.

HEEL TAPS

While standing or sitting put your right heel out in front of your body, and then out to the side of your body. Bring feet back together and repeat with your left leg.

SHOULDER CIRCLES

Stand or sit with your arms down by your side. Slowly draw circles with your shoulders, forwards and then backwards.

FIST EXERCISES

Slowly make a fist with each hand. Open and repeat.

STATIONARY TOE TAPS

While standing or sitting, put your feet flat on the floor and tap your toes. You can do this in front of your body or turn your foot to the side and tap out to the side. Repeat with the other leg.

ANKLE ROTATIONS

Sit upright near the edge of a chair with feet flat on the floor. Lift one foot off the floor and slowly rotate your ankle so that you draw a circle in the air with your toes. Do this in both directions (clockwise and counterclockwise). Repeat with the other foot.

Muscular Strength & Endurance Exercises (5 Minutes):



2 ABDOMINAL CHAIR CRUNCHES

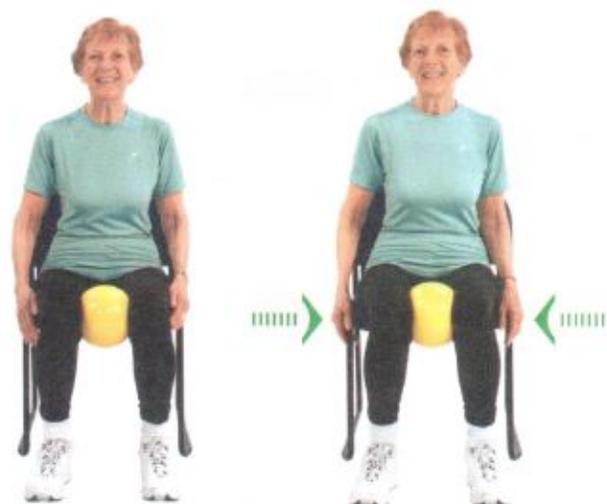
Sit upright near the edge of your chair with your feet flat on the floor. Cross your arms in front of your chest and keep your head, neck and spine in a neutral position. While keeping your chin straight, contract your core (abdominal) muscles and slowly lean backwards until your back almost touches the chair. Slowly return to the upright starting position. Keep your back straight, abdominals tight and remember to breath throughout the movement. Stop if you have any lower back discomfort or move through a smaller range of motion.



(M): Do the same movement but keep your hands on your thighs.

LEG SQUEEZE

Sit upright near the edge of a chair with your feet flat on the floor. Place a soft ball between your knees. Contract your abdominal muscles and squeeze the ball by trying to push your legs together. Hold and repeat. If you do not have a ball, you may do the same exercise by placing your hands on the inside of your thighs. Push out against your legs for resistance.



1 CALF RAISES

Stand behind a chair or near a wall for balance (you can hold on with 2 hands, one hand, one finger or not at all). Contract your core and slowly rise up onto the balls of your feet (so your heels are off the ground). Slowly lower your heels back to the ground. During this exercise be sure to keep your heels in line with your toes.



10 WALL PUSH-UPS

Stand about 2 feet from a solid wall. Place hands on the wall at shoulder height, just wider than shoulder width apart. Keep your shoulders back in a neutral position and your core muscles tight. Slowly lower your body towards the wall, pause, and push yourself away from the wall back to the starting position.



2 BICEP CURLS

While standing or sitting, place your arms by your sides with palms facing forward. Keep your elbows tucked into the side of your body. Slowly bend your elbows curling your arms towards your shoulders in a controlled fashion. Stop briefly at the top of the motion and then slowly lower your hands back down to the starting position using the motion, just in reverse. Be sure to keep your wrist in a neutral and locked position with your upper arm throughout the movement. This exercise can be done using both arms at the same time or alternating the right and left arms.



8 TRICEPS KICKBACKS

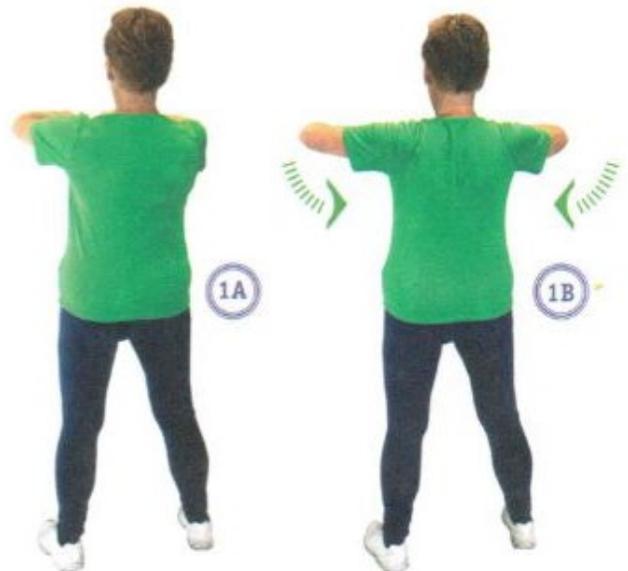
Sit upright near the edge of your chair with feet slightly more than shoulder width apart and staggered. You may need to move to the right side of the chair or turn so your arm does not hit the arm or back of the chair. Lean forward slightly, and rest your left hand gently on your front thigh for support. Bend your right elbow to 90 degrees and keep it tucked in to the side of your body. Straighten your arm behind you, moving only the lower part of your arm – keeping your upper arm still. Return to the starting position and repeat. Repeat with left arm.



9 SIT-TO-STAND

Sit upright near the edge of a chair with your feet flat on the floor. Place your hands on the arms of the chair for balance and slowly stand up, using your legs as much as possible. Sit back down in the chair and repeat.

(M): Do the same exercise but push down on the chair with your hands to help yourself get up.



1 BACK SQUEEZE

While standing or sitting, put your arms straight out in front of your body, about shoulder height. Have your elbows bent slightly and squeeze your shoulder blades as if you are trying to squish a pencil between them. Make sure your arms only move sideways, not up and down. Return to starting position and repeat.

Balance Exercises (5 Minutes):

3 REACH FORWARD

Sit on a chair for balance. Stay in an upright position and slowly reach your arms forward in front and shift your weight onto the balls of your feet. Return to starting position.



SHIFT WEIGHT FOOT-TO-FOOT

Stand beside a chair for balance. Slowly shift your weight onto your left foot, going as far as is comfortable. Return to starting position and repeat on your right side. Feel free to move your arms in the same direction as your weight shift (more advanced).



(M): Sit in a chair and slowly shift your weight to the right side of your body by leaning towards the right arm of the chair. Return to starting position and repeat on your left side.

ONE-LEG STAND

Stand beside or hold onto a chair for balance. Shift your weight onto your left foot and bend your right knee so that your right foot is slightly off the ground. Hold. Repeat exercise on your right foot.



(M): Do the same exercise except keep your right toe on the ground when balancing on your left foot. Do not put much weight on your right toe, just keep it there for more stability.

KNEE RAISES

While standing by a chair for support, bend your knee to lift one foot up off of the ground (as if you were stepping over a log). Hold and lower your foot back to the floor. Repeat with the other leg.

(M): Do the same motion with your leg but in a seated position.



5 WALK ON A LINE

Find a line in your exercise room and have participants try to walk along that path as closely as possible. To improve balance, keep your arms out to the side and take larger steps. Be sure to use good posture and look straight ahead as much as possible.

(M): Walk along a line beside a wall or a line of chair so participants can hold on, if necessary.



Flexibility Exercises (5 Minutes):

HIP STRETCH

Sit upright near the edge of a chair with your feet flat on the floor. Place one ankle on the opposite knee. Keeping your back straight, gently lean forward from the hips until you feel a stretch in the hip and buttocks. Hold 6t repeat with the other leg.



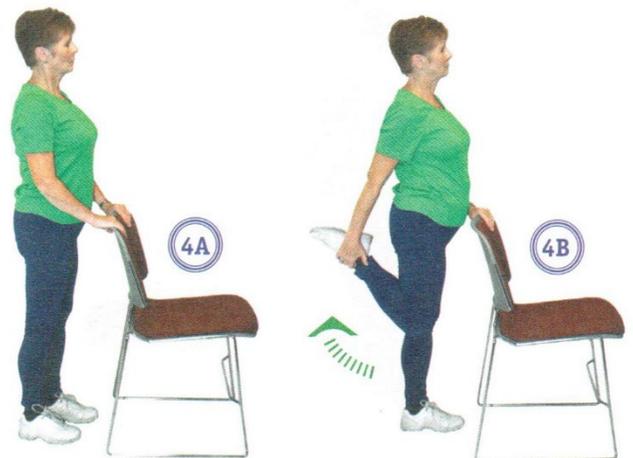
5 HAMSTRING STRETCH

While sitting in a chair, extend your right leg in front of you and keep your toes pointed up towards the ceiling. Gently place your hands on your right thigh without applying pressure on your leg. With a straight back, slowly bend forward at the hips. Hold 6t repeat with the other leg.



4 FRONT THIGH STRETCH

While holding onto a chair for support with your left hand, bend your right knee and try to grab your right foot or ankle with your right hand. Gently pull your heel towards your bum, keeping your head and shoulders upright. Keep your knees close together and your thighs parallel. Hold and repeat. Repeat with your left leg.



NECK STRETCH- CHIN TO CHEST

While sitting on a chair, look straight ahead, and keep your shoulders back and relaxed. Slowly and gently lower your chin to your chest. Hold and return to the upright position.



TRICEPS STRETCH – ACROSS BODY

While standing or sitting, bring your right arm across your chest, just below shoulder height. Place your left hand behind your right upper arm and gently pull your right arm further across your chest so that you feel a stretch in your upper arm and back. Keep your right arm straight and your fingers loose. Hold & repeat with the other arm.



1 BEAR HUG

Sit upright near the edge of a chair with your feet flat on the floor. Slowly wrap your arms around yourself into a big hug. Reach for your back until you feel a slight stretch. Hold & repeat with the other arm on top.

