



“Healthy Together”



Funding for this program given by New Horizons

Time	Topic	Points to review in the group	Participants Handouts
10 mins	<p>Why should older adults exercise?</p> <p>What benefits have you seen with regular exercise?</p>	<p>Exercise can deliver life transforming benefits. Physical activity will definitely make you look trimmer and healthier, but it will also build your bone density, prevent diabetes, and keep you on the dance floor and out of the nursing home.</p> <p>Give an example in your life about how exercise has helped you feel better and stronger to start the group off.</p>	<p>Canada physical activity guide for older adults</p> <p>http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-older%20adults-ENG.pdf</p>
10 mins	What should I consider before starting a new exercise program?	<ul style="list-style-type: none"> -Listen to cues from your body such as dizziness or pain and stop or modify the exercise -Do you have any medical conditions such as Diabetes? If so be sure to check your sugar levels before starting exercise 	
10 mins	Tips for sticking with exercise	<ul style="list-style-type: none"> -Plan exercise into your week just like you would a medical appointment -Surround yourself with people that support healthy lifestyle choices such as exercise -Write down an exercise goal at the beginning of every month that is specific. For example “ I would like to feel less pain and tightness in my left shoulder on a scale of 1-10”. 	
30 mins	Demonstrate or show video clips of each of the 9 exercises	Modifications to make the exercises easier or harder	Pictures and video clips for the 9 exercises

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Exercise Workshop: Top 9 Exercises for Older Adults

Participant Handout

Top strengthening and stretching exercises for older adults

Exercise	
<p>Chair squat: Sitting down onto a chair</p> <p>Benefit: Strengthens your legs and improves your balance</p>	<p><u>Where you will feel it:</u> In the muscles in front of your thighs</p> <p><u>To make it easier:</u> Push your hands against your knees as you stand</p> <p><u>To make it harder:</u> Hold weights in your hands as you stand up</p> <p><u>Tips:</u> Your feet should be far enough away from the chair that your knees line up with your ankles as you stand</p> <p><u>How many should I do?</u></p>



Try 5 to start and work your way up to 12

Chest Stretch: Hold on to the back of the chair and lean forward

Benefit: Improves your posture and decreases shoulder pain

Where you will feel it:

You should feel a stretch in your chest and the front of your shoulders

To make it harder: Clasp your hands together behind your back



How long should I hold the stretch for?

30-60 seconds



Tips:

Keep your back straight and shoulders down

Leg Strength: Step side to side

Benefit: Improves balance and stability

Where you will feel it:

Inner thigh and butt muscles

To make it harder:

Use ankle weights or an exercise band



tied just above your ankles

Tips:

You should hear your foot dragging on the floor to really work your inner thigh muscles

How many should I do?

10-12 side steps

Upper Back Strengthening:

Benefit: Great for posture and to reduce shoulder pain



Where you will feel it:

Upper back and legs

To make it easier: Don't bend your knees as much while you are doing the exercise

Tips:

Don't slough

Lean far enough back away from the door to make sure that you don't feel pain in your knees

For safety make sure that you secure the door in place before doing this exercise

How many should I do?

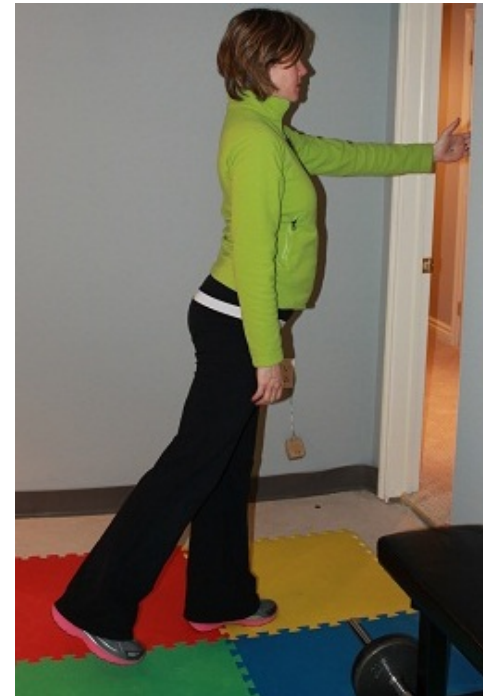
8-10

Low Back Strengthening and Balance: Extend opposite arm and leg out to make a straight line with your back
Benefit: Reduces low back pain and safety trains your balance



Where you will feel it:
Upper and lower back
To make it easier:

Do the standing option



Abdominal Strengthening: Lower to your knees and elbows and hold

Benefit: Improves your core strength to better support your lower back



Where you will feel it:

Abdominal muscles (stomach area)

To make it easier: Stay on your hands and knees and pull your belly up and then relax it

How long should I hold it for?

Try 10 seconds to start and work up to 30 seconds

Back Stretch: Get on your hands and knees and curl your back up to the sky (like a cat stretching right after a nap)

Benefit: Alleviates back pain



Where you will feel it:

In your lower and upper back

To make it easier:

Do the same stretch sitting in a chair

Tips:

Pull in your abdominal muscles during this stretch to protect your back

Try the stretch in front of the mirror to see if you are doing the stretch properly

How many should I do?

Try 5-8 but more can be done without risk of injury

Chest Strengthening: Stand a few feet in front of a wall and bring your chest towards the wall

Benefit: Makes pushing movements such as pushing open a heavy door or pushing a grocery cart



Where you will feel it:

Chest and front of shoulders

To make it harder

Do push-up from the floor or counter-top

How many should I do?

Try 10

Hamstring Stretch: Step a few feet from a chair, keep your back straight and lift your bum up

Benefit: Lessens pain the back of your legs



Where you will feel it:

Back top of your legs and lower back

Tips:

Stand far enough away from the chair and stick your bum up

How long should I hold it for?

30-60 seconds