

SILVERSNEAKERS® FITNESS WORKSHOP

A LITTLE MEANS A LOT.



Taking small steps can make a big difference.

SilverSneakers®





SILVERSNEAKERS
FITNESS WORKSHOP

OBJECTIVES

1. Identify a fitness goal.
2. Develop a plan with small steps to achieve it.
3. Practice exercises.

“

Your life does not get better by chance, it gets better by change.

- Jim Rohn , Motivational Speaker


SilverSneakers





CONQUER YOUR GOALS

1. Use S.M.A.R.T. goals.

Specific, Meaningful, Action-Oriented, Rewarding, Time-Bound.

2. Take small steps.

Start by planning workouts for the first week. Continue every week, increasing intensity so you stay challenged but safe.

3. Have a buddy.

Tell friends and family your goals so they can help keep you on the right path.

4. Celebrate your success.

Don't wait until you reach your final goal. Enjoy the journey.

5. Track progress.

Choose how you'll evaluate results. Keep a daily food and exercise journal, and track your progress each week.

EXAMPLE:

To improve my physical fitness, I'm going to complete a 5K. By walking three times per week and participating in SilverSneakers classes, I'll be able to complete the race in under an hour.



Milestone: Sign up for a local 5K in the next month.



Deadline: Complete 5K in three months.



MY GOAL

In order to _____ (benefit/achievement),

I am going to _____ (goal)

by _____ (small step) and

_____ (small step).



Milestone: _____



Deadline: _____

My Accountability Buddy: _____

Signature: _____ Date: _____

5 SMALL WAYS TO GET THERE

① _____

③ _____

② _____

④ _____

⑤ _____





"Small, consistent improvements over time equal BIG results."

- Jim Rohn, Motivational Speaker

THE PLAN

Goal: _____

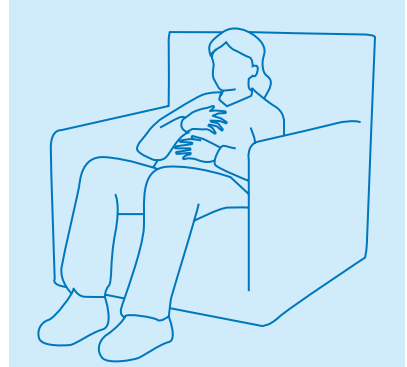
SMALL ACTION STEPS		
<i>Mon:</i>	<i>Tues:</i>	<i>Wed:</i>
<i>Thurs:</i>	<i>Fri:</i>	<i>Sat:</i>
<i>Sun:</i>	<i>Weekly Wins:</i>	

AT-HOME EXERCISES

Diaphragmatic breathing technique

To perform this exercise while sitting in a chair:

1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.



Note: You may notice an increased effort will be needed to use the diaphragm correctly. At first, you'll probably get tired while doing this exercise. But keep at it, because with continued practice, diaphragmatic breathing will become easy and automatic.

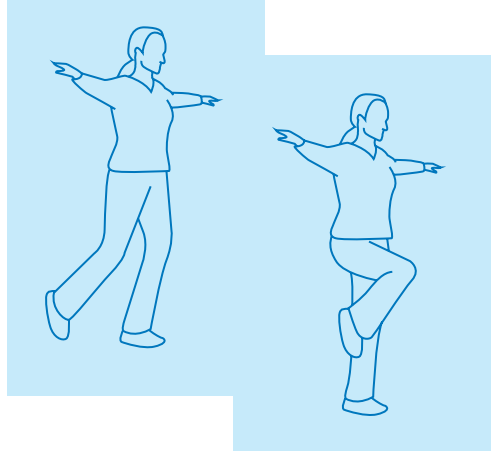


AT-HOME EXERCISES

Stand on one leg

You can do this exercise while waiting for the bus or standing in line at the grocery. For an added challenge, you can modify the exercise to improve your balance. Stand on one foot behind a sturdy chair, holding on for balance.

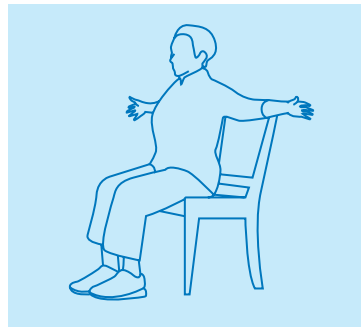
1. Hold position for up to 10 seconds.
2. Repeat 10-15 times.
3. Repeat 10-15 times with other leg.
4. Repeat 10-15 more times with each leg.



Chest stretch

This exercise, which stretches the chest muscles, is also good for your posture. You can do this stretch while standing or sitting in a sturdy, armless chair.

1. Keep your feet flat on the floor, shoulder-width apart.
2. Hold arms to your sides at shoulder height, with palms facing forward.
3. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
4. Hold the position for 10-30 seconds.
5. Repeat 3-5 times.

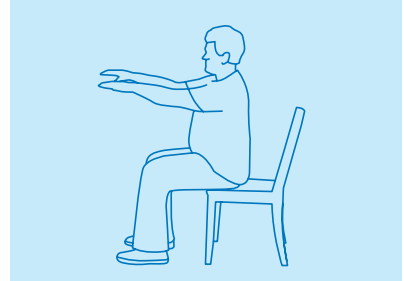


AT-HOME EXERCISES

Chair stand

This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car. If you have knee or back problems, talk with your doctor before trying this exercise.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.



Note: People with back problems should start the exercise from the sitting upright position.



TAKE 10

Exercise doesn't have to be complicated. In fact, just 21 minutes a day, or 30 minutes/5 days a week¹, can help improve your health*. And you can even split that into 10-minute blocks of time!

*Results vary. Not all participants will achieve these results or benefits.

A LITTLE MEANS A LOT

S X E U Z V A M H D S S V Z J
 T O U S S R K H O S M P J T H
 E S U I Z Z P L E A R L S J S
 P K A L I I E C R O C Y V S N
 S U I V G X C T G C H A N G E
 X O F E S U T R O P P U S G I
 B M G R S D E B V V Z Z V N T
 S I J S G S N N E D C K S C N
 T A F N S O V E A C V V N D E
 L L A E W R A L I Z I E E E Y
 U A W A P F Y L I R V Z P Q L
 S Z F K E N U F S Y F L K E O
 E B J E B S G G M K M V G B D
 R I Q R L J P D B H O D P N U
 A P U S J N R X B I Q B U W B

CHANGE
 FRIENDS
 FUN
 GOALS

PROGRESS
 RESULTS
 SILVERSNEAKERS
 SMART

STEPS
 SUCCESS
 SUPPORT





3 BREAKFASTS, 3 INGREDIENTS

Easy Avocado Toast

Toast 1 slice of whole grain bread, and then smear on $\frac{1}{4}$ avocado. Top with 2 poached eggs. If poaching is too high-maintenance for you, serve your eggs over easy, scrambled, or even fried, keeping oil to a minimum.

Berry Bliss Smoothie

Add 1 cup fat-free Greek yogurt, $\frac{1}{2}$ cup frozen mixed berries, and $\frac{1}{2}$ cup almond, soy, or cow milk to a blender.

Hit “start.” If you prefer a thinner smoothie, simply add some water to the blender, and mix again.

Egg Muffins

Preheat oven to 400 degrees. Lightly coat three to four spots of a muffin tin with nonstick spray. Crack 2 eggs into a medium bowl and whisk. Add $\frac{1}{2}$ cup spinach and $\frac{1}{4}$ chopped bell pepper into the bowl. Pour the mixture into the tin. Bake for 20 to 30 minutes.

Track your progress

[SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere)

1-888-423-4632 (TTY: 711)

Source: [silversneakers.com/blog/6-delicious-breakfasts-you-can-make-with-just-3-ingredients](https://www.silversneakers.com/blog/6-delicious-breakfasts-you-can-make-with-just-3-ingredients)

1. <https://www.cdc.gov/features/activity-older-adults/index.html>

SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2018 Tivity Health, Inc. All rights reserved. SSFP5832WORKBOOK1018