**A Little Means a lot Workshop Choreography**

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| SAY   * Exercise does not have to be complicated to be effective. * Guidelines: 150 minutes of moderate physical activity a week, that’s just 21 minutes a day, or 30 minutes/5 days a week, can help improve your health and wellbeing. This can also be split that into 10-minute blocks of time. * With that in mind, the class will allow participants the opportunity to practice a few exercises they can easily implement into daily life. * From strength to mindfulness, you’ll review many of the components of fitness. * The exercises are simple and can help participants work toward the goal of 150 minutes of moderate activity/week of physical activity, or their own goal. * Exercises for the following areas are included:   + Breathing   + Flexibility   + Strength   + Cardiovascular   + Balance   + Meditation/mindfulness |
| Note to facilitator: explain, demonstrate, and practice each exercise with the participants. Some sections include sample talking points. If you are comfortable, please put these into your own words.  SAY:   * Educate participants about the role of the diaphragm.   + The diaphragm is the most efficient muscle of breathing.   + It is a large, dome-shaped muscle found at the base of the lungs.   + Your abdominal muscles help move the diaphragm and give you more power to empty your lungs.   + Diaphragmatic breathing is intended to help you use the diaphragm correctly while breathing to:     - Strengthen the diaphragm.     - Decrease the work of breathing by slowing your breathing rate.     - Decrease oxygen demand.     - Use less effort and energy to breathe.   Exercise: Diaphragmatic breathing technique   * Perform this exercise while sitting in a chair: * Sit comfortably, with your knees bent and your shoulders, head and neck relaxed. * 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. * Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should stay as still as possible. * Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest should stay as still as possible. Repeat 10 times. * Remind participants that they may notice an increased effort will be needed to use the diaphragm correctly. At first, they may get tired while doing this exercise. Do not over exert. Encourage participants to keep at it, because with continued practice, diaphragmatic breathing will become easier and automatic. |
| SAY   * Educate member about why working on balance may be important to them.   + Having good balance is important for many everyday activities, such as going up and down stairs or walking on uneven surfaces.   Exercise: Stand on one leg   * You can do this exercise while waiting for the bus or standing in line at the grocery. Stand on one foot behind a sturdy chair, holding on for balance. * Hold position for up to 10 seconds. For an added challenge, you can modify the exercise by not holding onto the chair. * Repeat 10-15 times on each leg. * Challenge participants to pause at the top of the exercise and hold for 2-5 seconds.   Exercise: Heel-to toe walk     * For this exercise, position the heel of one foot just in front of the toes of the other foot. Participants’ heels and toes should touch or almost touch. * Choose a spot ahead of you and focus on it to keep you steady as you walk forward. * Take a step. Put your heel just in front of the toe of your other foot. * Repeat for 20 steps or for a prescribed distance. * This exercise can be done by a wall for extra support.   Note:  If there is room, and there aren’t too many participants, they can perform this around the perimeter of the room. If it is too difficult to do, participants can practice behind their chair by placing feet in a tandem (heel to toe) stance and practice shifting weight from the back foot to the front foot.  Exercise: Balance walk   * Choose a spot ahead and focus on it to keep you steady as you walk. * Walk in a straight line with one foot in front of the other. * As participants walk, have them lift their back leg. Pause for 1 second before stepping forward. * Repeat for 20 steps or prescribed distance, alternating legs. * Challenge participants by having them by look side to side.   Note:  If there is room, and there aren’t too many participants, they can perform this around the perimeter of the room. If it is too difficult to do, participants can practice behind their chair by stepping from foot to foot with their arms out to their sides. You can increase the difficulty by looking side to side. |
| SAY   * Educate participants about the importance of strength and how each exercise can help them perform daily activities.   Exercise: Grip Strength  This simple exercise can help improve grip strength. Grip strength is important for activities that include picking things up or holding on to them. It also will help you open things (example: jars) more easily.   * Slowly squeeze the ball as hard as you can and hold it for 3-5 seconds. * Relax the squeeze slowly. * Repeat 10-15 times. * Repeat 10-15 times with other hand.   \*Perform without ball if necessary.  Exercise: Lateral (lat) raise  This exercise will strengthen participants’ shoulders and make lifting things like groceries easier.   * Keep your feet flat on the floor, shoulder-width apart. * Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly. * Slowly breathe out as you raise both arms to the side, shoulder height. * Hold the position for 1 second. * Breathe in as you slowly lower your arms. * Repeat 10-15 times. * Rest; then repeat 10-15 more times.   \*Can be performed with resistance tubing, dumbbells, water bottles/soup cans, or nothing for class demo.  \*This exercise can be performed while standing or sitting in a sturdy, armless chair.  Exercise: Chair stand  This exercise, which strengthens the abdomen and leg muscles making it easier to get in and out of the car or out of a chair.   * Sit upright toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart. * Extend your arms so they are parallel to the floor and slowly stand up. * Breathe in as you slowly sit down. * Repeat 10-15 times. * Rest. Ask members how the exercise felt. * Then, if possible, repeat 10-15 more times.   \*If participants have knee or back problems, they should talk with their doctor before trying this exercise. |
| SAY  Educate participants about the purpose of aerobic exercise.   * Aerobic activities increase breathing and heart rate. * These activities help keep people healthy, improve their fitness, and help people do the tasks they need to do every day by helping them improve the health of their heart, lungs, and circulatory system. They also delay or prevent many diseases that are common in older adults such as diabetes, heart disease, and osteoporosis. * There are many options for aerobic exercise: walking, biking, rolling a wheelchair, swimming, many sports, dancing, exercise classes, and cardiovascular equipment at the gym.   Exercise: Perform a short sample of the type of aerobic warm-up work you may do in one of our classes.   |  |  |  | | --- | --- | --- | | Warm Up 5m  BPM 120-124 | Legs | Arms | | 1m | Walk in place | Easy/natural | | 1m | Step Touch | Easy/natural | | 15s | Walk in place | Easy/natural | | 30s | Alternating knee lifts | Easy/natural | | 15s | Walk in place | Easy/natural | | 30s | Alternating front kick | Easy/natural | | 15s | Walk in place | Easy/natural | | 30s | Hamstring curl | Easy/natural | | 15s | Walk in place | Easy/natural | | 30s | Walk forward 4x + walk backward 4x | Easy/natural | | 30s | Walk in place | Easy/natural | |
| SAY   * Educate participants on the purpose and benefits of stretching or flexibility work. * Flexibility, or stretching, exercises help people increase their range of motion for physical activities and for everyday activities such as getting dressed and reaching objects on a shelf.   Exercise: Chest stretch   * This exercise, which stretches the chest muscles, is good for posture. It can be done while standing or sitting in a sturdy, armless chair. * Keep your feet flat on the floor, shoulder-width apart. * Hold arms to your sides at shoulder height, with palms facing forward. * Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort. * Hold the position for 10-30 seconds. * Repeat at least 3-5 times.   Exercise: Ankle stretch   * This exercise stretches ankle muscles. Can stretch both ankles at once or one at a time. * Sit securely toward the edge of a sturdy, armless chair. * Stretch your legs out in front of you. * With your heels on the floor, bend your ankle to point toes toward you. * Hold the position for 10-30 seconds. * Bend ankles to point toes away from you and hold for 10-30 seconds. * Repeat at least 3-5 times.   Exercise: Hamstring stretch   * Extend one leg out in front of you while keeping the other foot flat on the floor. * Rest your hands on the thigh of the bent leg. * Actively pull your extended leg’s toes toward your knee. * Slowly lean forward from the hip joints while keeping your back flat. * You should feel a stretch in the back of your extended leg. * Hold this for 30 seconds and repeat on the other side. Do this 2-3 times on both sides. |
| SAY   * There may be many benefits of practicing mindfulness or meditation including short-term benefits for the nervous system. Some of them are:   + Lower blood pressure   + Improved blood circulation   + Lower heart rate   + Less perspiration   + Slower respiratory rate   + Less anxiety   + Lower blood cortisol levels   + More feelings of well-being   + Less stress   + Deeper relaxation * The main purpose of meditation is not to achieve benefits. It is simply to be present.   Exercise: simple meditation for beginners  Time: begin with 2-3 minutes.   * Find a quiet place. * Sit comfortably and, when you are ready, close your eyes. * Breathe naturally. * Focus your attention on your breath. * Notice how your body moves with each inhalation and exhalation. Observe your chest, shoulders, rib cage, and belly. * Focus your attention on your breath without controlling its pace or intensity. * If your mind wanders, return your focus back to your breath. * What does it feel like? Short, long, smooth, sharp? * When you are ready, slowly open your eyes.   SAY:   * When people are done with the meditation, take some time to ask them a few questions.   + - What did you feel?     - Did you find yourself becoming more relaxed?   + Start with two to three minutes and then try it for longer periods.   + Just like physical exercise, meditation takes practice and people may find it’s easier if they choose a specific time and place for meditation or mindfulness practice.   Reference for this section:  from: https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to |