

Brain Health Choreography and Drill List

Classic – Warm Up

- Drill - Uneven rhythm variation
 - Step touch R/L 2x
 - 3 Marches with toe tap R/L
 - Heel, toe, heel, tap center R/L/R/L/R/L/R: March 4 counts Left lead
 - Repeat combination on Left
- Drill – Brain teaser
 - Step touch – States that begin with A
 - Step knee – States that begin with I
 - Step heel – States that begin with M
 - Squat – States that begin with W
- Drill – Speed variation
 - Tempo/half-time/double-time

Classic – Cool Down

- Drill – Uneven rhythm variation
 - 3 Alternating heel digs to front R/L/R, 1 toe tap to back L
 - Squats
 - 3 Alternating heel digs to front L/R/L, 1 toe tap to back R
 - Squats
- Drill – Uneven rhythm variation; Brain teasers
 - Single, single, double knee lifts; add Palindromes (e.g. wow, level, dad, madam, etc.)
- Drill – Speed changes
 - Tempo/half-time march
- Drill – Coordination, crossing midline with physical movement with SilverSneakers ball
 - Half-time march; add coordination drill – tap shoulders, tap opposite shoulder, tap shoulders, reach front. Progress to passing the ball to opposite hand while reaching forward.
 - Change lower body movement – Half-time march to alternating heel digs front, to alternating toe taps to side

Circuit – Cardio

- Drill – Assign word to movement
 - Double step touch R/L
 - Add color drill – Red (reach up R), Orange (reach up L), Yellow (reach down R) Green (Reach down L)
- Drill – Coordination, uneven rhythm variation
 - Double step touch R, 3 V-steps with opposite arms L (repeat L lead)
- Drill - Coordination
 - Single leg jumping jack R/L – arms sweep to side
 - Single leg jumping jack R/L – arms sweep to front
 - Single leg scissor jack R/L – arms sweep to side
 - Single let scissor jack R/L – arms sweep to front

Circuit – Strength

- Drill – Coordination Drill
 - Alternating biceps curls R/L, Alternating front raise R/L
 - Biceps curl R, front raise L – unilateral, progression to bilateral
- Drill – Uneven rhythm variation
 - Modified single leg dead lift, stepping right foot back to split stance, hinge forward

<p>3 reverse flyes</p> <p>Modified single leg dead lift, return to upright starting position</p> <p>Drill – Coordination Drill</p> <p>Alternating biceps curls R/L, Alternating front raise R/L</p> <p>Front raise L, biceps curl R – unilateral, progression to bilateral</p> <p>Drill – Uneven rhythm variation</p> <p>Modified single leg dead lift, stepping left foot back to split stance, hinge forward</p> <p>3 reverse flyes</p> <p>Modified single leg dead lift, return to upright starting position</p>
<p>Yoga – Warm up</p> <p>Drill - Lists</p> <p>Belly Breathing, set intention (list)</p> <p>I am strong; I am balanced; My mind is focused.</p> <p>Chair to standing straddle to tree (R/L)</p> <p>Repeat intention during Tree pose</p>
<p>Yoga – Deeper Stretches</p> <p>Drill - Crossing Midline</p> <p>Revolved Lunge to straddle (R/L)</p> <p>Half Lord of the Fishes to seated Pigeon</p> <p>Drill - Lists</p> <p>Belly Breathing; repeat intention from Yoga Warm Up video</p> <p>I am strong; I am balanced; My mind is focused</p>
<p>Stability – Work</p> <p>Drill – Crossing midline</p> <p>Shifting 5-Pointed Star</p> <p>Add vestibular drill, bringing arm across midline and following motion with gaze</p> <p>Drill – Reaction time, adding math to movement, assign color cues to movement</p> <p>Single leg balance drill with colors, numbers, and math</p> <p>R side = pink; front = odd number, rear = even number</p> <p>L side = yellow; front = odd number, rear = even number</p>
<p>Stability – Cool Down</p> <p>Drill – Dual tasking</p> <p>Tandem or one leg stance</p> <p>Add ball toss</p> <p>Drill – Dual Tasking, Memory Recall (Say alphabet backwards)</p> <p>Balance Ball in palm of hand (R/L); walk forward/back</p> <p>Recite alphabet backwards from random starting point</p>
<p>EnerChi - Work</p> <p>Drill – Crossing Midline, Coordination</p> <p>Brush Knee, Play the Lute</p>

EnerChi – Cool Down

Drill – Crossing Midline

Deer Frolic (Colliding the Antlers) – balance challenge

Splash – Work

Drill – Coordination

Rocking Horse forward and back (hug arms)

Rocking Horse forward and back (breast stroke arms)

Drill – Uneven rhythm variation, speed changes, crossing midline

Double side step R, Single side step L/R, 3 knee thrusts L, Center step

Double side step L, Single side step R/L, 3 knee thrusts R, Center step

Drill – Uneven rhythm variation

Single jumping jack, 3 rocking horse R

Single jumping jack, 3 rocking horse L

Drill – Coordination, speed variation

March forward and back (hug arms)

March forward and back (breast stroke arms)

Speed play march - water tempo/land tempo