

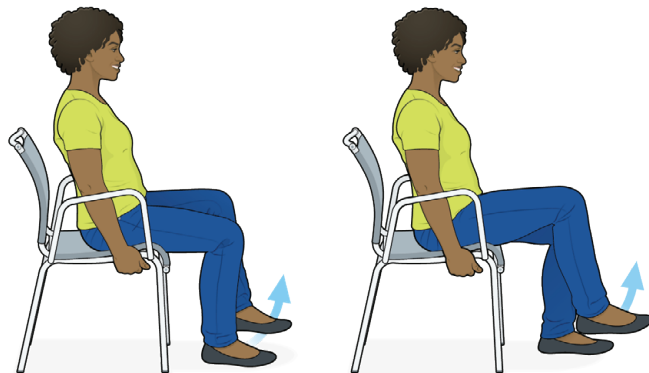
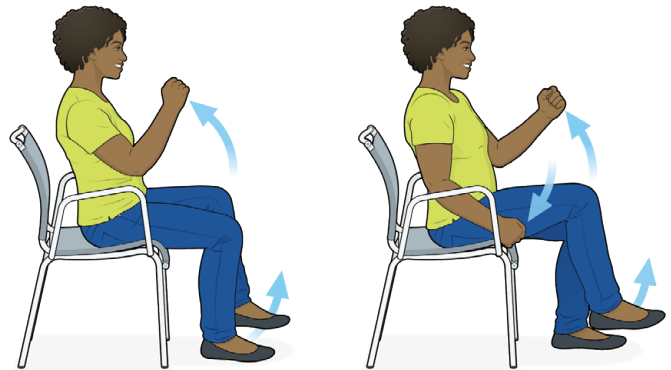
Aerobic, Resistance, Balance, and Flexibility
EXERCISES



Aerobic Exercises

Seated March

- Start by sitting upright and marching your feet in place.
- Right foot and then left foot.
- Swing your arms back and forth with your elbows bent while you march.
- Let's continue marching for about 1 minute.

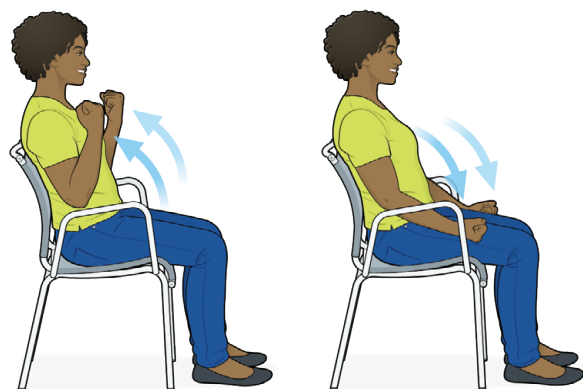


Seated Foot Drill

- Now we are going to pick up the pace by tapping your feet faster.
- You are still sitting upright.
- Keep tapping for 45 seconds.

Seated Arm Curls

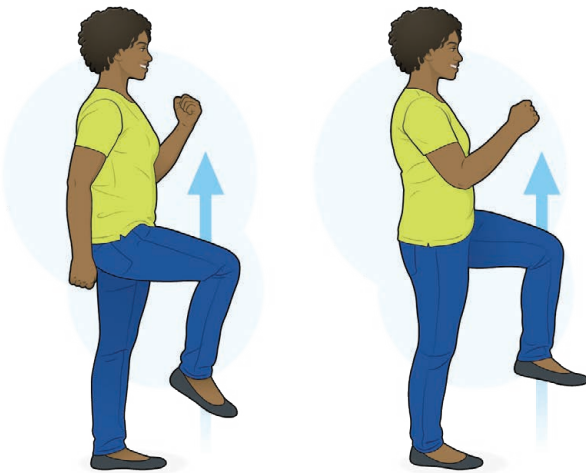
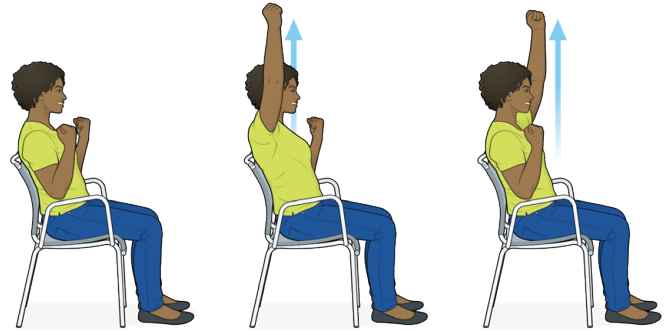
- Next, we are going to give our feet a rest and do some arm curls.
- Keeping your elbows at your sides, start with your fists beside your legs.
- Move your fists in front of your body and up toward your shoulders.
- Make sure those elbows stay firmly planted at your sides and bring your fists back down to your legs.
- We're going to repeat the arm curls for 30 seconds (about 30 arm curls).



Aerobic Exercises

Seated Overhead Punches

- Now we're going to start with our fists in front of our shoulders.
- Punch the right fist up overhead and bring it back down.
- Then punch the left fist up overhead and bring it down.
- Switch from right- to left-side punches for 45 seconds (about 20 times for each arm).

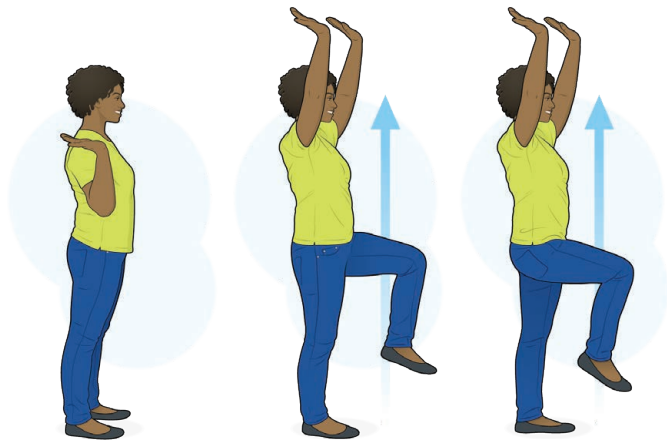


Standing March

- If you are able to stand up, we're going to do a standing march in place for 45 seconds.
- If you need to do the march from a seated position, that's fine, too.

Standing Raise the Roof

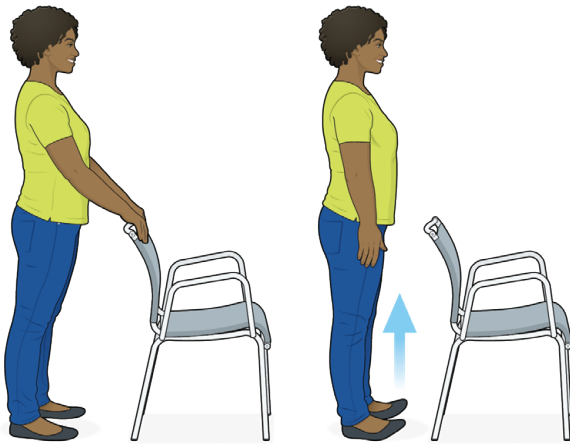
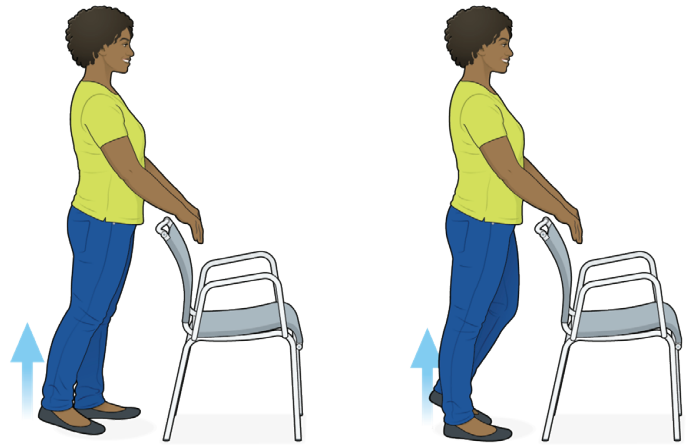
- While we continue to march in place, we're going to bend our elbows and push both our hands toward the ceiling.
- Our palms should be up, while we straighten our elbows.
- Bring your hands back to shoulder level and then push them back up toward the ceiling.
- Let's continue for about 45 seconds.



Balance Exercises

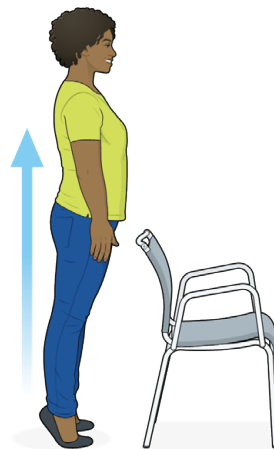
Single Leg Balance

- First, you're going to stand with a chair in front of you so you can hold on to it for balance, if needed.
- Bend your right knee and lift your right foot off the ground.
- Hold it for about 10 to 20 seconds.
- Put your right foot back on the ground and now raise your left foot.
- Hold it up for 10 to 20 seconds.
- Let's repeat the activity on each leg again, holding the leg up for 10 to 20 seconds.



Heel Raise

- Next, we are going to do some heel raises.
- First, stand on both feet, rise on the balls of both feet, lifting your heels.
- We'll repeat this 20 times.
- Does anyone want to try it on 1 leg? If so, try to raise your right heel 5 times. Now switch to your left heel, lifting it 5 times.



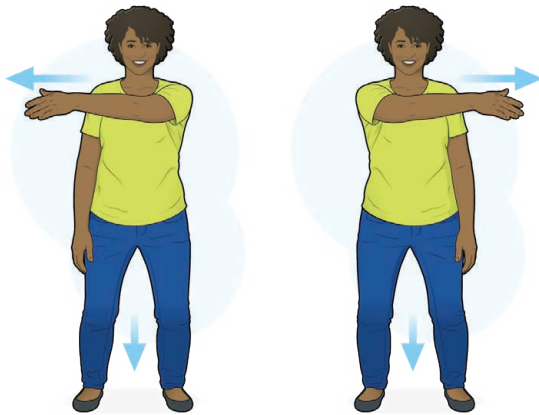
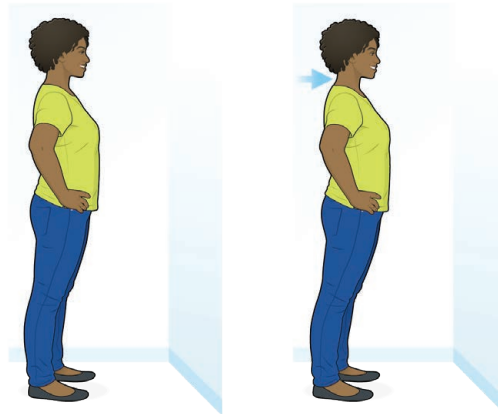
Toe Raise

- Next, rock back on your heels while standing up.
- Let's repeat this 20 times.

Balance Exercises

Forward Lean

- Let's head over to the wall for the forward lean.
- We're going to stand on both feet with your hands on your hips.
- Bend forward as if to touch your forehead to the wall.
- Hold 10-15 seconds.



Balance/Reach

- Let's do some balance reaches.
- Bend your knees and lower your body, while reaching across the body with the right hand.
- Hold it for 5 seconds and then reach across with the left hand and hold it for 5 seconds.
- Repeat 10 times for each side.

Three-way Leg Swing

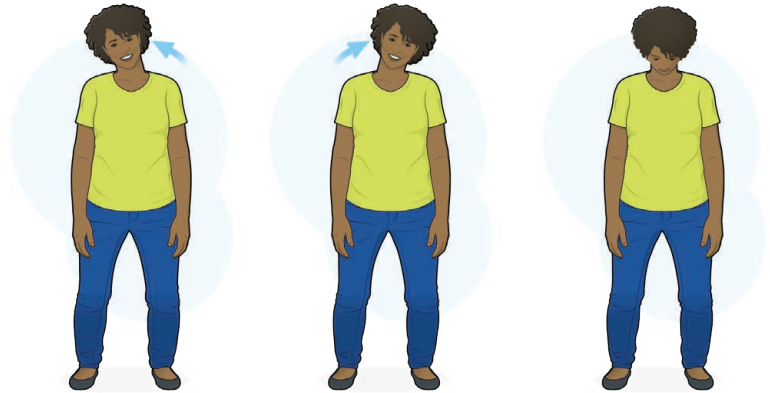
- Let's finish our break with some three-way leg swings.
- Stand on a single foot, hands on hips (or hold on to either a chair or the wall).
- Swing the other foot forward and hold it for 5 seconds.
- Return the leg to the middle position again.
- Repeat the forward lift 10 times.
- Now let's lift it sideways 10 times.
- Each lift should be held for 5 seconds.
- And finally, backwards 10 times.



Flexibility Exercises

Neck Stretch

- For the neck stretch, stand with your feet apart and your knees slightly bent (or sit in a chair with your back straight and your feet on the floor).
- Relax your shoulders and gently bend your head toward your right shoulder.
- Hold it there for 5 seconds.
- Let's repeat on the left side and hold it for 5 seconds.
- You can also stretch your neck by tipping your head forward toward your chest.
- Hold it there for 5 seconds.
- Then tilt your head back, looking up toward the ceiling for 5 seconds.



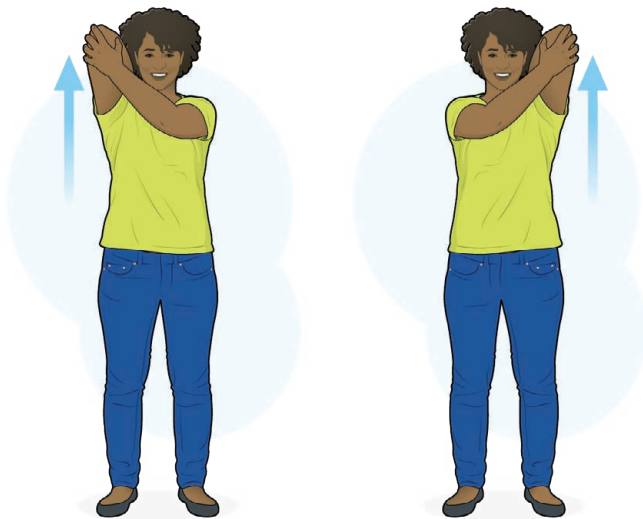
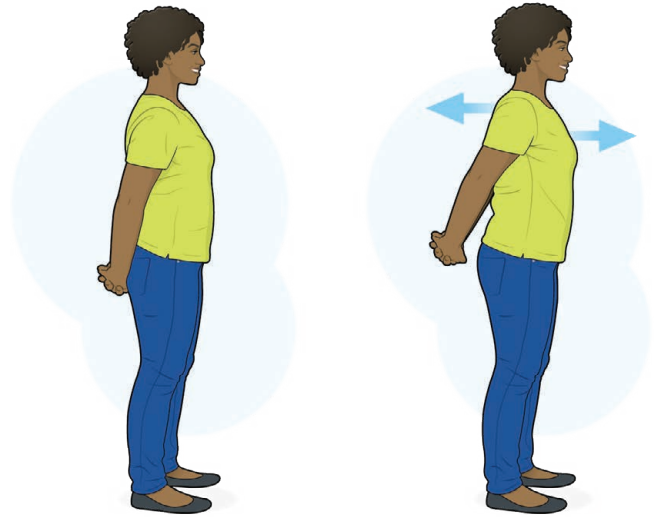
Shoulder/Upper-Back Stretch:

- For the shoulder/upper-back stretch, stand with your feet a little apart.
- Your knees should be slightly bent and your stomach muscles slightly tensed.
- Relax your shoulders and pull your right arm across your chest by grabbing on to your elbow with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.
- You can also do this exercise while seated in a chair.

Flexibility Exercises

Chest/Shoulder Stretch

- Now bend your knees slightly, tense your stomach muscles, and relax your shoulders.
- Try to hold your hands behind your back.
- Now bring your shoulders back and push your chest forward.
- Hold the stretch for about 10 seconds.
- If seated, sit forward in your chair to make room for your arms to go behind you.



Upper-Back/Back of Arm Stretch

- For the shoulder/upper-back stretch, stand with your feet a little apart.
- Your knees should be slightly bent and your stomach muscles slightly tensed.
- Relax your shoulders and pull your right arm across your chest by grabbing on to your elbow with your left hand.
- Hold the stretch for 10 seconds.
- Repeat with your left arm and hold the stretch for 10 seconds.
- You can also do this exercise while seated in a chair.

Flexibility Exercises

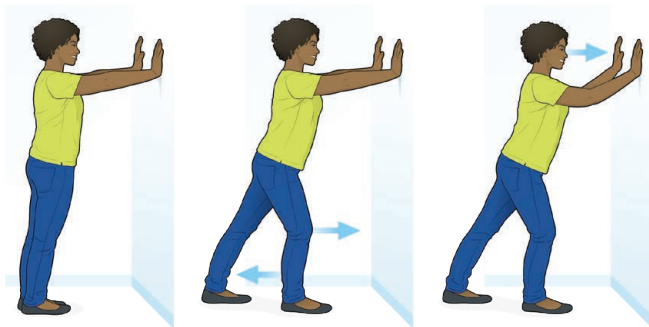
Back of Upper-Leg Stretch

- All right, let's stand behind a chair with your legs straight.
- Hold the back of the chair with both hands.
- Bend forward from your hips, not from your waist.
- Keep your back and shoulders straight.
- Your upper body will be over the floor.
- Hold this position for 10 seconds, relax, and repeat the stretch again.



Calf Stretch

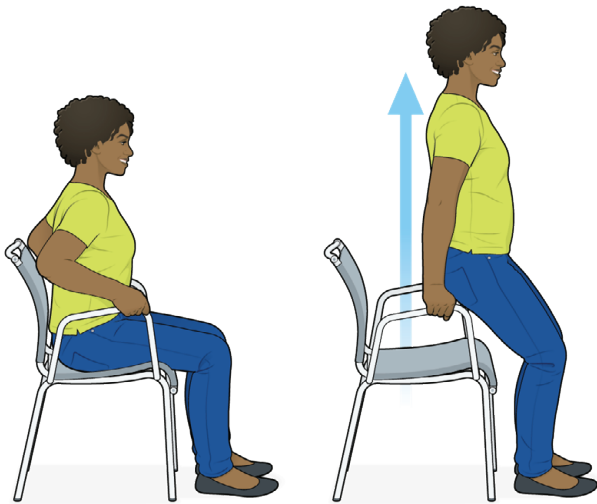
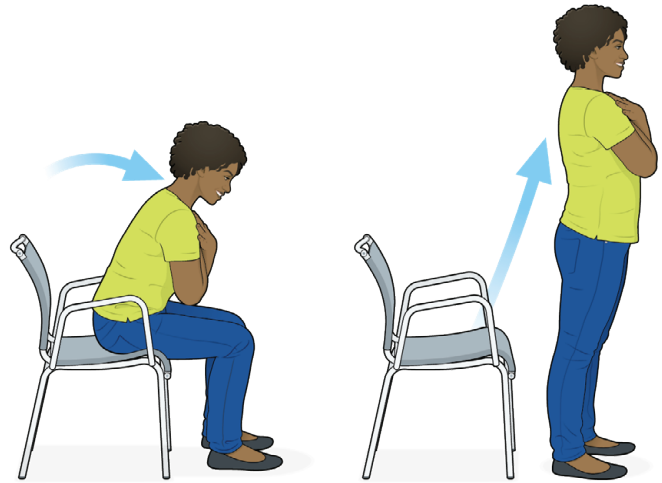
- For the last stretch, let's do a calf stretch over at the wall.
- With straight arms, put your hands on the wall in front of you.
- Place your feet shoulder-width apart.
- Move your right foot back from the wall about 12 inches while bending your left knee.
- Holding your back and your right knee straight, bend your elbows slightly. Lean in a few inches toward the wall to stretch your right calf.
- Hold the stretch for about 10 seconds.
- Repeat this stretch with the other leg.



Resistance Exercises

Sit to Stand

- First, we're going to sit toward the front of our chair.
- Fold your arms across your chest.
- Keep your back and shoulders straight while you lean forward slightly. Practice using only your legs to stand up slowly and to sit back down.
- Let's repeat the "Sit to Stand" exercise about 15 to 20 times. Please go at your own pace.



Chair Push-Ups

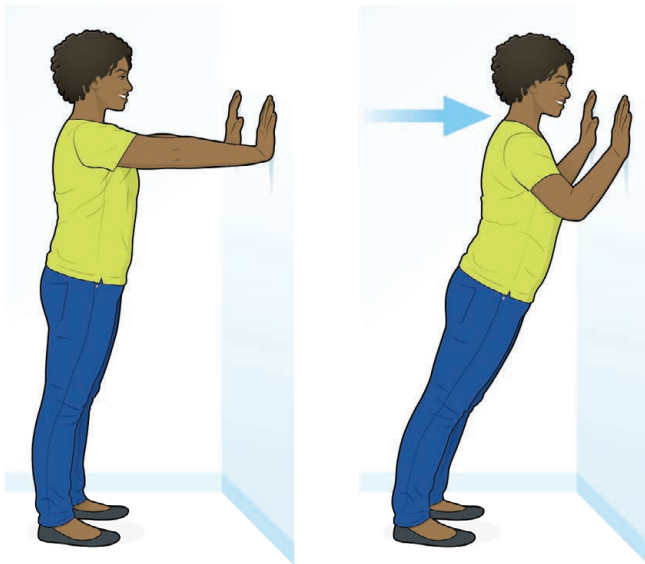
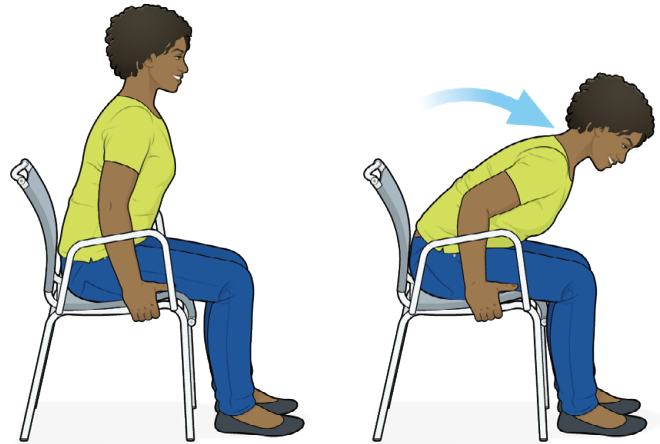
- Next, let's use your hands and grasp the arms of your chair.
- Slowly push your body as far as you can up off the chair.
- Hold your weight and then slowly lower yourself back down.
- Repeat the push-ups 15 to 20 times.

Note: If classroom doesn't have chairs with arms, you can hold on to the sides of the chair for arm dips.

Resistance Exercises

Chair Sit-Ups

- Next, we are going to do some simple chair sit-ups.
- First, sit up straight in your chair with your feet on the floor and your hands to your sides for support.
- Bend forward, keeping your lower back as straight as possible, moving your chest down toward your legs.
- Slowly straighten back up, using your lower-back muscles to raise your torso.
- We're going to repeat the sit-ups 20 times.



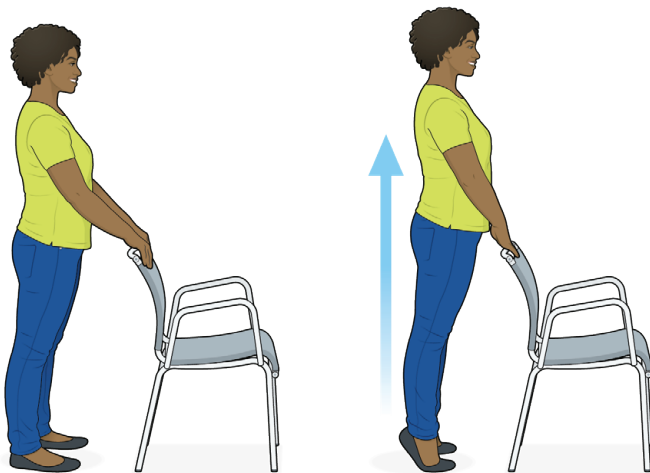
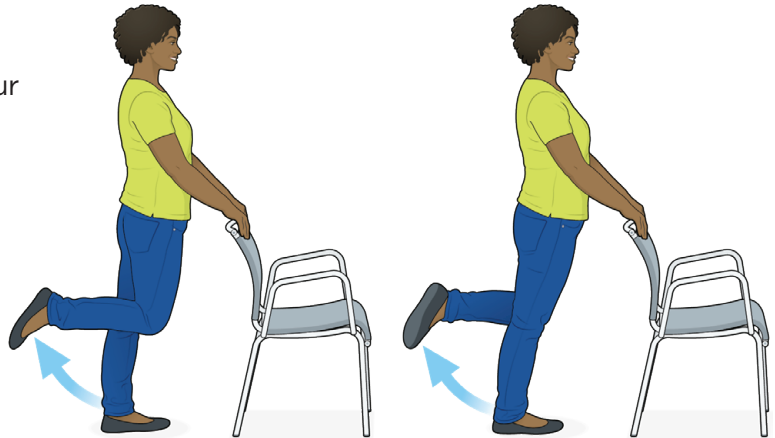
Wall Push-Ups

- Now, let's stand up, if you are able, and head over to the wall for some wall push-ups.
- Stand about 2 feet from the wall and place your hands on the wall about shoulder-width apart.
- Keep your body in a straight line and start to bend your elbows, bringing your head toward the wall.
- Now straighten your arms and push your body back from the wall.
- Let's keep repeating these about 20 times.

Resistance Exercises

Standing Leg Curls

- While we're still standing up, let's do some leg curls.
- Place your hands on the wall, more than shoulder-width apart, and then bend your right knee.
- Keeping your knees close together, smoothly lift your right heel up toward your bottom.
- Hold your heel as close to your bottom as you can lift it. Hold it for a few seconds before returning your foot slowly to the floor.
- Repeat this 15 times with your right leg.
- Now switch to your left leg and we're going to repeat the exercise 15 times.



Standing Calf Raises

- Let's finish our break with some calf raises.
- Stand behind a chair with your feet about shoulder-width apart.
- Keep your fingertips on the chair for support as you slowly raise your heels off the ground.
- Then, slowly lower your heels back to the ground.
- Let's repeat the calf-raise exercise 20 times.