

Stretching/Balance for Adults

- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

1. Front of Leg Stretch

Quads (front of thigh from knee to waist)

Stand up feet slightly apart. Bend one knee lifting your leg behind you. Grab the top of your foot with the same hand. Pull your foot gently closer to your butt just so you can feel the stretch in your thigh (quads). You can hold onto something (with your free hand) for balance if you like. Proceed the same way for the other leg.



2. Back of Leg and Lower Back Stretch

Hamstring and lower back stretch (back of leg and lower back)

Stand with feet together. Bend down and try to touch your toes without bending your knees. Stay in the position for a few seconds and slowly come back up.

3. Chest Stretch

Clasp your hands together behind your back. Slowly raise your arms.

4. Calf Stretch

While standing straight a few inches away from the wall, lean over holding yourself with your hands against the wall. Move one leg behind you, keeping your foot flat on the floor, while bending the knee of your other leg. Hold for a few seconds and then repeat on the other leg.



5. Back

A) Sit down on the edge of a chair. Keep your feet flat on the ground while slowly twisting the top half of your body toward the left, making sure your hips and lower body stay in place facing the front. Repeat on the other side.

B) Use scarf or band to stretch arms and back. Grab the scarf or band on either side. Lift over your head pushing arms toward the back.

Balance

6. Stand on one leg; you can even to the yoga tree position.

Aerobics for Adults

• **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. ***Vigorous activities*** take more effort than moderate ones. For ***moderate activities***, you can talk while you do them, but you can't sing. For vigorous activities, you can only say a few words without stopping to catch your breath.

1. **Dance:** Come up with up to 5 moves to perform to music. You can introduce one move at a time, adding a second one, and so on, as you increase activity. Each move can be repeated the amount of time you feel appropriate for your group.

Recommended moves:

- a) ...
- b) ...
- c) ...
- d) ...
- e) ...
2. Frisbee
3. Balloon toss
4. Knee lifts
5. Jog or walk in place or in a circle. You can jog or walk to music and add steamers or scarves to get the arms going.
6. Skiing in place.
7. Moderate Jumping Jacks (no jumping just moving feet side to side)

Stand up straight, hands to your side. Step your left leg out to the side and extend both arms reaching outward as your step. As you move your feet back together, raise your outstretched arms over your head (like a jumping jack). Then step your right leg out and move your hands back to that middle outstretched position. Repeat. It is a modified jumping jack without jumping.

****Tips on how to increase intensity***

-Adding arms especially when they go above your chest will increase intensity

-Level changes (like bending down)

-Brings feet off the ground, or bring legs and knees higher (marching or knee lifts)

- The faster you go the more intense your workout will be

Note: You can recommend Jumping jacks for adults who have checked with their doctors to see if that move is fine for them to do.

Muscle and Bone Strength for Adults

- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.

1. **Squats** - Works out your quads, and your back side (butt).

Stand up and push your back side out. Bend your knees like you are about to sit. Stay in that bend position for a few seconds then come back up to standing position. Repeat.

You can also have participants sit in a chair, and stand up from, and sit back down. Repeat. (This is a good choice if you are worried about knee stress.)

2. **Resistant Bands** Works out your chest

Using a 3ft. resistant band. Wrap the ends of the bands once around your hands. Position hands in front of you and point your elbows out so that your arms are parallel to the floor.

Pull the band until you feel the resistance in your chest. Hold it in that position for a few seconds and repeat.

3. **Wall Push Ups** Works out your chest and arms

Standing straight forward slightly away from the wall, place your hands in front of your as you lean toward the wall. Slowly push yourself away from the wall, making sure your hands stay in place. Repeat as many times as you see fit.

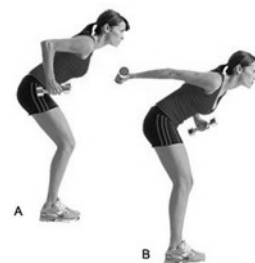
4. **Elbow to knee lifts** Works out your legs and stomach

Stand up; lift your knee up in front of you. Take the opposite elbow and try to touch your knee. Then repeat with on the other side.



5. **Weights/ Can be done without weights**

Show them how different moves on how to lift weights. Basic bicep curls (sitting or standing), shoulder press, triceps swings



Stretching/Balance for the Elderly

- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

1. Front of Leg Stretch

Quads (front of thigh from knee to waist)

Stand up feet slightly apart. Bend one knee lifting your leg behind you. Grab the top of your foot with the same hand. Pull your foot gently closer to your butt just so you can feel the stretch in your thigh (quads). You can hold onto something (with your free hand) for balance if you like. Proceed the same way for the other leg.



2. Calf Stretch

While standing straight a few inches away from the wall, lean over holding yourself with your hands against the wall. Move one leg behind you, keeping your foot flat on the floor, while bending the knee of your other leg. You should feel a stretch in your calf muscle. Hold for a few seconds and then repeat on the other leg.



3. Upper Body

Stand facing the wall slightly farther than arm's length from the wall, feet shoulder width apart. Lean your body forward and put your palms flat against the wall at shoulder height. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head. Hold arms over head for about 10-30 seconds. Slowly walk your hands back down. Repeat.



4. Back

- A) Sit down on the edge of a chair (be sure the chair is stable, can put the chair up against a wall). Keep your feet flat on the ground while slowly twisting the top half of your body toward the left, making sure your hips and lower body stay in place facing the front. Repeat on the other side.
- B) Use scarf or band to stretch arms and back. Grab the scarf or band on either side. Lift over your head pushing arms toward the back.
- C) Sit securely towards the front of your chair (be sure the chair is stable, can put the chair up against a wall), feet flat on the ground. Slowly bend forward from your hips. Keep your back and neck straight. Slightly relax your neck and lower your chin. Slowly bend farther forward and slide your hands down your legs. Stop when you feel the stretch in your back. Hold for 10-30 seconds, slowly sit up straight. Repeat.

Aerobics for the Elderly

• **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. ***Vigorous activities*** take more effort than moderate ones. For ***moderate activities***, you can talk while you do them, but you can't sing. For vigorous activities, you can only say a few words without stopping to catch your breath.

1. **Dance:** Come up with up to 5 moves to perform to music. You can introduce one move at a time, adding a second one, and so on, as you increase activity. Each move can be repeated the amount of time you feel appropriate for your group.

Recommended moves:

...

...

...

...

...

2. Frisbee

3. Balloon toss

4. Knee lifts

5. Jog or walk in place or in a circle. You can jog or walk to music and add steamers or scarves to get the arms going.

6. Moderate Jumping Jacks (no jumping just moving feet side to side)

Stand up straight, hands to your side. Step your left leg out to the side and extend both arms reaching outward as your step. As you move your feet back together, raise your outstretched arms over your head (like a jumping jack). Then step your right leg out and move your hands back to that middle outstretched position. Repeat. It is a modified jumping jack without jumping.

****Tips on how to increase intensity***

-Adding arms especially when they go above your chest will increase intensity

-Level changes (like bending down)

-Brings feet off the ground, or bring legs and knees higher (marching or knee lifts)

- The faster you go the more intense your workout will be

Note: You can recommend Jumping jacks for adults who have checked with their doctors to see if that move is fine for them to do.

Muscle and Bone Strength for the Elderly

- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.



1. **Wall Squats** - Works out your quads, and your back side (butt).

Stand against wall, feet shoulder width apart. Slowly sink your body down like you are about to sit down on a chair.

You can also have participants sit in a chair, **UP AGAINST A WALL**, and stand up from, and sit back down. Repeat. (This is a good choice if you are worried about knee stress.)

2. **Resistant Bands** Works out your chest

Using a 3ft. resistant band. Wrap the ends of the bands once around your hands. Position hands in front of you and point your elbows out so that your arms are parallel to the floor.

Pull the band until you feel the resistance in your chest. Hold it in that position for a few seconds and repeat.

3. **Wall Push Ups**- Works out your chest and arms

Standing straight forward slightly away from the wall, place your hands in front of your as you lean toward the wall. Slowly push yourself away from the wall, making sure your hands stay in place. Repeat as many times as you see fit.

4. **Weights**

Show them how different moves on how to lift weight. Basic bicep curl (sitting or standing), shoulder press, triceps swing.



Stretch/Balance for Children

- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

1. Front of Leg Stretch

Quads (front of thigh from knee to waist)

Stand up feet slightly apart. Bend one knee lifting your leg behind you. Grab the top of your foot with the same hand. Pull your foot gently closer to your butt just so you can feel the stretch in your thigh (quads). You can hold onto something (with your free hand) for balance if you like. Proceed the same way for the other leg.



2. Back of Leg and Lower Back Stretch

Hamstring and lower back stretch (back of leg and lower back)

Stand with feet together. Bend down and try to touch your toes without bending your knees. Stay in the position for a few seconds and slowly come back up.

3. Chest Stretch

Clasp your hands together behind your back. Slowly raise your arms.

4. Calf Stretch

While standing straight a few inches away from the wall, lean over holding yourself with your hands against the wall. Move one leg behind you, keeping your foot flat on the floor, while bending the knee of your other leg. Hold for a few seconds and then repeat on the other leg.



5. Back

Use scarf or band to stretch arms and back. Grab the scarf or band on either side. Lift over your head pushing arms toward the back.

Balance

6. Stand on one leg; you can even to the yoga tree position.

Aerobics for Children

• **Aerobic activities** make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. **Vigorous activities** take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For vigorous activities, you can only say a few words without stopping to catch your breath.

1. **Dance:** Come up with up to 5 moves to perform to music. You can introduce one move at a time, adding a second one, and so on, as you increase activity. Each move can be repeated the amount of time you feel appropriate for your group.

Recommended Moves:

- a)...
- b)...
- c)...
- d)...
- e)...

- 2. Jumping jacks and/or Jump Rope
- 3. Frisbee and/or Balloon toss
- 4. Jog or march in place or in a circle. Add knees high. Add knee lifts.
- 5. Relay races

****Tips on how to increase intensity***

-Adding arms especially when they go above your chest will increase intensity.

-Level changes (like bending down) while playing tossing balls or Frisbees; or while dancing.

-Bring feet off the ground, or bring legs and knees higher (marching or knee lifts)

-The faster you go the more intense your workout will be

Muscle and Bone Strength for Children

- **Muscle-strengthening activities** make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs, hips, back, chest, stomach, shoulders, and arms.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.

1. **Squats** - Works out quads and back side

Stand up and push your back side out. Bend your knees like you are about to sit. Stay in that bend position for a few seconds, then slowly come back up to standing position. Repeat.

2. **Elbow to knee lifts** - Works out legs and stomach

Stand up; lift your knee up in front of you. Take the opposite elbow and try to touch your knee. Repeat with on the other side. Start out slow and reasonably increase speed.



3. **Crab Crawl** - Works out arms and legs

Sitting down on the floor with legs slightly apart, knees bent and hands on your side with your fingers pointing away from your back. Raise your back side off the floor and crawl forwards and backwards (right hand and left leg move together, left hand and right leg move together)



4. **Wall Push Ups** - Works out your chest and arms

Standing straight forward slightly away from the wall, place your hands in front of your as you lean toward the wall. Slowly push yourself away from the wall, making sure your hands stay in place. Repeat as many times as you see fit.

5. **Jumping Jacks** - Works out your whole body and especially important for bone strengthening for children.

Resources

[2008 Physical Activity Guidelines for Americans](#)

U.S. Department of Health and Human Services

ODPHP Publication No. U0036 October 2008

<http://www.health.gov/paguidelines>

Download booklet at:

<http://www.health.gov/paguidelines/pdf/paguide.pdf>

[Be Active Your Way - A guide for Adults](#)

based on the 2008 Physical Activity Guidelines for Americans

ODPHP Publication No. U0037 October 2008

Download booklet at:

<http://www.health.gov/paguidelines/pdf/adultguide.pdf>

[Exercise & Physical Activity](#)

Your everyday Guide from the

National Institute on Aging (Go For Life)

National Institute on Aging National Institutes of

Health U.S. Department of Health and Human Services

Publication No. 09-4258 January 2009 Reprinted September 2010

Download booklet at:

http://www.nia.nih.gov/sites/default/files/exercise_guide.pdf