

**How much exercise should
my group really be getting?**

**Exercise programming for
seniors across the
continuum of age and
ability.**



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COMMON MYTHS ABOUT AGING AND EXERCISE

AGE

"My residents are too old to exercise. "

LIMITATIONS

"My residents have pain and chronic conditions."

RISK

"I don't want to hurt them"

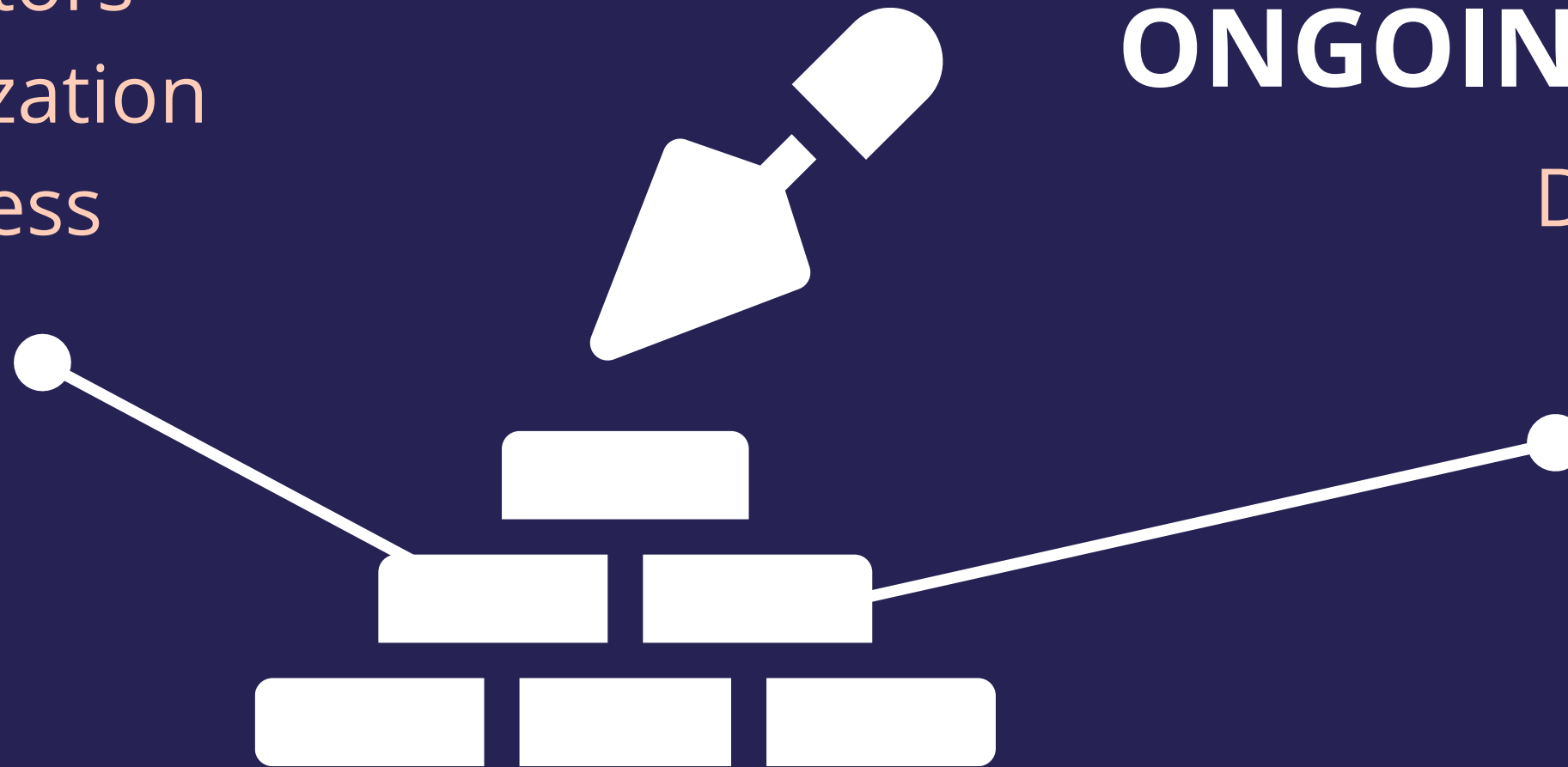


EDUCATION/ CERTIFICATION

Have you or the instructors
teaching at your organization
completed a senior fitness
course/ certification?

ONGOING LEARNING

Do you take part in
annual continuing
education?



FOUNDATION

CARDIO

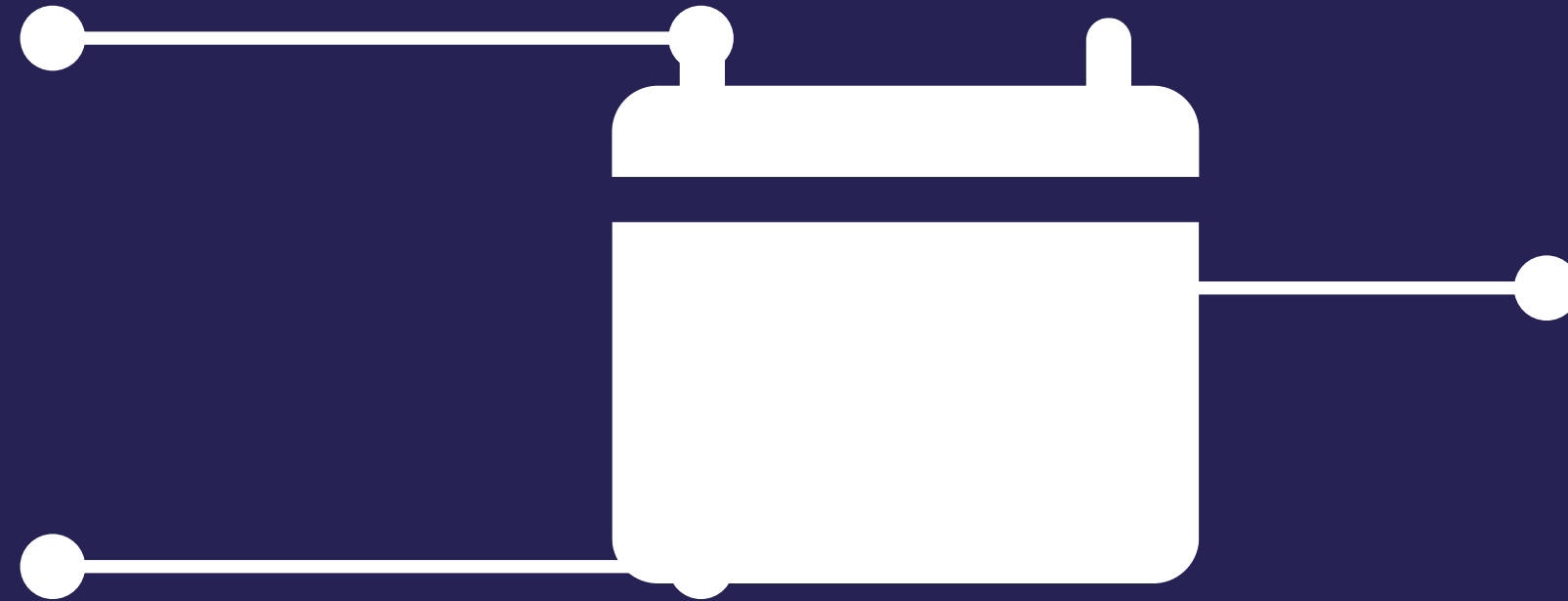
At least 150 minutes of moderate to vigorous intensity aerobic activity per week.

BALANCE

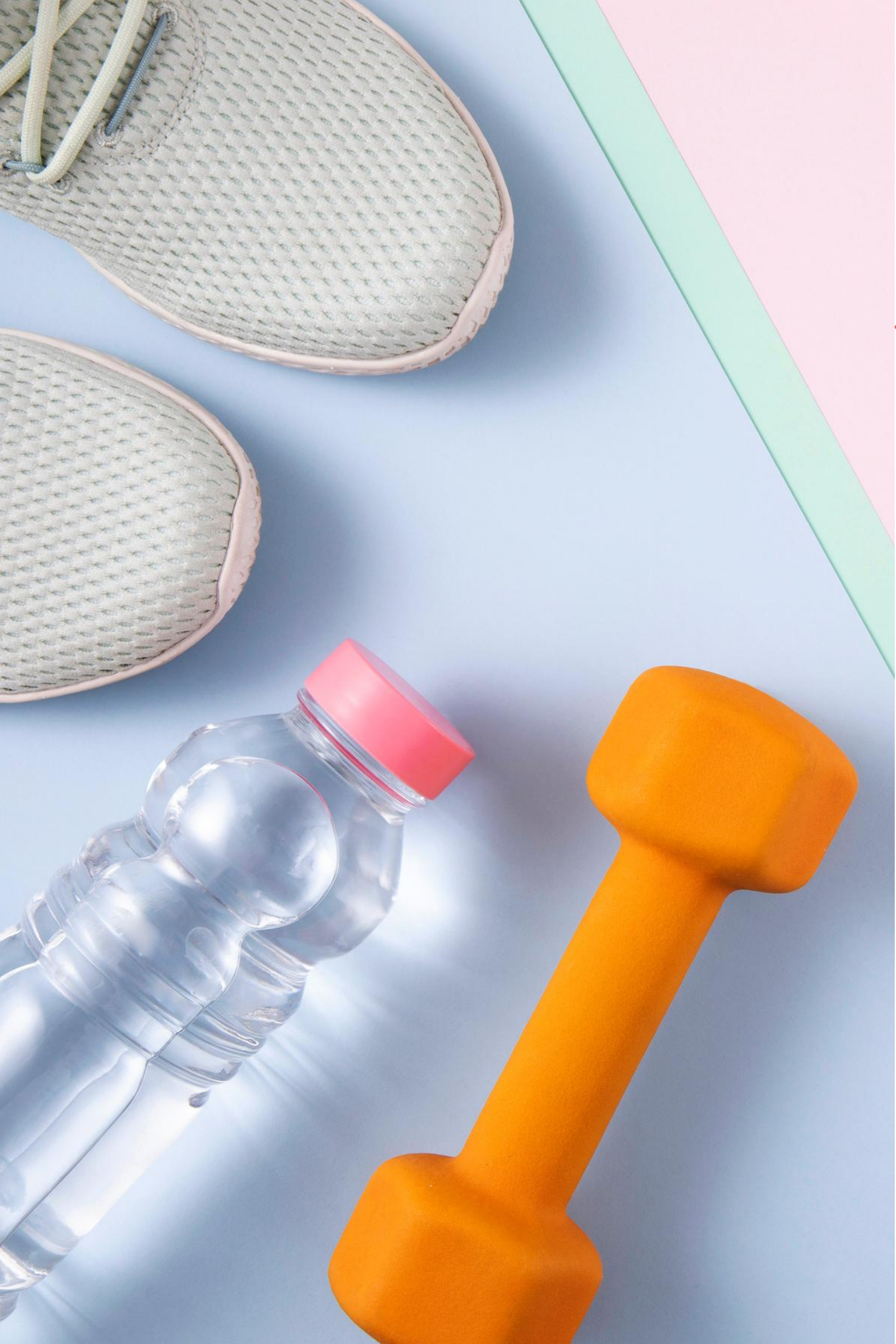
Programming to prevent falls and enhance balance.

STRENGTH

At least 2 days per week of muscle and bone strengthening exercises for all the major muscle groups.



SCHEDULE



FITT PRINCIPLE

- ✓ **FREQUENCY**
- ✓ **INTENSITY**
- ✓ **TIME**
- ✓ **TYPE**

CARDIO: 150 MINUTES OF MODERATE-TO-VIGOROUS AEROBIC ACTIVITY PER WEEK, IN BOUTS OF 10 MINUTES OR MORE



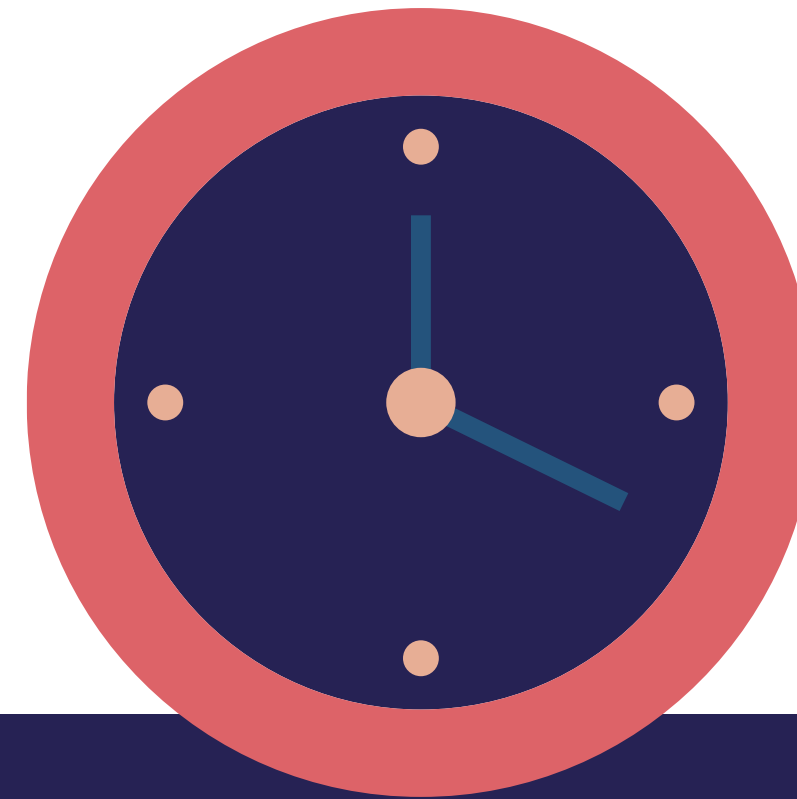
FREQUENCY

5 days per week



INTENSITY

Moderate-to-vigorous: 5-7 on a scale from 1-10, being able to talk, but not sing.



TIME

150 mins per week
30 mins per day



TYPE

Aerobic Activity:
aerobics class,
walking, cycling, etc.

STRENGTH: AT LEAST 2 DAYS PER WEEK OF MUSCLE AND BONE STRENGTHENING EXERCISES FOR ALL THE MAJOR MUSCLE GROUPS.



FREQUENCY

2 days per week



INTENSITY

Choose a resistance to complete 8-12 reps with last few reps difficult to complete



TIME

8-12 repetitions



TYPE

Strengthening Exercises: body weight, weights, bands, equipment.
Major Muscle Groups: Legs, Hips, Back, Abdomen, Chest
Shoulders, Arms.

LEGS



HIPS



BACK



ABDOMINALS



CHEST



SHOULDERS



ARMS



BALANCE: PHYSICAL ACTIVITY TO IMPROVE BALANCE AND PREVENT FALLS (WHO RECOMMENDS 3 DAYS PER WEEK).



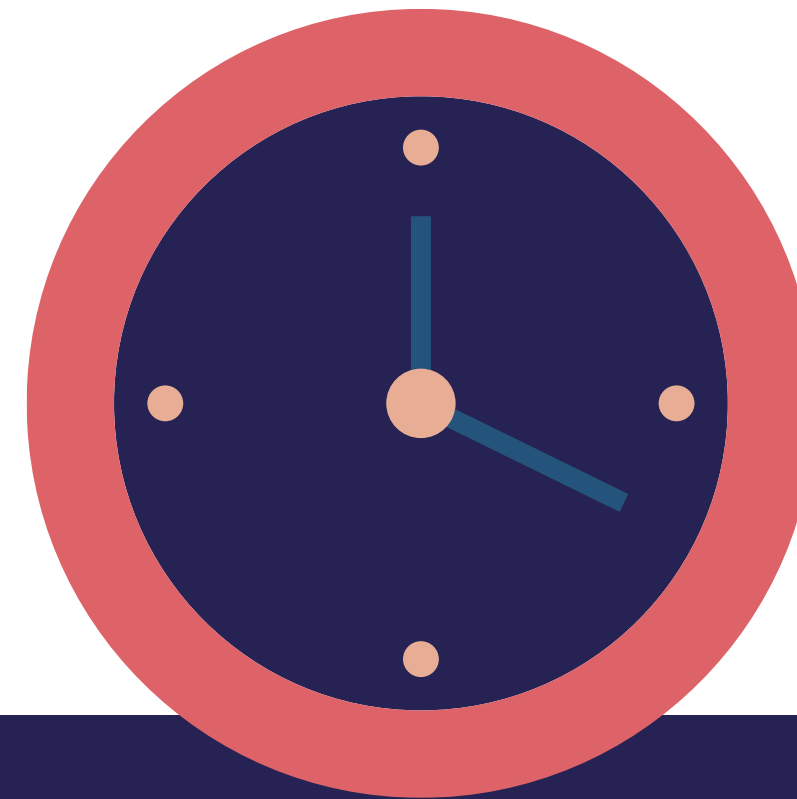
FREQUENCY

3 days per week



INTENSITY

Include elements of progression and challenge



TIME

Activity dependent



TYPE

Walking, muscular strengthening exercises, activities requiring coordination



SEATED OR STANDING?

DO YOU OFFER...



THE DETAIL



INTELLECTUAL

- Brain and memory games:
 - Alphabet Game
 - I'm going on vacation
 - Tongue twisters
 - Counting
 - Recall
- Movement combinations

SOCIAL

- A common goal
- Laughter
- Partner work and teams





EMOTIONAL

- Music
- Goal setting
- Mastery

SPIRITUAL

- Purposeful breathing
- Mindfulness
- Meditation
- Guided relaxation



A photograph of a man with grey hair and glasses, wearing a white t-shirt and yellow gloves, crouching in a grassy field to collect trash into a blue plastic bag. In the background, other people are visible, also engaged in similar activities. The scene is set in a park-like area with trees and a warm, golden light.

VOCATIONAL

- Ambassadors:
 - Chair set up
 - Water
 - Welcoming new participants
 - Program escorts
- Name tags, t-shirts, recognition

ENVIRONMENTAL

- Outdoor walks and classes
- “Park of the Week”



A rustic 'Welcome' sign made of a light-colored wooden plank with a dark blue, cursive 'Welcome' text. To the right of the sign is a clear glass jar filled with water and a bouquet of purple, yellow, and white flowers. The background is a dark grey wooden plank wall.

Welcome

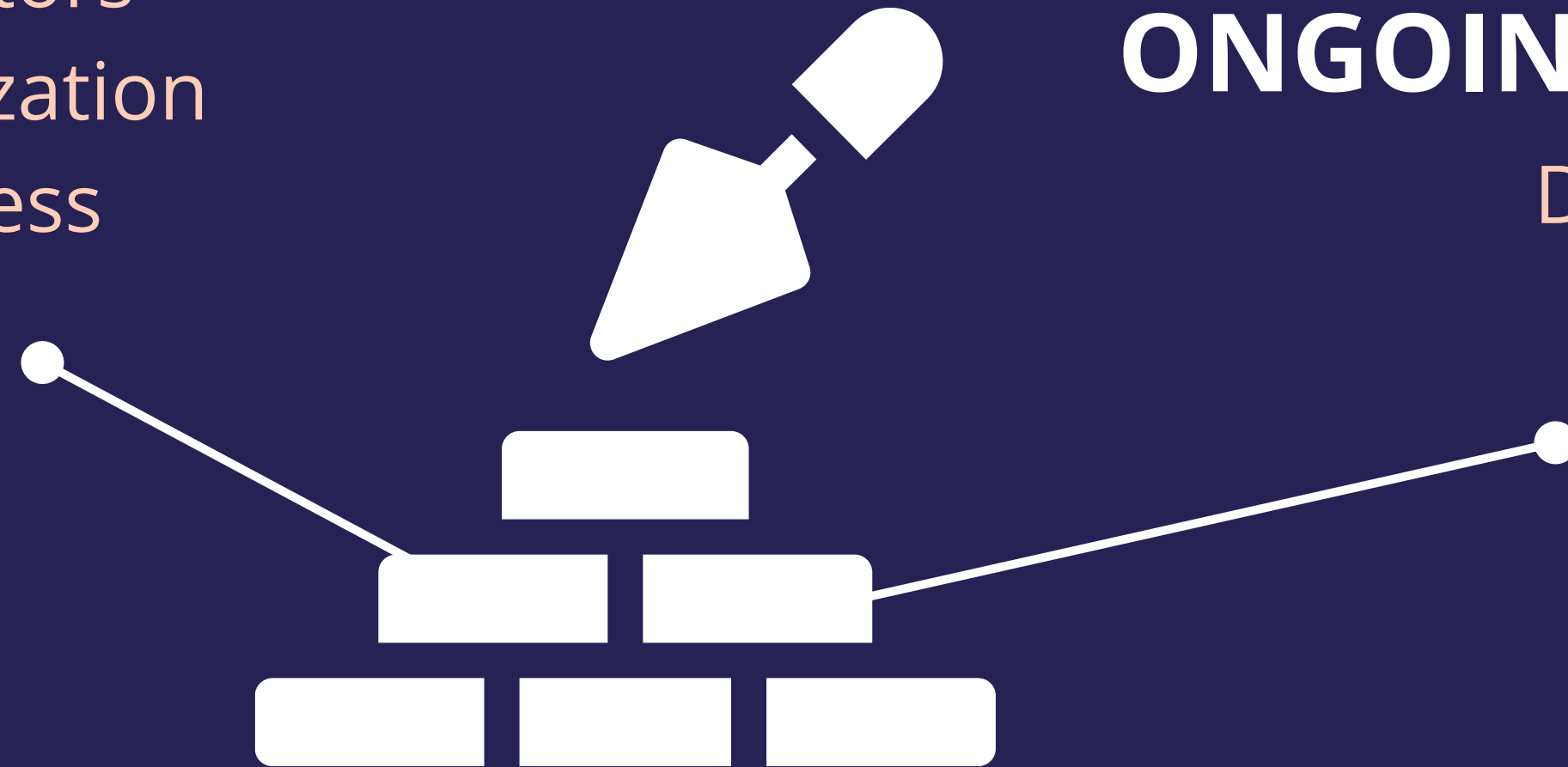
Marketing Your Program

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FOUNDATION



SEATED OR STANDING?

DO YOU OFFER...



THE DETAIL

A rustic 'Welcome' sign made of a light-colored wooden plank with a dark blue, cursive 'Welcome' painted on it. To the right of the sign is a clear glass jar filled with water and a bouquet of purple, yellow, and white flowers. The background is a dark grey wooden plank wall.

Welcome

Marketing Your Program

Thank you!

Questions?



Scan for slides and to enter to win a
free enrollment in the StrongerU
Senior Fitness Instructor Course!



The next StrongerU Senior Fitness Info Session is
Thurs. Oct 15th at 12:30 p.m. ET.
One attendee will win 50% off enrollment
+ 1 year of monthly class content



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