

Designing Dynamic Senior Fitness Sessions



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StrongerU
Senior Fitness

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"

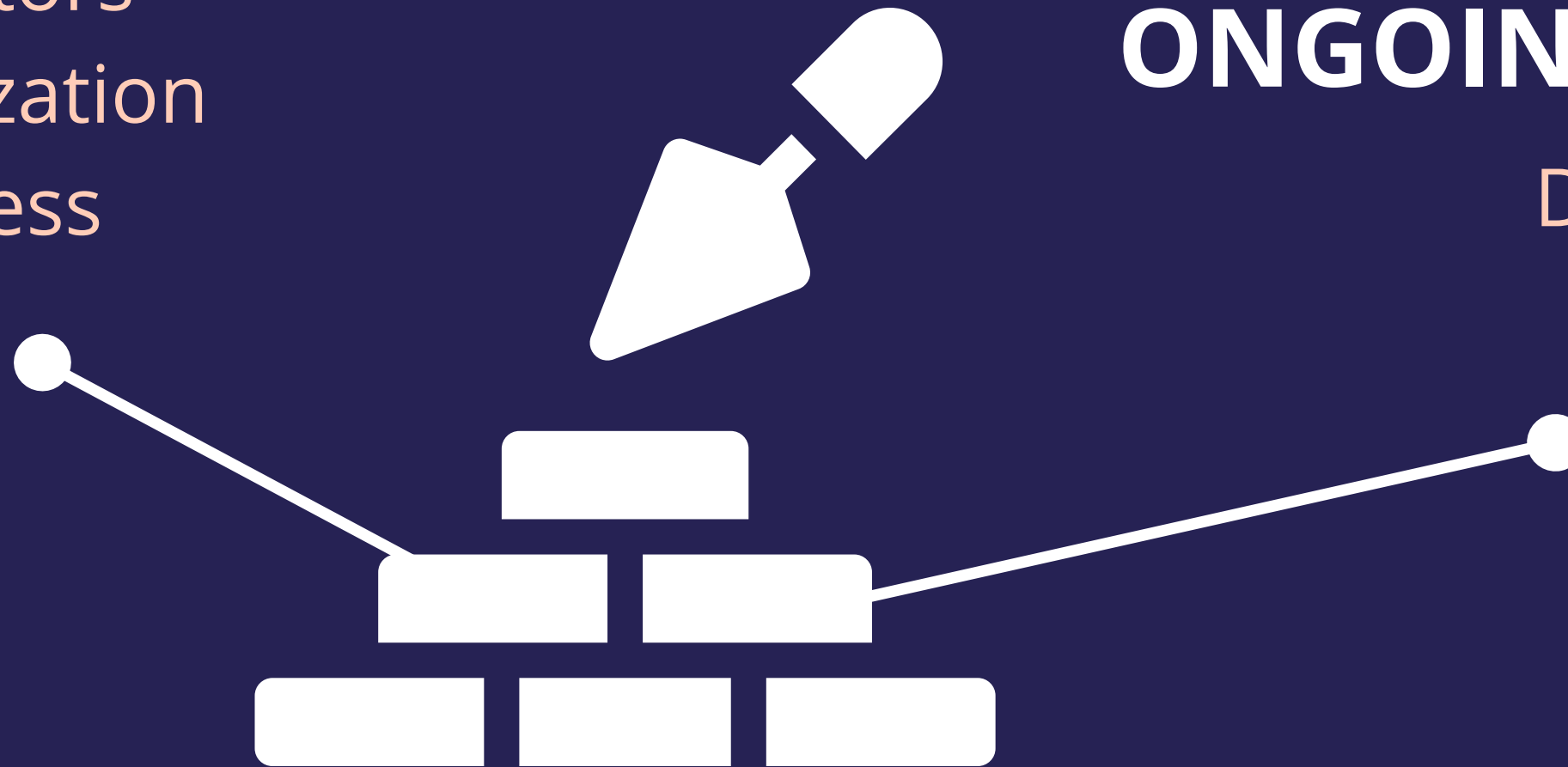


EDUCATION/ CERTIFICATION

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?



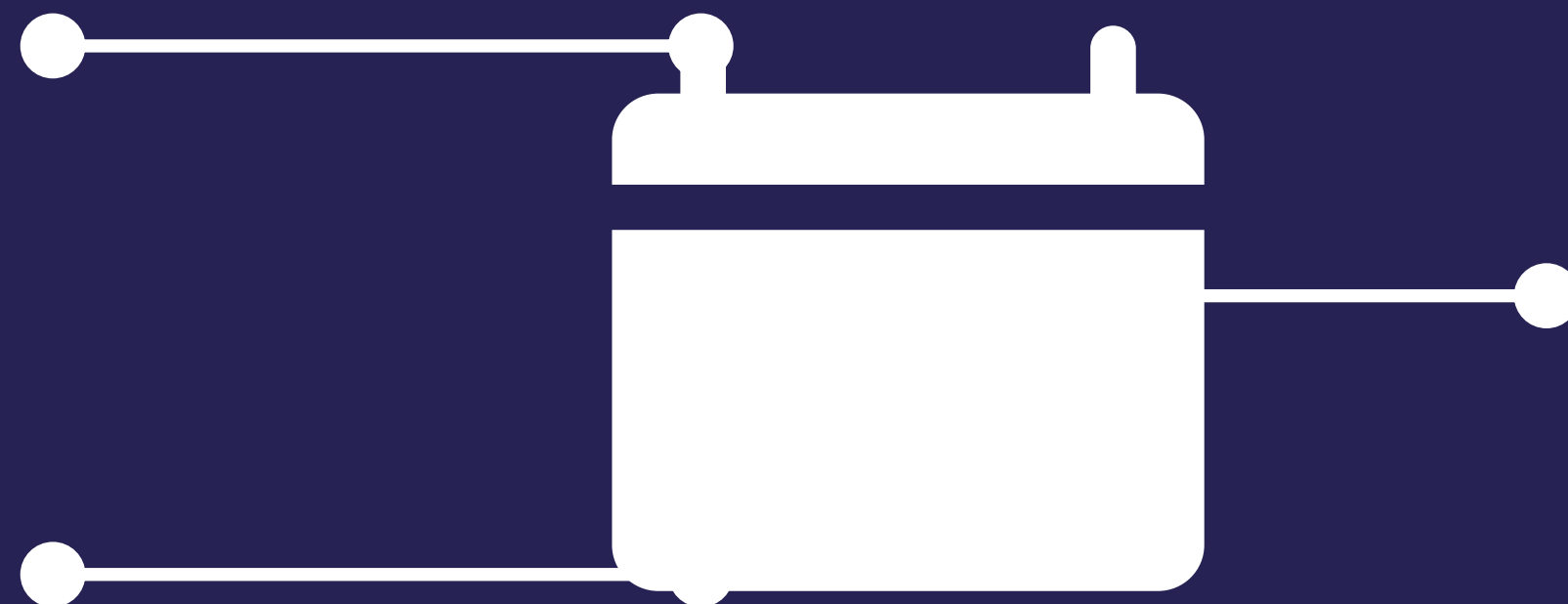
FOUNDATION

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

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



VOCATIONAL

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





EMOTIONAL

- Music
- Goal setting
- Mastery

SPIRITUAL

- Purposeful breathing
- Mindfulness
- Meditation
- Guided relaxation



ENVIRONMENTAL

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





Let's Move!



CARDIO BASE MOVES

- ✓ MARCH
- ✓ HEEL DIG
- ✓ TAP BACK (HAMSTRING CURL)
- ✓ KNEE LIFT
- ✓ STEP TOUCH/ SIDE STEP
- ✓ MAMBO

DESIGNING CARDIO COMBOS

- 1 Base Moves
- 2 Layer to Create a Combo
- 3 Changes in Speed
- 4 Arms
- 5 Direction
- 6 Reverse It

Example: March, heel dig, mambo side



Other things to consider...

Music

Goal of the combo

Planes of movement

Dimensions of Wellness





BUILDING STRENGTH COMBOS

- ✓ BICEPS
- ✓ TRICEPS
- ✓ SHOULDERS
- ✓ BACK
- ✓ CHEST
- ✓ ABDOMINALS



BUILDING STRENGTH COMBOS

- ✓ **GLUTES/ ABDUCTORS**
- ✓ **ADDUCTORS**
- ✓ **HAMSTRINGS**
- ✓ **QUADRICEPS**
- ✓ **ANTERIOR TIBIALIS**
- ✓ **GASTROCNEMIUS**

LEGS



HIPS



BACK



ABDOMINALS



CHEST



SHOULDERS



ARMS



- 1 Base Moves
- 2 Layer to Create a Combo
- 3 Changes in Direction
- 4 Changes in Speed

Example:

- Biceps reach combo
- Knee lift combo

DESIGNING STRENGTH COMBOS

Other things to consider...

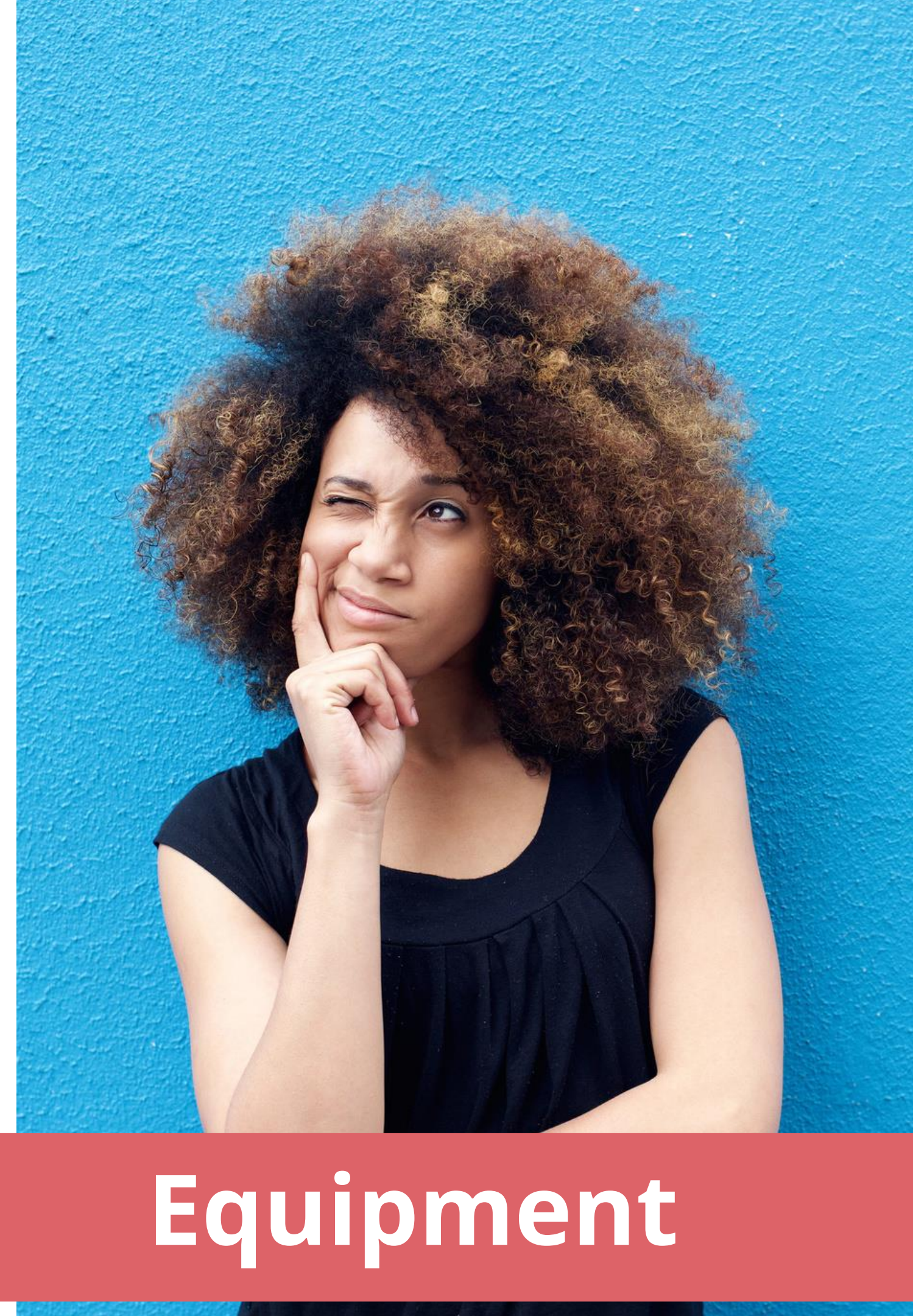
Music

Goal of the combo

Planes of movement

Dimensions of Wellness

Equipment

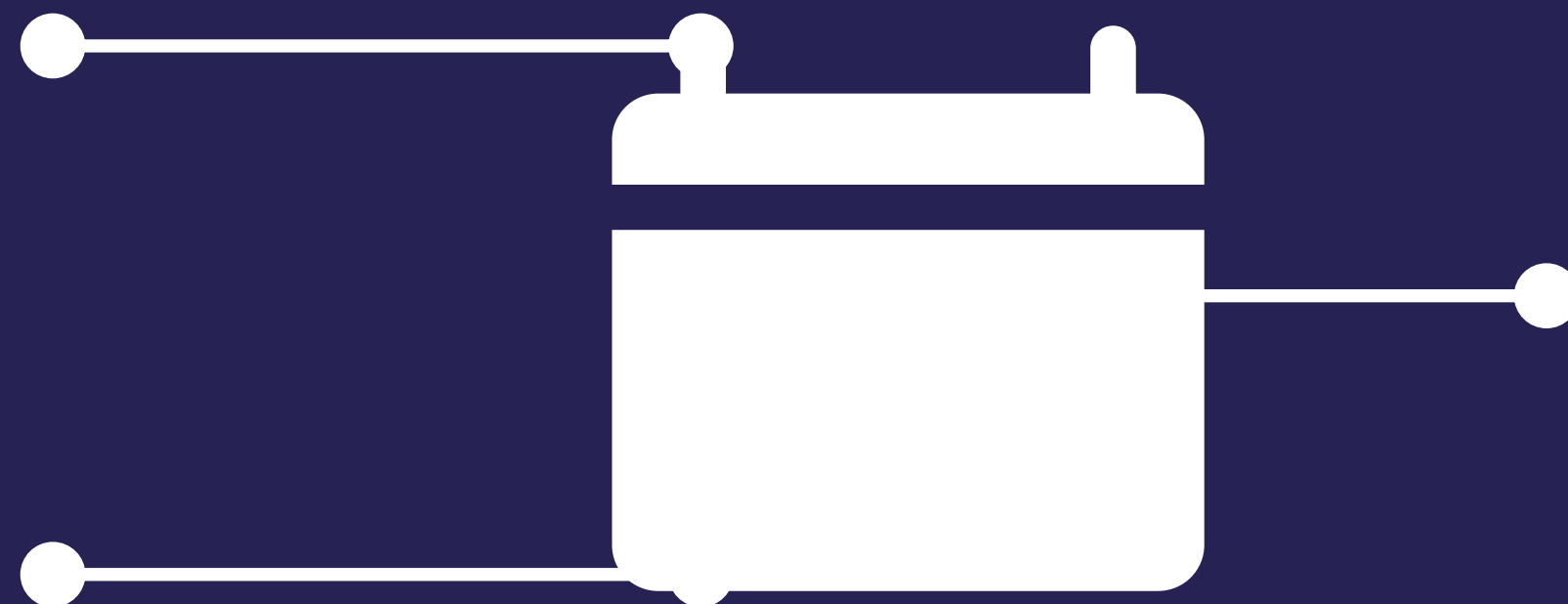


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SCHEDULE



Range of Motion & Flexibility

Examples:

- Shoulder roll combo – roll shoulder, roll elbow back, then full arm circle, then put it together
- Reach both arms forward, chest stretch, reach one arm back, back to front, chest stretch, repeat other arm
- Toe and Heel lifts with arms

Range of Motion



A summer-themed StrongerU Senior Fitness class, plus additional program resources, that will help get you and your participants get into the summer spirit!

Access a full 30-min StrongerU Class



StrongerU

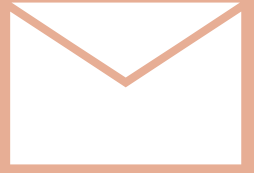
Senior Fitness

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Contact me at
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ThankU

For Engaging

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Questions?