

I'M GOING TO PUMP... YOU UP!

**Implementing Exercise Routines for Seniors in Community and
Long-term Care Settings**



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THE LEGENDS



OBJECTIVES

- Participants will be able to identify 3 physical or mental benefits of exercise.
- Participants will identify 3 different interventions/types of exercise.
- Participants will be able to identify 3 ways to use the internet or technology to search for exercise routines and classes.



WHY EXERCISE?

- Correlation between exercise and brain functioning. (Kirk-Sanchez and McGough 2014)
 - Cardiovascular risk factors and cognitive impairments
 - Resistance training and neuron growth/maintenance
 - Exercise in rats to performance in maze
 - Exercise and brain volume
- Improvements physically (Nied and Franklin, 2002)
 - Increase aerobic capacity
 - Increase Life Expectancy
 - Maintain muscle mass or slow rate of decline
 - May improve or limit decline in conditions such as osteoporosis, osteoarthritis, diabetes
 - Provide Activity Pyramid/Exercise Prescription as general baseline for fitness in Seniors.



Figure 1.
The Activity Pyramid for People Over 60

The Activity Pyramid for People Over 60

Choose a blend of activities that you enjoy. Try to include activities from each section of the pyramid, or create your own!

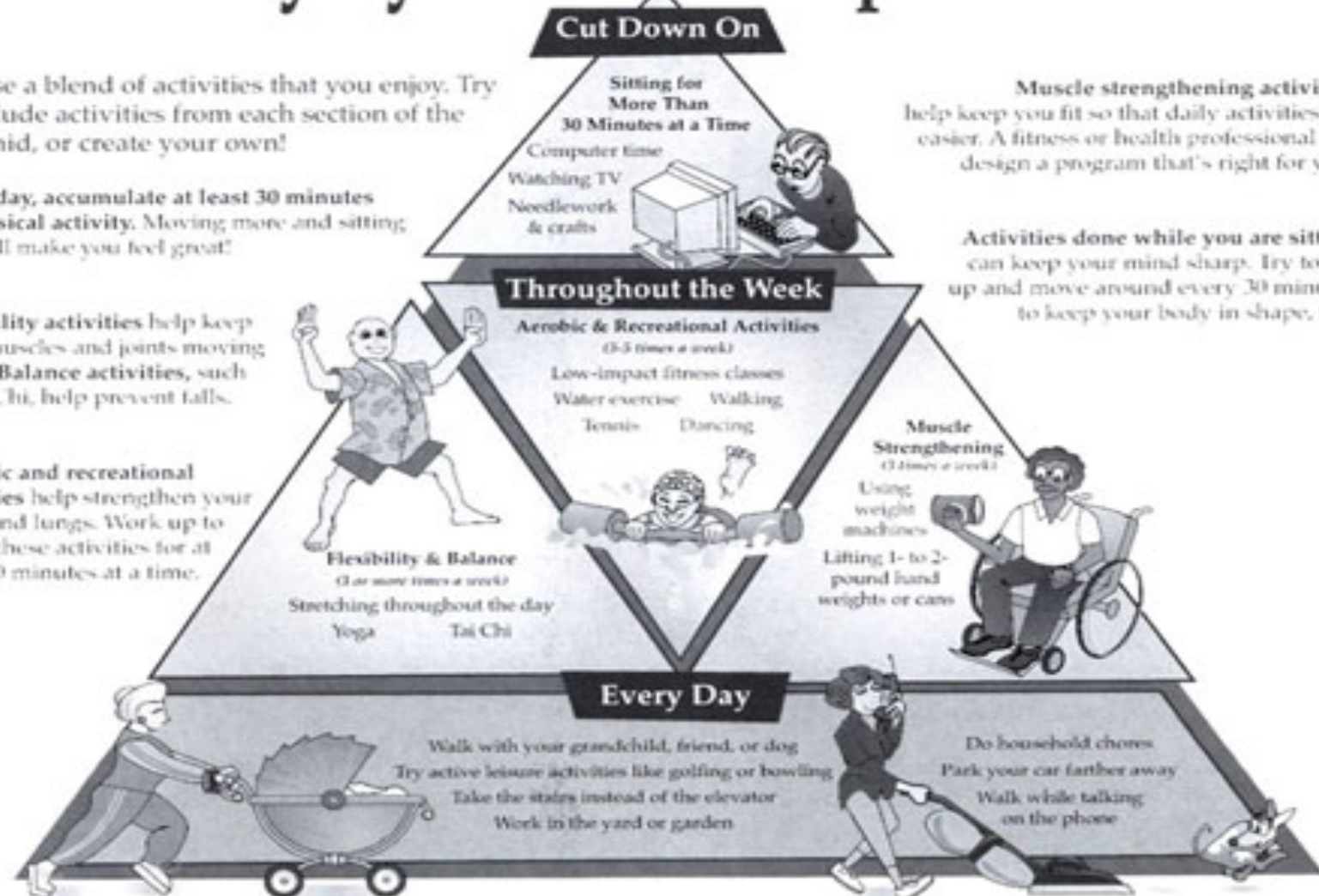
Every day, accumulate at least 30 minutes of physical activity. Moving more and sitting less will make you feel great!

Flexibility activities help keep your muscles and joints moving easily. Balance activities, such as Tai Chi, help prevent falls.

Aerobic and recreational activities help strengthen your heart and lungs. Work up to doing these activities for at least 20 minutes at a time.

Muscle strengthening activities help keep you fit so that daily activities are easier. A fitness or health professional can design a program that's right for you.

Activities done while you are sitting can keep your mind sharp. Try to get up and move around every 30 minutes to keep your body in shape, too.



WHAT CAN WE DO AS PROFESSIONALS?

- Identify Barriers to our Seniors, and help them overcome them
- Help identify their goals, and assist them as they achieve them
- Recruiting support around them, and being a support as well
- Providing positive reinforcement.
- Learn a variety of interventions to meet individual needs



BARRIERS TO EXERCISE (NIED & FRANKLIN 2002)

- Self Efficacy
- Attitude
- Discomfort
- Disability
- Poor Balance/Fear of Injury
- Not a habit/routine
- Subjective Norms
- Limited/Fixed Income
- Environmental Factors
- Cognitive Decline
- Illness/Fatigue



WHAT WE DO AT BROOKCREST

- Overtime Therapy
 - Acts as a supplemental exercise to PT/OT
 - Also serves for LTC residents as more of a “high intensive exercise program” for those who “want to get stronger”
 - Includes interventions done from seated position, such as Yoga, Tai Chi and Zumba
- Restorative Nurses: conduct treatment plans for specific goals of resident.
 - Care plans and treatment made with collaboration with PT
 - Nurses trained specifically for conducting physical activity with residents.
 - Walking and resistance training.
- LTC Exercise group 2-3x weekly for passive ROM and stretching
 - Led by RTA in group. No weights are used.
- Available at our other campuses: aquatic exercise, walking clubs, Wellness Center, various fitness classes/groups



COMMUNITY

- Senior Centers
 - Different Senior Centers in area offer different exercise programs
 - Include, but not limited to: seated exercises, walking club, Yoga/Tai Chi
 - Often discounted/cheap membership to join. Some places have additional charges depending on the class.
- Salvation Army Kroc Center - <http://www.grkroccenter.org/seniors.html>
 - Senior specific programming, including senior specific exercise programs.
 - Programs include river walking, stretch and flex, and senior yoga.
 - Also have fitness machines available for use
 - Membership needed, but options for free membership (cover that soon)
- Gyms/Fitness Centers (such as Snap Fitness)
 - Variety of classes and fitness machines
 - Classes offered at most facilities; classes vary based on facility.



SENIOR FITNESS PROGRAMS

- Silver Sneakers (Walker 2017)
 - Available local fitness center, and covered by some insurance companies if 65+!
 - Classes that meet in Fitness Centers/Gyms, outside classes
 - Also offer in home kits (not close to location, illness, injury, unable to leave home)
 - “According to Silver Sneakers members, the program works: 94 percent of members rate their health as excellent, very good, or good. And 91 percent of members say the program has improved their quality of life.”
 - www.silversneakers.com
- Silver and Fit
 - Like Silver Sneakers (local fitness centers, certain insurances cover, 65+)
 - Also have in home kits for those who rather/need to exercise at home (2 kits each year)
 - Also include rewards system and fitness challenges (requires a fitness tracker)!
 - <https://www.silverandfit.com/>



SENIOR FITNESS PROGRAMS

- Enhance Fitness
 - Certified Instructor leads set routine
 - Content of group starts with warmup, than goes into cardio, strength training, balance exercises, and stretching.
 - Can be done sitting or standing
 - http://www.michigan.gov/mdhhs/0,5885,7-339-71550_2955_21222_53526-214759--,00.html
- Sit and Be Fit
 - Can be watched on TV (if you have an antenna)
 - Channel 35 plays this program on MWF at 2:30pm in GR area
 - Streaming options and DVDs can be purchased on website as well
 - <https://www.sitandbefit.org/>
- http://www.aaawm.org/classes/by_county/kent



INCORPORATING TECHNOLOGY IN YOUR FITNESS ROUTINE

- Fitness Watches/devices

- Fitbit is one of the most common. Many different types of devices/features based on workout needs.
- There are some more expensive ones that also are waterproof, receive text messages, measure sleep patterns, etc.
- Devices are best used if you have a smartphone; can be done with tablet or computer too

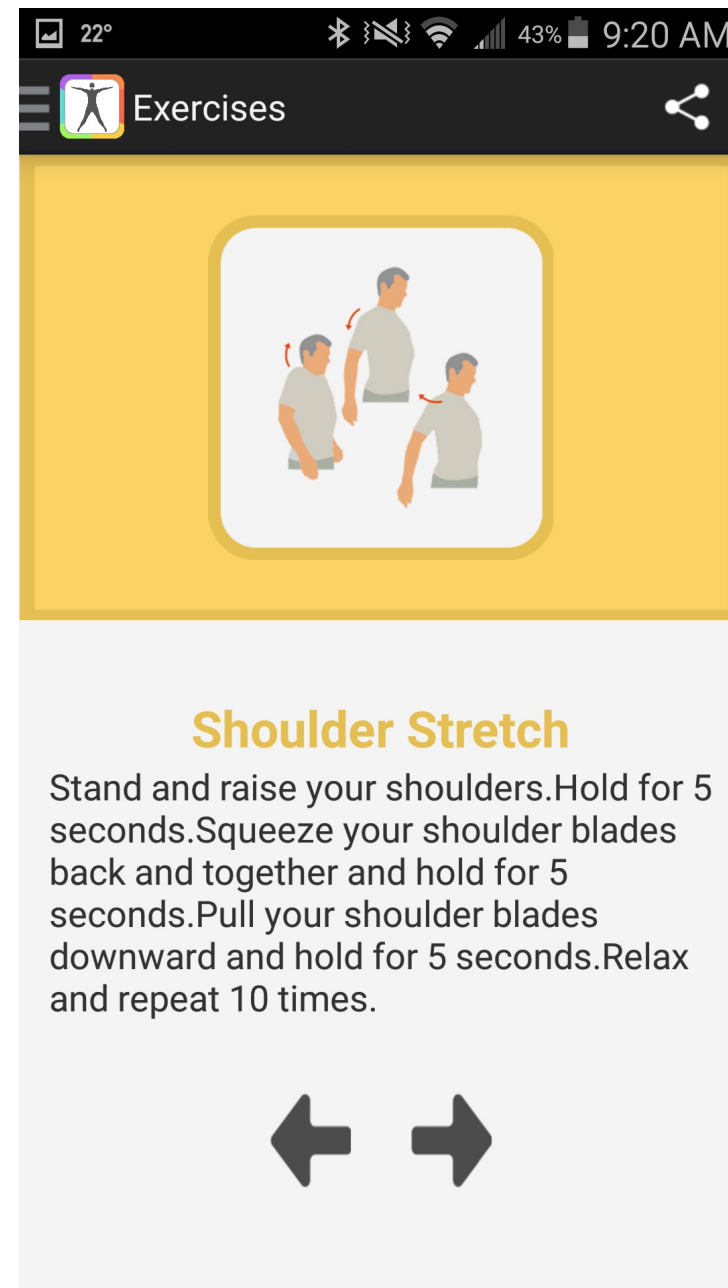
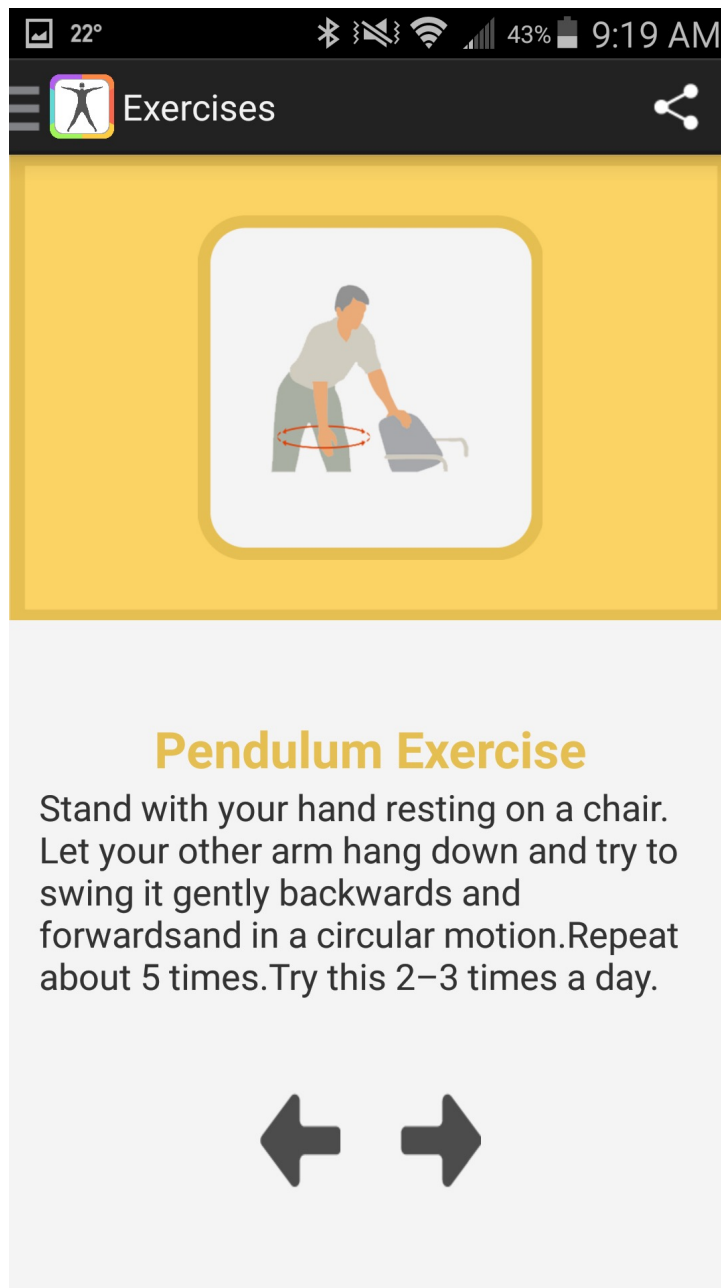
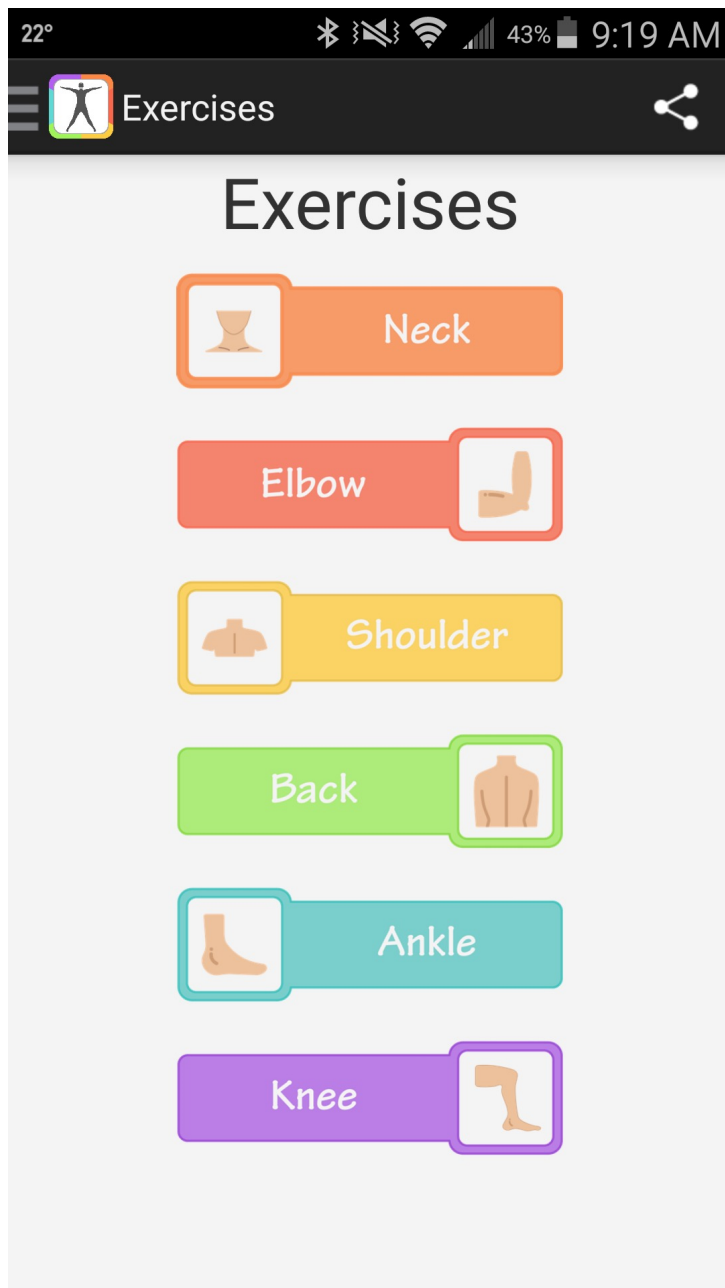
- Fitness Apps

- Most smart phones have a fitness app already built into them. If you carry your phone with you, can measure steps using it.
- Other apps can be downloaded if you need something more specific.

- Fitness Videos/DVDs

- Youtube has “samples” of workouts you can buy on DVD. Way to “try before you buy”.
- DVDs can be bought online, in store, etc. Do research before buying, and look at customer reviews





WHERE CAN I FIND RESOURCES?

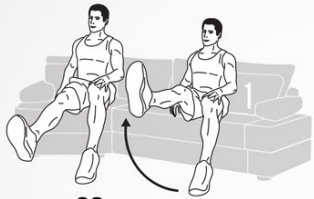
- Internet
 - Darebee for workout ideas <http://darebee.com>
 - Amazon for purchasing materials
 - Search engines when you have no clue where to look (and I've been there too)
- Local Senior Center
 - Senior Neighbors - <http://seniorneighbors.org/>
 - Georgetown Senior Center - <http://www.georgetown-mi.gov/190/GT-Connections-Senior-Center>
 - Kentwood Parks and Rec Senior Center - http://www.kentwood.us/city_services/city_departments/parks_and_recreation/index.php
- Local Library
 - Books/DVDs to check out
 - May also have educational classes about fitness
- Area Agency on Aging of West Michigan - <http://www.aaawm.org/>



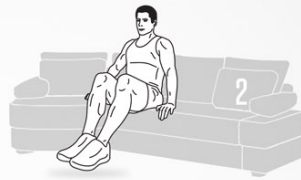
sofa **abs**

DAREBEE WORKOUT @ darebee.com

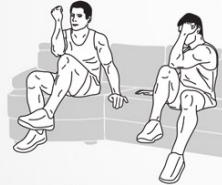
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



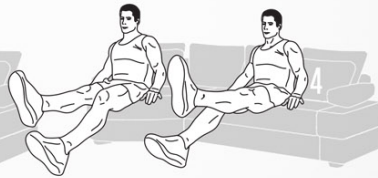
20 leg swings



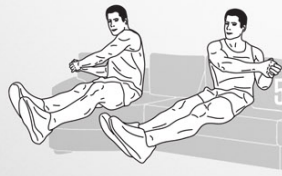
20-count raised knees hold



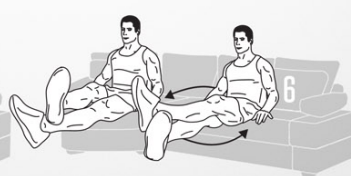
20 knee to elbows



20 flutter kicks



10 raised legs twists



10 scissors

cardio chair

DAREBEE
WORKOUT
@ darebee.com



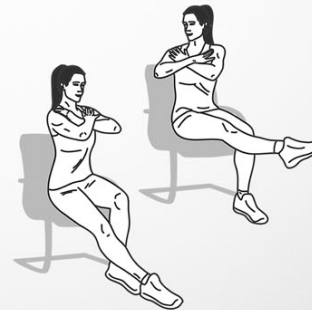
10 chair jack



10 cycling crunches



10 knee-to-elbow twists



10 leg raises with a twist

rainmaker

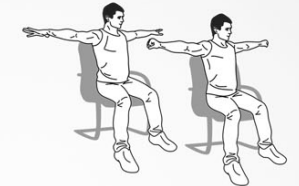
DAREBEE **OFFICE** WORKOUT @ darebee.com



20 side circles



10-count hold



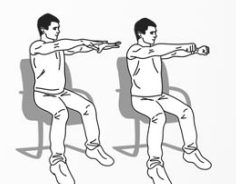
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



10-count hold



20 overhead clenches



BARRIERS TO EXERCISE OVERCOME

- Self Efficacy – start slow with obtainable goals; advance slowly with encouragement
- Attitude – promote positive personal benefits to fitness; use/find enjoyable activities to them
- Discomfort – vary intensity and range; cross train; start slow and avoid overdoing
- Disability – specialized exercises to meet their needs
- Poor Balance/Fear of Injury – assistive devices; balance/strength fitness to start; start slowly and ensure proper equipment.
- Not a habit/routine – promote lifestyle, set up schedule, encouragement
- Subjective Norms – find/seek role models; educate them along with influential persons for them
- Limited/Fixed Income – simple exercises, use of items at home, community resources
- Environmental Factors – provide/seek resources for alternative fitness outside of norm
- Cognitive Decline – establish routine, simple exercises
- Illness/Fatigue – range of exercises/intensities to use based on level for that time



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- Nied, R. J., & Franklin, B. (2002, February 1). Promoting and Prescribing Exercise for the Elderly. *American Family Physician*, 63(3), 419-427. Retrieved November 5, 2017, from <http://www.aafp.org/afp/2002/0201/p419.html>



QUESTIONS?

- My Contact Info if you have any questions or need assistance with resources:
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**CONSIDER
YOURSELF
PUMPED!**

