

Activity: Balloon Game

Description: Blow up a balloon for each individual participant and see how many time they can hit the balloon without it touching the floor. Alternatively, blow up one balloon or multiple balloons and make it a game for the entire group.

Supplies: Balloons

Location:

Activity: Proprioceptive Tennis Ball

Description: Set up chairs in two rows, so the participants are facing at least one person. Make sure every participant has a tennis ball. The object is to have the participants perform increasingly challenging tasks with the tennis ball.

1. Toss the ball back and forth between both hands
2. Perform with one eye closed
3. Toss the ball straight up in the air and catch the ball with only the dominate hand
4. Switch to non-dominate hand
5. Perform 4 with one eye closed
6. Bounce the ball on the ground with dominate hand
7. Switch to non-dominate hand
8. Bounce the ball back and forth between hands
9. Perform 8 with one eye closed
10. (Partner) Bounce ball to each other
11. (Partner) Perform 11 with one eye closed
12. (Partner) Toss Ball to each other
13. (Partner) Perform 12 with one eye closed
14. (Partner) Using two balls one partner bounces while the other partner throws in an exchange

Supplies: Tennis Ball, Chairs

Location:

Activity: Obstacle Course

Description: Put together mats and foam materials to make an obstacle course that can improve balance and gait patterns. Have participants walk across a floor balance beam, have them tip toe across or walk on their heels and then do a tandem walk. Incorporate walking patterns to make this more difficult and add obstacles to jump or step over. Don't forget spotters if needed.

Supplies: Gym mats, foam balance beams, foam shapes

Location:

Activity: Yoga

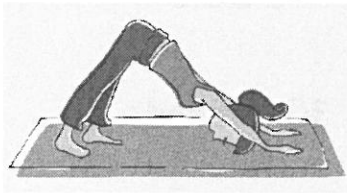
Description: Included will be 2 Yoga programs to perform, one floor and one standing. This will eliminate the need for a video and will keep the class more engaged with the staff participating. Feel free to mix and match the programs to come up with your own idea or print out extra copies and let the participants work off the visuals.

Supplies: Yoga mats, program

Location:

Yoga I Routine

Downward Dog



3 Sets

30 Seconds

Child's Pose



3 Sets

30 Seconds

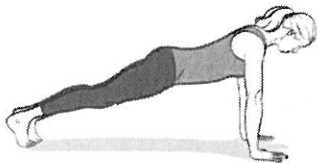
Cobra Pose



3 Sets

30 Seconds

Plank



3 Sets

30 Seconds

Reverse Plank



3 Sets

30 Seconds

Boat Pose



3 Sets

30 Seconds

Yoga II Routine

Tree Pose

3 Sets



30 Seconds

Warrior I

3 Sets



30 Seconds

Warrior II

3 Sets



30 Seconds

Extended Side Angle

3 Sets



30 Seconds

Warrior III

3 Sets



30 Seconds

Upward Salute

3 Sets



30 Seconds

Activity: Stretching

Description: Use the provided Static stretching routine with the participants, seated modifications and easier to perform modifications are included

Supplies: Yoga Mat, Chair

Location:

Static Stretching

Stretch	Time	Seated Chair Modification
Neck (Ear to Shoulder)	10 sec/each	Continue Seated
Biceps (Wrist Stretch)	20 sec/each	Continue Seated
Triceps (Overhead)	20 sec/each	Continue Seated
Deltoid (Arm Across Body)	20 sec/each	Continue Seated
Pectoral (Arms Behind Back)	30 sec	Chair Grab
Upper Back (Arms Forward)	30 sec	Continue Seated
Latissimus Dorsi (Arm Up Side Bend)	30 sec	Continue Seated
Quadriceps (Standing Quad Stretch)	30 sec/each	Under Chair Quad Stretch
Torso (Leg Over Leg Twist)	30 sec/each	Trunk Rotation
Hamstrings (Split Toe Touch)	30 sec/each	Leg Straight to Toe Touch
Glute (Ankle over Knee)	30 sec/each	Thigh to Chest
Lower Back (Torso Flat Legs Over)	30 sec	Lower Trunk Rotation

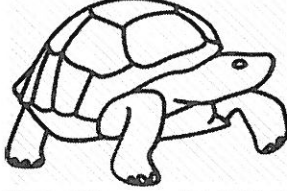

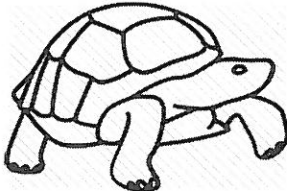

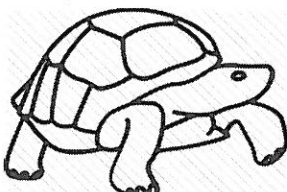

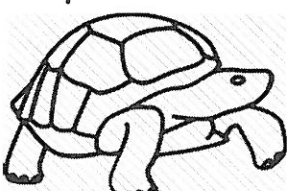

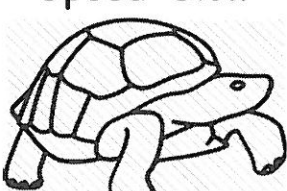

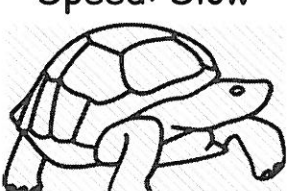

Activity: Cardio

Description: Using the cardio equipment in the carpet room follow the program set up for interval training. If the participant does not want to follow the program feel free to have them go at their own pace, slow cardio is better than no cardio at all.

Supplies: Cardio Equipment

Location: Carpet Room

Cardio Interval Routine

Speed: Slow 	1 Minute →	Speed: Fast 	30 Seconds
Speed: Slow 	2 Minutes →	Speed: Fast 	1 Minute
Speed: Slow 	3 Minutes →	Speed: Fast 	1.5 Minutes
Speed: Slow 	3 Minutes →	Speed: Fast 	1.5 Minutes
Speed: Slow 	2 Minutes →	Speed: Fast 	1 Minute
Speed: Slow 	1 Minute →	Speed: Fast 	30 Seconds

Activity: Daily Function Exercises

Description: This style of exercising is to pair the exercise with a purpose. A lot of people don't want to exercise because they don't understand the benefits of the exercise being performed. Review an exercise, go over why it's important and perform the exercise with the group. Be sure to include multiple levels of daily functions, getting out of a wheelchair or carrying groceries may seem beneficial to one person but is a second thought to another participant

Examples:

1. Overhead Triceps Extension or Triceps Kickback = Getting Out of a Wheelchair/Seat or 3-point Shooting
2. Biceps Curl = Carrying Groceries/Bags or Shoveling a Drive-Way
3. Floor Press or Push-Ups = Getting up After a Fall
4. Squats or Lunges = Stairs or Running and Jumping or Kick Power for Soccer

Supplies: Dumbbells

Location:

Activity: Resistance Band

Description: Use this resistance band routine with the participants

Supplies: Resistance Band

Location:

Resistance Band Routine

Thrusters

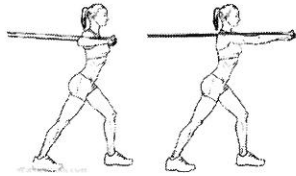
3 Sets



8-12 Reps

Chest Press

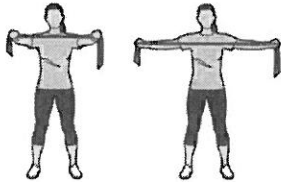
3 Sets



8-12 Reps

Reverse Fly's

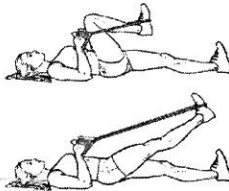
3 Sets



8-12 Reps

Leg Pres

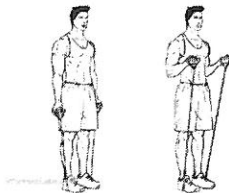
4 Sets



8-12 Reps

Biceps Curl

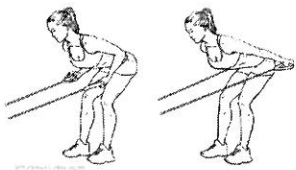
2 Sets



8-12 Reps

Kickbacks

2 Sets



8-12 Reps

Activity: Relaxation

Description: Have the participants lie on the floor with the lights turned off and turn on some soothing, relaxing music.

Progressive Muscle Relaxation:

Explain to the participants that when you call out a body part they have to tense that part of their body for five seconds and then relax. This is a relaxation technique that allows you to focus on what body part is being relaxed specifically, to take the tension off the whole body at the end.

Supplies: Music, Yoga Mats

Location:

Activity: Home Run Derby

Description: Have one participant step up to the Tee, have all other participants in the outfield to retrieve balls. Set the Home Run marker to an appropriate distance for the individual participant. Set a number of times each participant can hit the ball and see how many home runs they can hit. Good for; balance, hand-eye coordination and core.

Supplies: Wiffle Balls, Wiffle Bat, Tee, Home Run Fence Markers (Ex: Tape or Random Objects)

Location:

Activity: Kickball

Description:

Kickball: Use the regular rules of kickball or add a twist. Have no walks or strikes just let the ball get into play. Just rotate people in and out so there are no set team's just opportunities to make plays on offense and defense.

Kickball Home Run Derby: Have one participant step up to the Plate, have all other participants in the outfield to retrieve balls. Set the Home Run marker to an appropriate distance for the individual participant. Set a number of times each participant can kick the ball and see how many home runs they can kick. Good for; balance, hand-eye coordination and core.

Supplies: Bases, Kickball

Location:

Activity: Fitness Goals

Description: Keep a fitness log for every participant and try to improve upon it every week by adding exercises trying more challenging exercise or by completing more sets and reps.

Example Fitness Log

	Date	Exercises	Date	Exercises
Name 1	12-11-18		12-18-18	
Name 2	12-11-18		12-18-18	
Name 3	12-11-18		12-18-18	
Name 4	12-11-18		12-18-18	
Name 5	12-11-18		12-18-18	
Name 6	12-11-18		12-18-18	
Name 7	12-11-18		12-18-18	
Name 8	12-11-18		12-18-18	
Name 9	12-11-18		12-18-18	
Name 10	12-11-18		12-18-18	

Supplies: Fitness logs, designated equipment

Location:

Activity: Hula Hoop Throw

Description: Set up a few different colored hula hoops or baskets around the room. Fill one basket with different colored balls or socks. See how fast they can throw the socks into the same colored hula hoop. If you're outside switch the game up and try to land the hula hoop around the same colored foam balls. Feel free to switch to a bozo buckets style game if you have extra time.

Supplies: Hula Hoop, Foam Balls, Socks

Location: