

## Senior Fitness Lesson Plan 1

### Pre-assessment Questions:

Show of hands, how many of you don't exercise because you think

- Exercise might be too hard?
- You'll get hurt?
- You need special equipment?
- Or you just don't know where to start?

**Transitions:** These are actually all common reasons that prevent you from exercising

**Objective 1:** Exercise has great benefits to your health

- Helps you to stay strong and fit enough to perform daily activities and maintain your independence.
- Prevents or delays many diseases and disabilities
  - Such as heart disease, arthritis, diabetes, High blood pressure and with difficulty walking
- Can help manage stress, improve mood and cognitive function

**Transition:** So I know most of you have consulted with your doctor already

- know the status of your health
- have gotten clearance to exercise from any potential complications
- You know your activity level because you done graded exercise tests

### Objective 2:

The important key to excising is to understand exercise safety

To avoid injury you want follow these tips

- Wait at least 2 hours after eating to begin to exercise
- Wear appropriate shoes for your activity and comfortable, loose fitting clothes
- Always do warm-ups and active cool downs
- Begin slowly with a low intensity exercise
- Stay hydrated
- Be aware of your surroundings

Know when to stop exercising

- Feeling dizzy
- Sick to your stomach
- Muscle cramps
- Severe pain in joints
- cold sweat

**Transition:** Great benefits come from combination of Exercises: Endurance, Strength, Balance and Flexibility. So when creating an exercise plan you should incorporate them. You are all here to learn how to get started in exercising. I'm going to have you all follow along with me in 4 simple exercises you can do at home.

**Activity Demonstration:**

1. Flexibility exercises: Keeps the body flexible

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
4. Hold the position for 10 to 30 seconds.
5. Turn your head to the left and hold the position for 10 to 30 seconds.
6. Repeat at least 3 to 5 times.

2. Balance exercises: Reduces the chances of a fall

Standing on one foot- Improve your balance by standing on one foot.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10 to 15 times.
4. Repeat 10 to 15 times with other leg.
5. Repeat 10 to 15 more times with each leg.

3. Strengthening exercises: Builds muscle tissues and reduces age related muscle loss  
Toe stands

Strengthens muscles in your calves and ankles

1. Stand behind a sturdy chair, feet shoulder width apart holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on your tiptoes, as high as possible.
3. Hold the position for 1 second.
4. Breath in as you slowly lower heels to the floor.

4. Endurance activities: builds “staying power”, which improves the health of the heart and circulatory system

Think of you favorite dance move and we are going to dance for 10 seconds.

**Conclusion:** I passed out a handout where it'll you great goals for yourself and to help you start creating your own exercise plan.

**Post Assessment:**

1. Can anyone tell me 1 health benefit from exercising?
2. Can anyone tell me 1 way to avoid an exercise injury?
3. Can someone teach the class one of the classes you've learned?

Great, you all did a great job today and I hope you all had fun!