

ATTAINMENT & EASTER SEALS

Invigorate!

The
Refresh
Exercise
Routine



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CONTENTS

Introduction	5
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Warm-up

1 Deep Breathing	9
2 Arm Reach	10
3 Shoulder Reach	11
4 Forward Bend.....	12
5 Side Bend.....	13

Head and face

6 Mouth Stretch	14
7 Tongue Reach	15
8 Tongue Roll	16
9 Pursed Lips.....	17
10 Vowel Sounds.....	18
11 Eye Rotation.....	19
12 Diagonal Eye Movement	20
13 Air Drawing	21

Neck

14 Head Rotation	22
15 Ear to Shoulder	23

16 Chin to Chest.....	24
17 Combination Neck Movement.....	25
18 Neck Rotation	26
19 Neck Posture	27

Upper back, arms, and shoulders

20 Shoulder Shrugs.....	28
21 Alternating Shoulder Shrugs.....	29
22 Shoulder Rolls	30
23 Arm Circles.....	31
24 Elbows In and Out	32
25 Back Scratch.....	34
26 Chair Pushups	35
27 Forward Swim Stroke.....	36
28 Backward Swim Stroke.....	37
29 Sitting Posture	38

Hips, stomach, and legs

30 Knee Extensions	39
31 Leg Squeeze.....	40
32 Hip Flex	41



33	Knees to Chest	42
34	Elbow to Knee	43

Standing

35	Standing Hip Flex	44
36	Hip Extension	45
37	Hip Lift	46
38	Leg Cross	47
39	Heel Raises	48
40	Waist Bends	49
41	Elbow to Opposite Knee	50
42	Standing Knee Kicks	51
43	Standing Knee Kicks with Elbows	52
44	Side Bend	53

Arms, wrists, and hands

45	Wrist Flex	54
46	Hand Rotation	55
47	Make a Fist	56
48	Fingers to Shoulders	57
49	Finger Spread	58
50	Thumb to Fingers	59
51	Palms Press	60
52	Hand Shake-Out	61

Feet, ankles, and legs

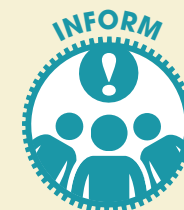
53	Heel Raises	62
54	Toe Raises	63
55	Alternate Toe and Heel Raises	64
56	Heel, Toe, Heel	66
57	Hip Rotation	68
58	Inside Thigh Stretch	70
59	Ankle Circles	71
60	Ankle Writing	72

Exercises for finish

61	Squats	73
62	Trunk Stretch	74
63	Two-Minute March	78
64	Lunges	79
65	Arm Scissors	80
66	One-Leg Stance	81

Cool-down

67	Deep Breathing	82
68	Combination Neck Movement	83
69	Shoulder Rolls	84
70	Ankle Circles	85
71	Quiet Breathing	86



Introduction

Most exercise programs are written for people who do not have physical limitations. Yet everybody benefits from exercise, and it is adults who have a loss of mobility and/or functional capacity who are at a greater risk for hospitalization or long-term care. Wouldn't they benefit the MOST from an exercise program? This was the question that led to the development of **Refresh! Life Re-Energized**. Research shows that individuals with cognitive and functional impairments and chronic medical conditions have the same need for physical activity as do those in good health. Although at higher risk for further illness, loss of function, and hospitalization or long-term care, people with cognitive and/or functional limitations have not traditionally been the focus of physical activity programs.

Refresh is an evidence-informed signature program designed to meet the wellness and fitness needs of older adults who have cognitive and/or functional

limitations. The goal is to improve strength, flexibility, endurance, and posture in individuals who are at risk for health complications.

Research shows that all adults, regardless of age or physical capacity, should participate in at least 150 minutes of exercise per week, or approximately 30 minutes a day for 5 days, to reap the health benefits of regular exercise. While research clearly demonstrates the many health benefits of physical activity, adult participation in leisure time physical activity often declines with age.* In fact, more than one-third of Americans age 75 or older do not engage in any leisure time physical activity. Fear of falling is one factor contributing to a decline in physical activity among older adults. Many people restrict their activity due to this fear, leading to physical deconditioning and an increased risk of falling.



The benefits of physical activity

The US Department of Health and Human Services lists the following benefits of exercise.*

Strong evidence of benefit	Moderate evidence of benefit
Prevention of falls Reduced depression Improved cognitive functioning Lower risk of early death Lower risk of heart disease Lower risk of high blood pressure and stroke Lower risk of Type 2 Diabetes Lower risk of colon and breast cancer	Overall improved functional health Lower risk of hip fracture Increased bone density Improved sleep Lower risk of lung cancer

Safety and exercise

Often older adults as well as their caregivers are afraid to exercise at a moderate level. Perhaps older individuals think they are not capable, or that it is not “good” for them. It may have been a very long time since they participated in moderate-level exercise. However, it is generally safe to exercise at a moderate level and, in fact, the benefits of exercise at this level of intensity far outweigh the risks. If the individual has a chronic or complex health condition, or there are any concerns about safety, it is best to check with their primary care provider before beginning. However, it has been our experience that most people can and will exercise at a moderate level with some encouragement.

6 • INVIGORATE: THE REFRESH EXERCISE ROUTINE

What does “moderate intensity” mean?

There are three levels of activity:

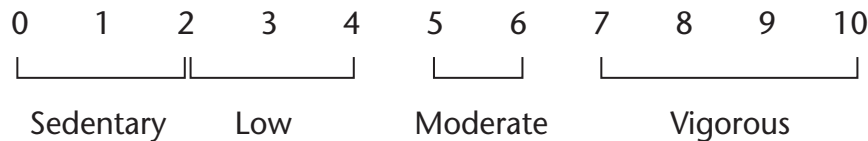
1 Low intensity: This is sedentary activity or that which does not require a lot of effort or movement. Examples include video games, card playing, or a leisurely walk. During low-intensity activity you are able to breathe normally and can sing.

2 Moderate intensity: This level of activity requires a medium level of activity to perform. Examples include slow bike riding, brisk walking, housework, yard work, or hiking. During moderate-intensity activity you breathe harder and deeper. You can’t sing, but you can still have a conversation.

3 Vigorous intensity: This is the highest level of activity and produces a large increase in breathing and heart rate. Examples include jogging, biking fast or uphill, playing basketball or soccer, or shoveling snow. During vigorous-intensity exercise you are breathing harder and it is difficult to talk.

A general rule of thumb is that two minutes of moderate intensity activity is the equivalent of one minute of vigorous intensity activity. Activity intensity is relative. One person could experience an activity as moderately intense, while another would experience it as vigorous. Relative intensity has to do with a person's cardiopulmonary fitness and general physical condition.

Think of intensity as being on a scale of 0–10:



You can have your participants rate themselves on this scale to help determine how intensely they are exercising. If you notice that they do not seem to be exerting a moderate amount of effort, you may want to use this scale to help them understand how “hard” they should be exercising.

Older adults who have a chronic medical condition that prevents them from exercising at a moderate level can set physical activity goals for themselves. They should talk with their healthcare provider about setting activity goals, especially

if they have heart or breathing conditions. Once cleared, consider goals such as standing for half of the exercises, adding a wrist or ankle weight when sitting, exercising 15 minutes before resting, or other creative means to motivate the individual to exercise hard enough to gain the health benefits of moderate-level activity 150 minutes per week.



Exercise guidelines

Remember these guidelines when working with the participants in your program:

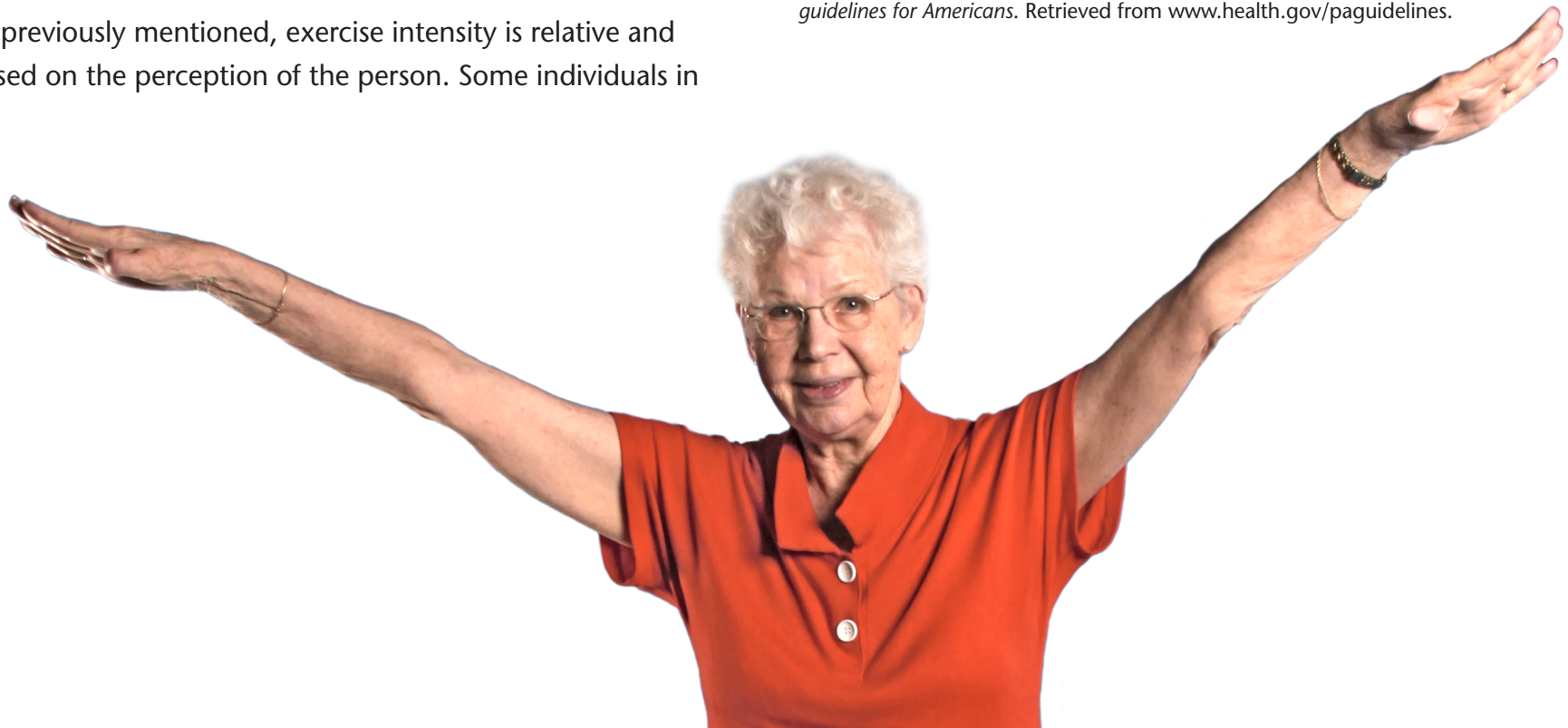
- Older adults with chronic conditions have the same health and activity needs as others and obtain important health benefits from regular physical activity.
- Physical activity is safe—as long as individuals work within their abilities. Keep it at a moderate, not vigorous, level.
- If individuals have a health condition, their healthcare provider should be consulted prior to beginning any exercise program.

As previously mentioned, exercise intensity is relative and based on the perception of the person. Some individuals in

your group may not be capable of exercising the entire 45 minutes of the session. In this case, encourage the person to keep moving, which is better for you than being truly sedentary. Here are some alternatives participants can do while they “rest”:

- March in place, either sitting or standing.
- While sitting in a chair, kick one leg out straight, lower it, then kick the other.
- Kick legs with an ankle weight on.
- Raise arms overhead and lower. Add a wrist weight to make it more intense.

*US Department of Health and Human Services. (2008). *2008 physical activity guidelines for Americans*. Retrieved from www.health.gov/paguidelines.



Warm-up



1

Deep Breathing

- Place the fingertips of both hands gently on your abdomen. Take in a slow breath through your nose and feel your stomach expand, moving your hands apart.
- Exhale by blowing air out of your mouth, feeling your hands move together.
- Take 5 slow deep breaths.



Warm-up

2

Arm Reach

- Reach for the ceiling with your right arm. Lower your right arm.
- Repeat with your left arm.
- Repeat 5 times.



Warm-up



3

Shoulder Reach

- Reach your right arm out to the side and lean right for 3 seconds.
- Return to the starting position.
- Repeat on the other side.
- Repeat 5 times.



Warm-up

4

Forward Bend

- Keeping your back as straight as possible, bend forward at your hips and reach down as far as you are able.
- Hold for 3 seconds and return to sitting.
- Repeat 5 times.



Warm-up



5

Side Bend

- Lean to the right and reach toward the floor for 3 seconds. Return to the starting position.
- Repeat on the other side.
- Repeat 5 times.



Head and face

6

Mouth Stretch

- Open your mouth and hold for 5 seconds.
- Close your mouth.
- Repeat 5 times.



Head and face



7

Tongue Reach

- Stick out your tongue and try to reach your nose.
- Hold for 5 seconds.
- Repeat 5 times.



Head and face

8

Tongue Roll

- Roll your tongue over the outside of your upper gums and then your lower gums.
- Repeat 5 times.





Head and face



9

Pursed Lips

- Purse your lips like you are blowing out candles on your birthday cake.
- Hold for 5 seconds.
- Repeat 5 times.



Head and face

10

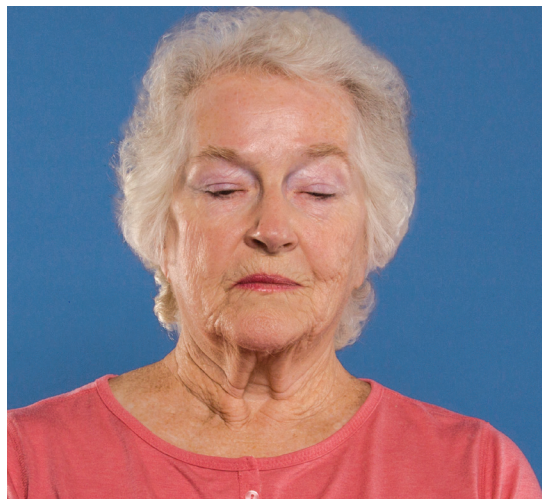
Vowel Sounds

- Make the vowel sounds loudly, overusing your mouth to form A-E-I-O-U.
- Repeat 5 times.





Head and face



11

Eye Rotation

- Face forward, keeping your head still.
- Look up to the ceiling. Look straight ahead. Look down to the floor. Look straight ahead. Look right. Look straight ahead. Look left. Look straight ahead.
- Repeat 5 times.





Head and face

12

Diagonal Eye Movement

- Face forward, keeping your head still.
- Look to the upper right and then to the lower left, making a diagonal.
- Look straight ahead.
- Look to the upper left and then to the lower right, making a diagonal.

