



APE Health & Fitness Take Home Packet



Hello everyone! I hope you all are staying healthy and well. I am sending out this packet for you to continue with some form of exercise. I know this is not the same as being in the pool or the fitness center **but it is very important that you stay active while you are at home**. Physical inactivity not only effects the cardiovascular system but the whole body as well. Four months of physical inactivity in older adults can lead to complete loss of exercise training that you gained from working out in the pool or fitness center and we do not want this to happen. In this packet, you will find a wide range of things from learning how to take your heart rate to balance exercises to chair exercises. I cannot give you a date of when we will be back so it is important that you continue performing physical activity all while practicing social distancing. This can be in the form of walking, gardening or exercising in your home etc. Take care and I hope I will be able to see you all soon.

Eric

Assessing Heart Rate

According to the Harvard Medical School Special Health Report Diseases of the Heart, it's easy to check your pulse using just your fingers, either at the wrist or the side of the neck.

- At the wrist, lightly press the index and middle fingers of one hand on the opposite wrist, just below the base of the thumb.
 - At the neck, lightly press the side of the neck, just below your jawbone.
 - **Count the number of beats in 15 seconds, and multiply by four. That's your heart rate.**

To get the most accurate reading, you may want to repeat a few times and use the average of the three values. For a resting heart rate measurement, you should also follow these

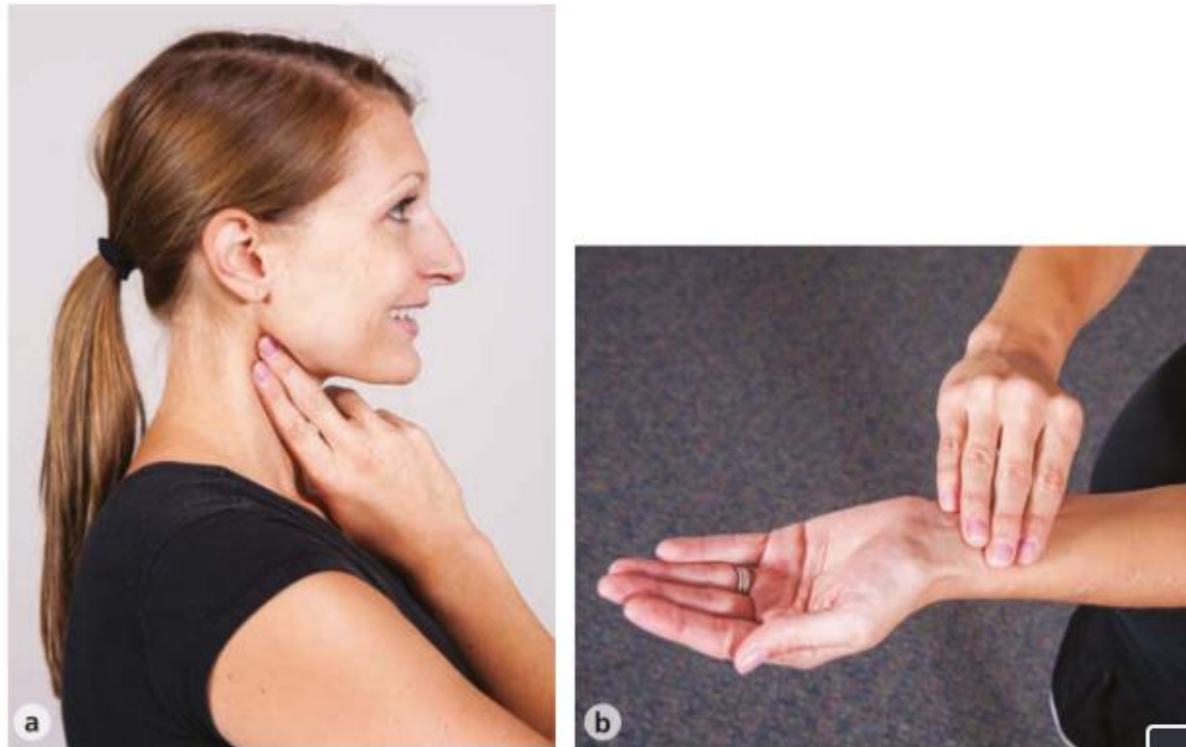


FIGURE 5.1 (a) Carotid and (b) radial artery pulse locations.

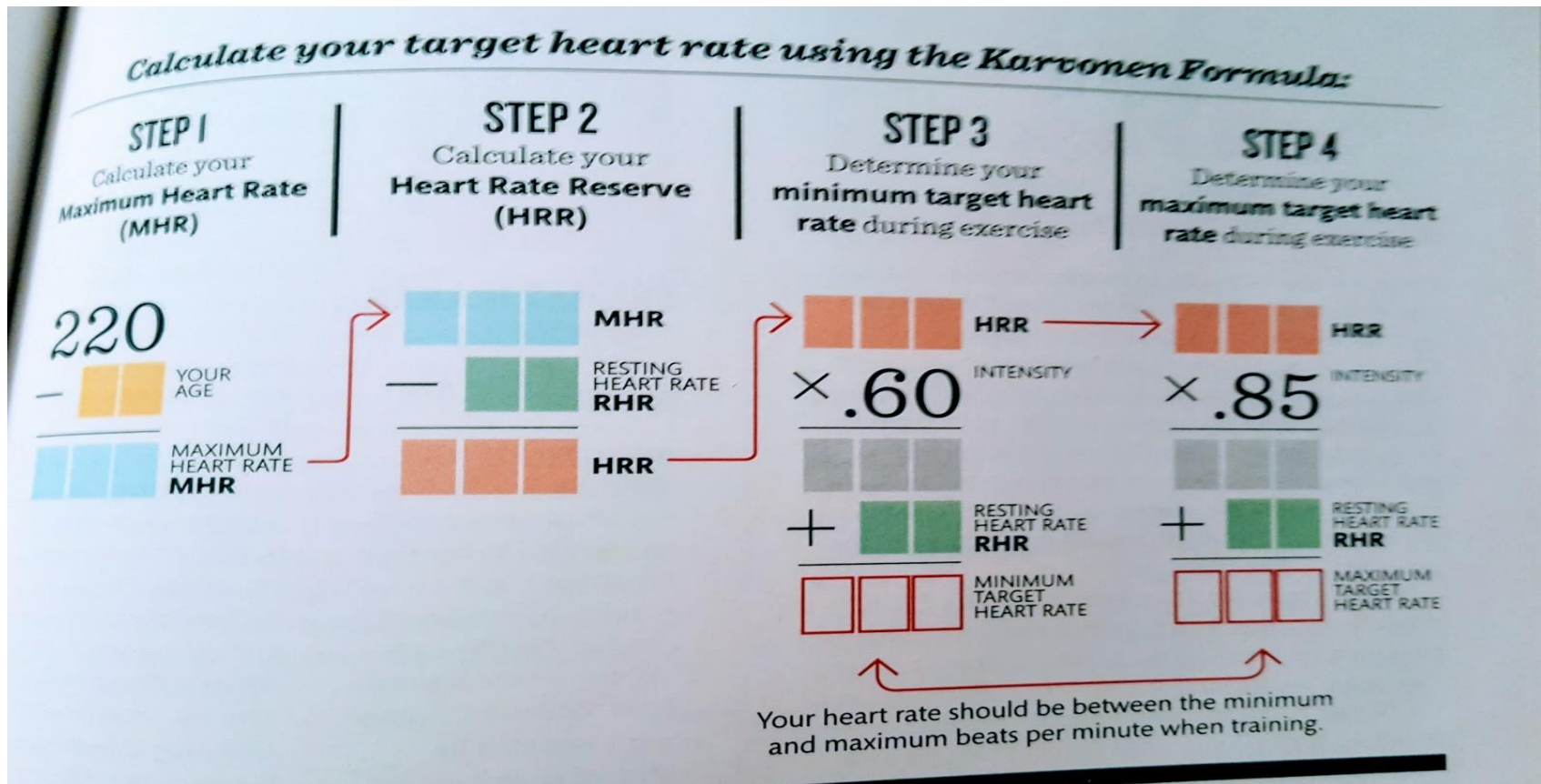
Finding your target heart rate

Step 1 – 220 minus your age which give you your maximum heart rate.

Step 2 – Take your maximum heart rate and minus your resting heart rate (which is when you are sitting down doing nothing) this gives you your heart rate reserve.

Step 3 – Take your heart rate reserve and multiply it by .60 after you will add your resting heart rate to that number. This will give you your minimum target heart rate.

Step 4 – Take your heart rate reserve and multiply it by .85 after you will add your resting heart to that number. This will give you your maximum target heart rate. **Please fill this out so I can see you did the work.**



Equipment you can use

- Bands with handles
- Dumbbell
- Can of soup or beans
- Water bottle



As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately!!

Warm-up exercises to be performed in a chair

Neck Flexibility

Start with the head in a neutral position. **1st** exercise is turning your head nice and easy as if you are saying “NO” **2nd** exercise is ear to shoulder. Relax your shoulders and try to get your ear as close as you can to your shoulder by going side to side. **3rd** exercise is looking down and up. Here you will lower your chin toward your chest to stretch the back of the neck then look up to stretch the front of the neck. **Make sure you are going nice and easy.**

Arm circles – facing forward in your chair stick one arm out to the side at shoulder level. Slowly make a circle with your arm out for 15 seconds then switch to the other side and repeat.

Active assisted cross-body shoulder stretch – Begin this stretch by reaching across the body with the right arm at shoulder level. Grasp the right elbow with the left hand and pull the right arm across the body until a sufficient stretch is felt in the back then switch sides. Hold stretch for 10 seconds.

Alternating side reach – Raise one arm up straight in the air and lean to the opposite side and you should feel a stretch on the side where the arm is raised. Switch to the other side. Hold stretch for 5 seconds each side. Can be repeated.

Hands

Hi/Bye – facing forward in your chair have your hand out straight in front of you and simply have your wrist go up and down as if you were saying “Hi” & “Bye”. 10-15 reps

Wrist circles – hold one arm out straight in front of you. In a slow circular motion, move your wrists in a circular motion one way then switch the other way. Then switch over to the other wrist. 10-15 reps

Closed & Open fist – with both hands held out straight in front of you, palms facing away. Open and squeeze your hands closed. 10-15 reps

Finger wiggle - pretend you are the next greatest piano player and wiggle your fingers for 10 seconds. Turn your fingers over and do the same thing for 10 seconds.

Toe raises – with you feet flat on the ground, raise your heels off the ground up onto your tip toes and hold for 2 seconds. 10-15 reps

Heel toe – with your feet flat on the ground, extend one leg out onto its heel then bring it back. Then switch to the other side 10-15 reps

Side step – with your feet flat on the ground, step out to the side with one foot and return. Repeat to the other side.

March - with your feet flat on the ground, lift up one leg then put down and lift up the other leg. 10-15 reps

Foot circle - with your feet flat on the ground, lift one leg up with toes pointed to sky and simply use your toes to draw a circle. Do this 10 times then rotate going the opposite direction. Switch legs.

Jump rope: From the seated position, you will perform arm circles while doing toe raises

Upper body workout

Exercise: Seated push-up

Equipment: Weight or no weight

Targeted Muscles: Chest, back, shoulders

Type of exercise: Strength

Action: From the seated position, hold both of your arms out straight ahead at shoulder height with fingers pointed to the sky. From here you will bring both arms back to the chest as if you were doing a push-up on the ground. 8-12 reps, 2-3 sets



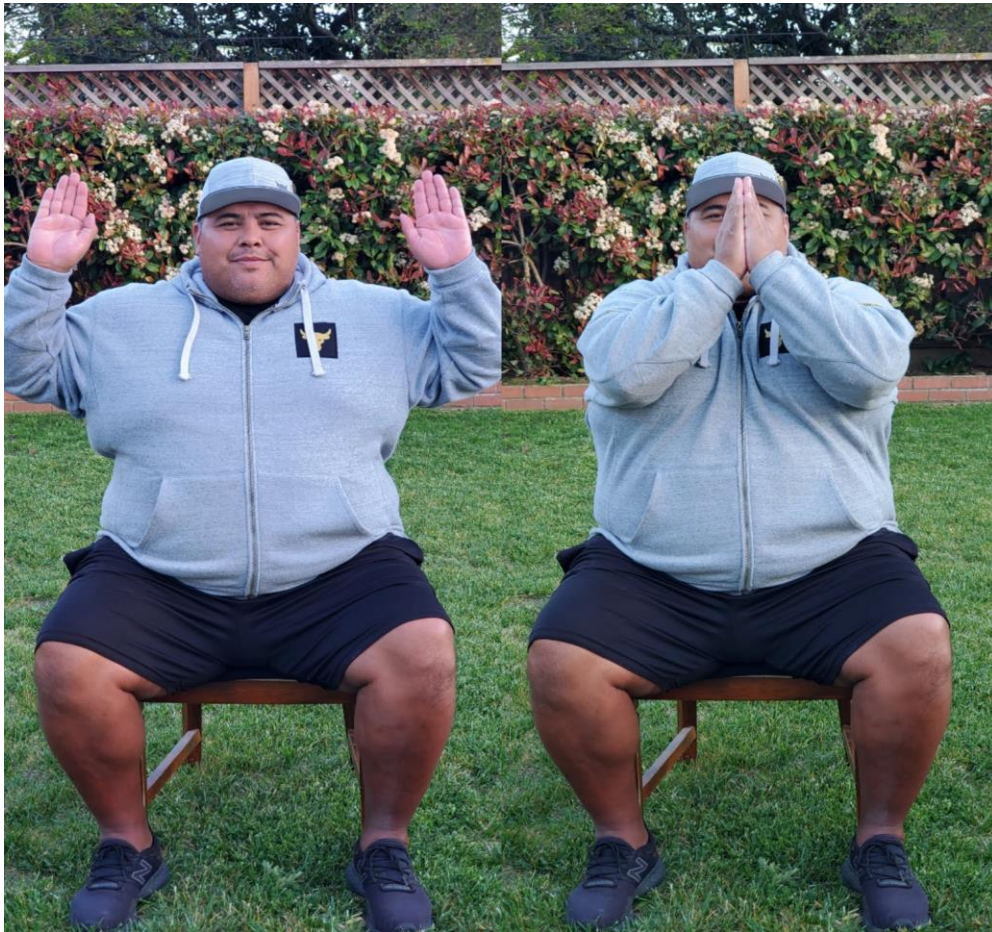
Exercise: Seated Bent Elbow Chest Flys

Equipment: Weight or no weight

Targeted Muscles: Chest, back, and shoulders

Type of exercise: Strength

Action: From the seated position, have both your arms raised straight in the air with palms facing away. This is the starting position. From here you want to bring your elbows and hands together then open back up and bring them back together. 8-12 reps, 2-3 sets



Exercise: Seated Chest flys

Equipment: Weight or no weight

Targeted Muscles: Chest, back, shoulders

Type of exercise: Strength

Action: From the seated position, raise your hands out to the side up to shoulder level with your palms facing away. This is the starting position. From here you will bring your hands/cans together then bring them back to the starting position. 8-12 reps, 2-3 sets



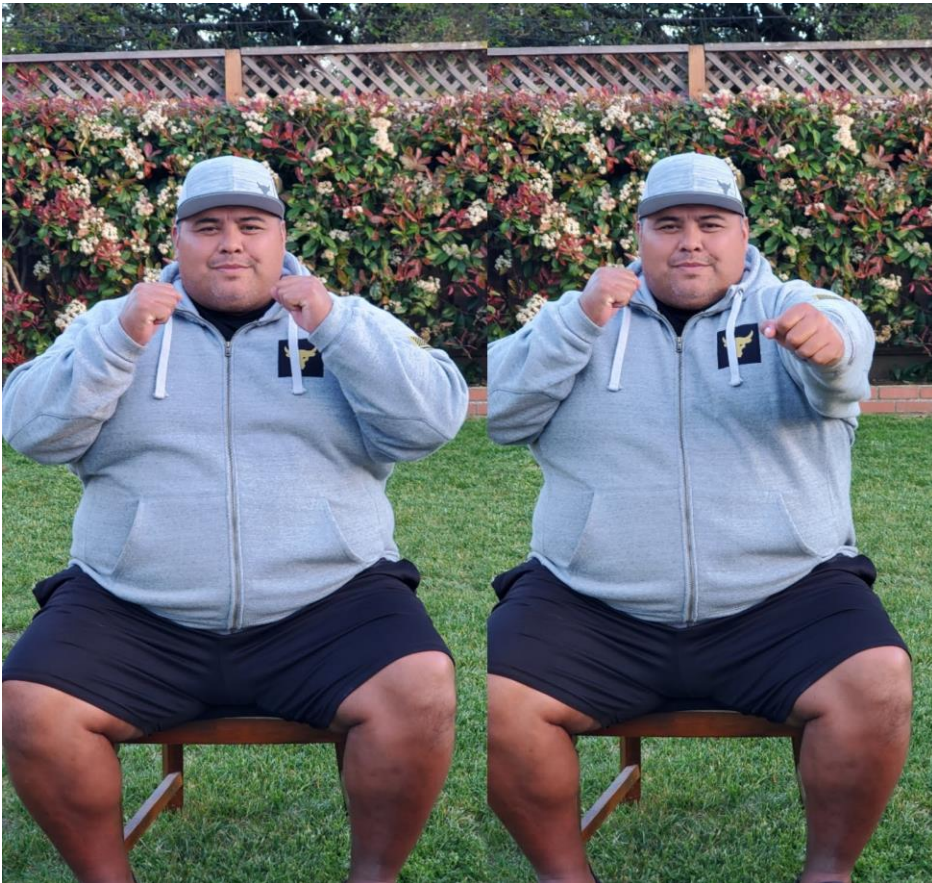
Exercise: Alternating Jab

Equipment: Weight or no weight

Targeted Muscles: Chest, back, shoulders

Type of exercise: Strength

Action: From the seated position, have both of your hands up by your chest. Stick one arm out and this will be the starting position. From here you will punch by alternating your arms. 8-12 reps, 2-3 sets



Exercise: Side raises

Equipment: Weight or no weight

Targeted Muscles: Shoulders

Type of exercise: Strength

Action: From the seated position, have your arms to your side and simply raise one up to shoulder level with palm facing down. Switch to the other side. 8-12 reps, 2-3 sets



Exercise: Front raises

Equipment: Weight or no weight

Targeted Muscles: Shoulders

Type of exercise: Strength

Action: From the seated position, have your arms to your side then raise one arm out straight ahead in front up to shoulder level. 8-12 reps, 2-3 sets



Exercise: Shoulder press

Equipment: Weight or no weight

Targeted Muscles: Shoulders

Type of exercise: Strength

Action: From the seated position, have both your arms up to shoulder height with palms facing away from you. This is the starting position and from here you will simply raise your arms above your shoulder in a slow and controlled manner.

8-12 reps, 2-3 sets



Exercise: Seated row

Equipment: Weight or no weight

Targeted Muscles: Back muscles

Type of exercise: Strength

Action: From the seated position, have both hands out in front you at shoulder level with palms facing away from you. Simply pull your arms back and let your shoulder blades touch then return to starting position. 8-12 reps, 2-3 sets



Exercise: Seated bicep curl

Equipment: Weight or no weight

Targeted Muscles: Biceps

Type of exercise: Strength

Action: From the seated position, have both hands down by your sides. Rotate your palms to face out and simply bend your elbows and bring them up to shoulders. 8-12 reps, 2-3 sets



Exercise: Xcross Country skiing

Equipment: No weight

Targeted Muscles: Total body

Type of exercise: Cardio

Action: From the starting position, have 1 foot forward and 1 foot back. Have the opposite arm up and the other one back by the ribs. You will hop and switch your legs and arms. 8-12 reps, 2-3 sets



Exercise: Knee extension

Equipment: Weight or no weight

Targeted Muscles: Quads

Type of exercise: Strength

Action: From the starting position, simply extend one leg out until it is fully extended and hold it for 2 seconds then return to the starting position. 8-12 reps, 2-3 sets



Exercise: Leg swing

Equipment: Weight or no weight

Targeted Muscles: Hip

Type of exercise: Strength

Action: From the starting position, simply extend one leg out. This is the starting position. From here you will swing your leg out to the side slow and controlled then return to the starting position. 8-12 reps, 2-3 sets



Exercise: Side step

Equipment: None

Targeted Muscles: Legs

Type of exercise: Cardio

Action: From the seated position, simply step out to the side and return to the starting position. 8-12 reps, 2-3 sets



Physical Activity Log

Please log your workouts for the next few weeks and fill out each area.

Physical Activity Log

Name:

Week 1

<u>Date</u>	<u>Activity Description</u>	<u>Time</u>	<u>Intensity</u>	<u>Personal Reflection</u>

Light Intensity

Normal daily activity.
No increase in heart rate and breathing.

Moderate Intensity

Activities that cause breathing and heart rate to increase. Still able to talk.

Vigorous Intensity

Activities that cause breathing and heart rate to increase. Difficult to talk

Physical Activity Log

Name:

Week 1

<u>Date</u>	Activity Description	Time	Intensity	Personal Reflection

Light Intensity
Normal daily activity.
No increase in heart rate and breathing.

Moderate Intensity
Activities that cause breathing and heart rate to increase. Still able to talk.

Vigorous Intensity
Activities that cause breathing and heart rate to increase. Difficult to talk

Physical Activity Log

Name:

Week 1

<u>Date</u>	Activity Description	Time	Intensity	Personal Reflection

Light Intensity
Normal daily activity.
No increase in heart rate and breathing.

Moderate Intensity
Activities that cause breathing and heart rate to increase. Still able to talk.

Vigorous Intensity
Activities that cause breathing and heart rate to increase. Difficult to talk