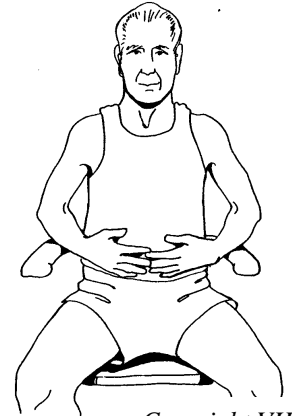


*This exercise prepares the mind and body for exercise.*

## **WARM-UP EXERCISES**

### **Deep Breathing**

Place your hands on stomach and take a deep breath in, filling your diaphragm. Feel your hands move out as you fully breath. Exhale and feel hands your hands return.



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*Coaching Tip: Sit in a sturdy, comfortable chair. Breathe evenly. Encourage participant to breathe normally throughout the exercise.*

Start with 3 to 5 repetitions for each of the warm-up exercises. Increase to 8 to 12 repetitions, as appropriate.

### **Good Morning Stretch**

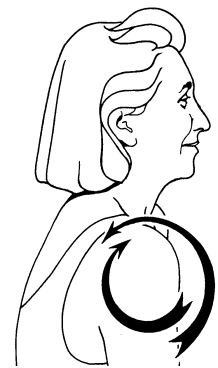
Stretch your arms wide. Take a deep breath and exhale, stretch some more, add a gentle turn to the left and then to the right. Move slowly and breathe deeply.

*The Good Morning Stretch and Shoulder Rolls improve the range of motion of the shoulders and upper back and they are an excellent way to relieve muscle tension.*

### **Shoulder Rolls**

Roll your shoulders forward, making small circles for a count of 5. Then roll your shoulders to the back for a count of 5.

One set is 10 counts.



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## **Diagonal Arm Press Across the Body**

Starting with your left arm, press to the right, away from and across your body. Alternate your right and left arm. Repeat 5 to 10 times.

**Pause, take 2 or 3 deep breaths.**

*Coaching Tip: This is a good time to check-in with each participant with eye contact and conversation.*

## **Foot Circles**

Sit with both feet on floor. Raise one foot and gently circle (rotate) your foot in a clockwise direction 5 times. Change direction and repeat.

Switch to the other foot and repeat.



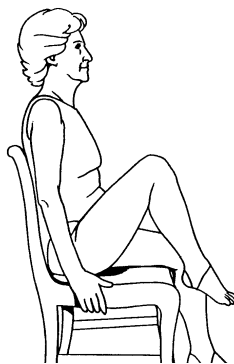
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## **Seated Knee Raises (Seated Marching)**

Lift your left knee and then lower it. Lift your right knee and lower it, as if you were marching.

Repeat 5 to 10 times.

*Coaching Tip: Encourage a comfortable range of motion. More motion is not always better. For individuals with joint replacement or experiencing hip/back pain, encourage them to follow their physician/therapists' recommendations.*



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*This exercise warms the body and can improve your upper body range of motion, overall balance and physical endurance.*

*The ankle is one of the most important "balance" joints. The ankle joint "responds" to changes in terrain and "reports" to the brain and other muscles information necessary for adjustment and safety. Ankle rolls may improve range of motion and balance.*

*Seated Knee Raises improves hip stability and range of motion. May help physical endurance.*

**Take a deep breath and stand up.**

*Coaching Tip: When transitioning from seated to standing or standing to seated encourage a slow and controlled movement to avoid dizziness. Always have a chair or sturdy table available for support.*

*Encourage the following:*

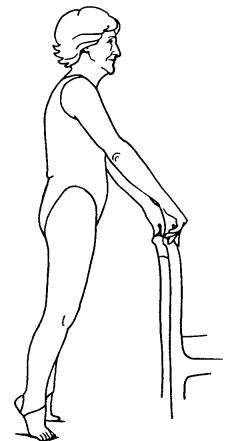
- *Keep your head up and eyes open.*
- *Maintain an upright posture.*
- *Breathe normally and do each exercise to your own ability.*

*This exercise improves balance and leg strength.*

**Toe Stands (Heel Raises)**

Stand behind your chair. Use the chair for support. Place your feet about shoulder width apart and lift up your heels, rising up on to your toes. Pause, then return your heels to the floor.

Repeat 5-10 times. Add a set or practice on one foot, if appropriate.



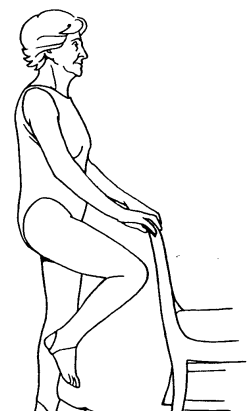
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*This exercise improves balance and physical endurance.*

**Alternating Steps (Marching In Place)**

Start marching, alternating steps at a slow to moderate pace. Continue for 15 to 30 seconds.

Increase duration or add a set as appropriate.



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