

Exercise Curriculum Q2



Introduction

Exercise & Fitness

Our overall health and wellness benefits from participating in a regular exercise and fitness routine. This promotes heart health and brain health. Regular exercise and fitness can also improve sleep, decrease feelings of anxiety, reduce the risk of falls, and improve overall mood.

Exercise & Fitness Based Activities

Exercise and fitness-based activities help keep our bodies strong and our brains active. The more we move, the more blood flow we have to our brains and our hearts. These activities provide freedom for participation from individuals who have regularly exercised their whole lives or those who are just getting started.

Exercise and Fitness with IDD & Dementia

Studies have shown that participating in regular exercise and fitness routines improves memory and cognitive functioning. Exercise can also be an appropriate way for individuals to engage even after a loss of abilities due to the routine nature of these activities. An individual does not need to acquire new skills to participate in fitness activities but instead can rely on their own body to follow along with guided instruction. Exercise also helps with multiple health benefits including reduced risk of falls, improved behavior, mood, communication, and social skills, and better sleep.

Exercise and Fitness for IDD who are at High-Risk of Dementia

Studies have shown that participating in regular exercise and fitness routines can reduce the risk of dementia by up to 45%. This stimulates the brain, creating new communication pathways between brain cells. Engaging in physical activity is beneficial for the heart, which coincides with being good for the brain.

Exercise Stations

Description

Participants will go outside and engage in various exercise stations. Station cards can be found on the next page, laminated, and hung up outside.

Group Goals

- Increase in social participation
- Increased physical activity
- Increased appropriate social interactions.
- Improve emotional regulation
- To improve hydration intake

Materials Needed

- Fitness station cards
- Water bottles for each participant
- Tape
- Laminator & sheets (if choosing to laminate & keep cards)

Instructions

1. **Welcome clients and explain** that we will be going outside to participate in fitness stations today.
2. **Grab water bottles** for each participant to bring with them during the fitness rotations.
3. **Stretching Station:**
 - a. Reach for the sky (30 sec) x2
 - b. 10 arm circles forward x2,
 - c. 10 arm circles backwards x2
 - d. 10 shoulder shrugs x2
 - e. 10 neck rotations clockwise x2, then reverse x2
4. **Station 1:**
 - a. **10 air squats**

i. Stand up straight and bend down as if you were about to sit on a chair, then stand back up. Repeat!

b. 10 airplane twists

i. Hold your arms out to the sides, take your right arm and touch your left foot. Stand back up with your arms out to the sides. Take your left arm and touch your left foot. Repeat!

c. 10 toe touches

i. Stand up straight and then reach towards your toes, trying to touch them. Stand back up straight. Repeat!

5. Station 2:

a. 10 lunges (right)

i. Stand up tall, stretch your right leg in front of you. Slightly bend your right leg at the knee and stop before your left knee touches the ground. Repeat!

b. 10 lunges (left)

i. Stand up tall, stretch your left leg in front of you. Slightly bend your left leg at the knee and stop before your right knee touches the ground. Repeat!

6. Station 3:

a. 10 jumping jacks

i. Stand with your legs about shoulder width apart and hands by your side. Jump to make your legs wider at the ground and bring your hands both above your head. Repeat!

b. 10 shoulder presses

i. Pretend like you are holding weights by your ears. Press up towards the sky. Repeat!

7. Station 4:

a. 10 side bends (right)

i. Place your right hand on your hip. Place your left hand over your head towards the sky. Bend to the right.

b. **10 side bends (left)**

- i. Place your left hand on your hip. Place your right hand over your head towards the sky. Bend to the left.

8. **Station 5**

a. **10 karate kicks (right)**

- i. Keep your left foot firmly planted on the ground. Kick your right foot into the air while keeping your balance. Repeat for 10 kicks!

b. **10 karate kicks (left)**

- i. Keep your right foot firmly planted on the ground. Kick your left foot into the air while keeping your balance. Repeat for 10 kicks!

9. **Station 6**

a. **10 bunny hops**

- i. Bring your feet close together. Jump with small baby bunny hops 10 times.

b. **March in place to the count of 10**

- i. Bring your knees high up as we march in place and count to ten for each step.

10. **Station 7**

a. **Run in place to the count of 10**

- i. Run in place for 10 seconds. I'll count! Try not to move from your current space.

b. **10 jumps in place**

- i. Reach for the sky and try to jump in place. Repeat 10 times!

11. **Station 8**

a. **10 calf raises**

- i. Stand up on your tip toes and hold for about 3 seconds. Repeat 10 times!

b. **10 alternating arm raises**

- i. Take your right arm and reach towards the sky- hold for about 3 seconds. Put your right arm back by your side. Take your left arm and reach towards the sky- hold for about 3 seconds. Repeat!

12. **Station 9**

a. **Imaginary jump rope in place to the count of 15**

- i. Pretend like you are jump roping in place. Move your wrists in small circular motions while jumping with small hops. Repeat to the count of 15!

b. **Imaginary boxing in the air to the count of 15**

- i. Pretend like you are boxing with a punching back. Move your feet in small back & forth shuffles while punching the air. Continue for the count of 15!

13. **Station 10**

a. **10 wrist circles**

- i. Hold your right wrist out in front of you. Rotate your wrist 10 times.
- ii. Hold your left wrist out in front of you. Rotate your wrist 10 times.

b. **10 ankle circles**

- i. Hold your left ankle out in front of you. Rotate your ankle 10 times.
- ii. Hold your right ankle out in front of you. Rotate your ankle 10 times.

Discussion

- Did they enjoy the activity?
- Could they play this at home? Provide instructions if desired.

- Print off papers for individuals who may want to take the exercise stations home.

Have participants engage in the clean-up process.

Exercise Station 1



10 air squats



10 airplane twists



10 toe touches

Exercise Station 2

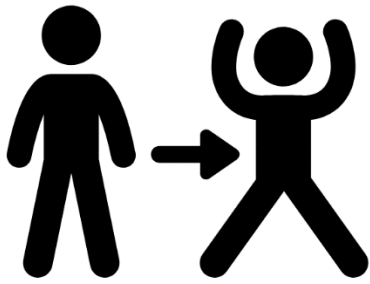


10 lunges (right)



10 lunges (left)

Exercise Station 3

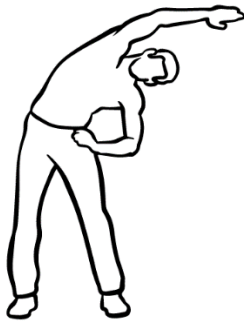


10 jumping jacks

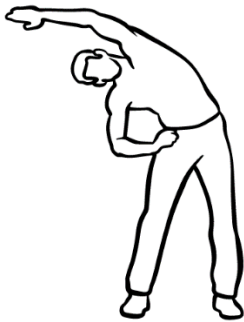


10 shoulder
presses

Exercise Station 4

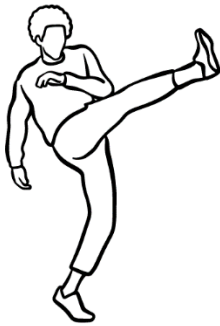


**10 side bends
(right)**



**10 side bends
(left)**

Exercise Station 5



**10 karate kicks
(right)**



**10 karate kicks
(left)**

Exercise Station 6



10 bunny hops



**March in place
to the count of 10**

Exercise Station 7



Run in place to
the count of 10

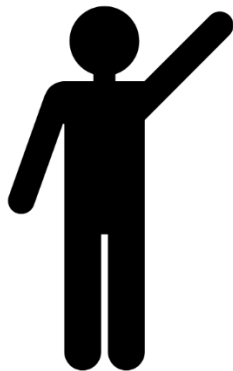


10 Jump in place

Exercise Station 8



10 calf raises



**10 alternating
arm raises**

Exercise Station 9



Imaginary jump rope in place to the count of 15

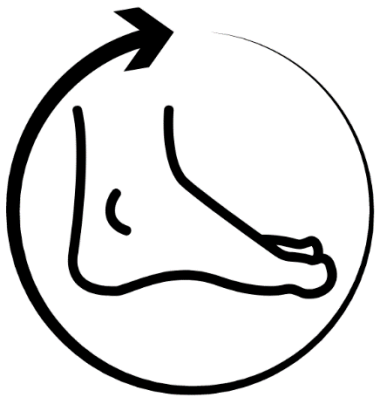


Imaginary boxing in the air to the count of 15

Exercise Station 10



10 wrist circles
(left & right)



10 ankle circles
(1 at a time)