

SIT LESS, MOVE MORE
CAMPAIGN FOR HOME USE

SIT LESS: MOVE MORE

Once you have found a chair you really love...leave it often.

Prolonged sitting (8-10 hours per day) is associated with numerous health risks, including obesity, heart disease, diabetes and some cancers.

GOOD NEWS: Adults who interrupt sedentary time with frequent movement may combat the harm of sustained sitting. The solution, experts say, is NEAT, non-exercise activity thermogenesis, a term created by Dr. James Levine, for spontaneous movement throughout the day that isn't formal exercise.

From Am. Journal of Epidemiology

BUMP UP YOUR NEAT WAYS TO GET MOVING



- Take a stroll several times a day or enlist canine support. Dogs make great workout partners.
- Transform TV time—stretch, try a few chair stands or single leg lifts, fold laundry or other household task
- Do anywhere balance boosters—stand on one foot while brushing teeth, stand on tiptoes while washing dishes, stretch arms overhead when you pass through a doorway, or pace when talking on the phone
- Take up a new hobby, even if it's not very active. Even small motions can make a difference
- Give up a few conveniences—skip the drive through window or park further away from the store and walk in
- Keep this rule in mind: Standing is better than sitting and moving is better than standing

Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

BACK TO BASICS

Gentle core exercises, done in bed or on the floor, can do more than wake you up in the morning. They stretch you out, strengthen your core, improve posture, and maintain functional balance.

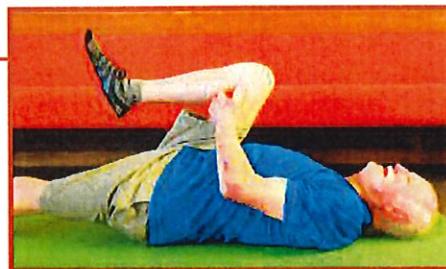
An exercise that is safe for one person may not be safe for another. Always check with your health care professional before adopting a new exercise.

FIT TIPS

- Start by performing only the number of repetitions you can comfortably do; work up slowly until you can perform 8-12 repetitions
- Avoid any movement that causes discomfort or pain
- Add more repetitions, as skill improves, gradually increase time held in stretch where appropriate

SINGLE KNEE PULL

- Lie flat on back, one leg straight and other knee bent with foot flat
 - Cradle knee to chest by gently gripping under knee
 - Pause and slowly return to start position; repeat on other side
- Fitnote: If you have had a knee replacement, try a partial knee pull



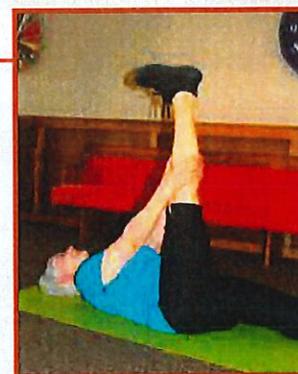
DOUBLE KNEE PULL

- Lie on back with knees bent and feet flat
- Pull knees toward chest, hold 2-3 seconds, return to start position



SINGLE LEG RAISE

- Lie on back with arms at sides with knees bent and feet flat
- Grasp one leg below knee and pull toward chest
- Straighten leg gently until you feel the stretch in hamstrings
- Hold 5 seconds and return to start position; repeat on other side

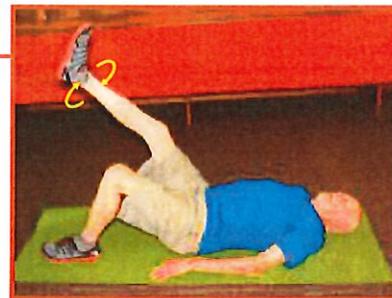


Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

LEG CIRCLES

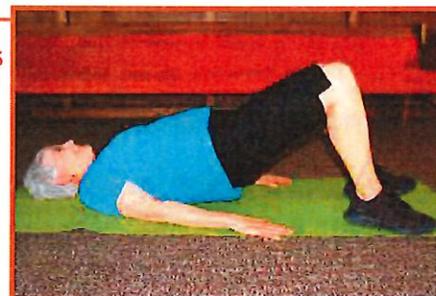
- Lie on back with one leg bent at knee and other leg straight
- Lift straight leg 8-10 inches off bed or floor and move it in counterclockwise circles
- Stop and reverse direction and repeat on other leg



BRIDGE OR HIP RAISE

- Lie on back with knees bent and feet flat on bed or floor, arms at sides
- Press navel to spine and slowly raise buttocks up toward ceiling
- Avoid arching your spine
- Hold 2-3 seconds and return to start position

Change it up: As hips lift off floor, raise arms over your head



SIDE-LYING LEG LIFT

- Lie on right side with right leg bent underneath you
- Flex left foot as you lift it 6-10 inches toward ceiling
- Extend left leg straight in line with your hip
- Pause and slowly lower leg; repeat on other side

Change it up: Draw small circles in the air with outstretched leg



SUPERMAN OR BACK EXTENSION

- Lie on bed or floor on your stomach, legs extended, toes pointed
- Extend arms forward, palms down
- Hold 2-3 seconds and slowly return to start position
- Inhale and lift arms and shoulders off bed or floor, hold 2-3 seconds
- Exhale and return to start position

Change it up: Extend one arm up and raise the opposite leg at the hip without arching back, hold 2-3 seconds; return to start; repeat on other side



CLAMSHELL

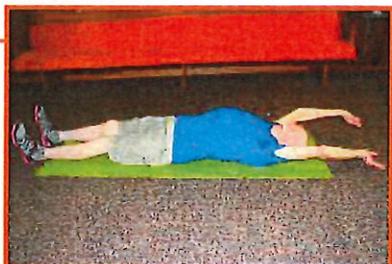
- Lie on left side, right leg on top of left with both knees comfortably bent
- Rotate right leg up like opening a clamshell, and slowly return to start
- Complete same number of repetitions on other side



FULLY BODY STRETCH

- Lie on your back and reach arms overhead as heels press away from body
- Hold 2-3 seconds and return to start position

Change it up: Stand up, raise up on tiptoes and stretch hands toward sky and take a big breath, hold 2-3 seconds and return to start position; repeat again



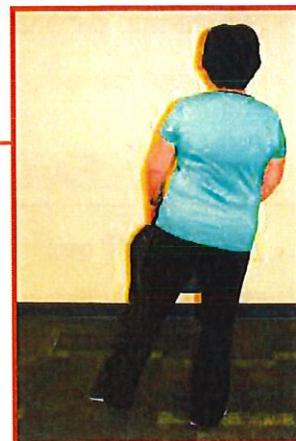
SUPER SEVEN

EXERCISES TO IMPROVE BALANCE AT HOME

Perform these exercises using a sturdy chair, a countertop, a door frame or a wall for support, if needed. Complete 8-12 repetitions of each leg and repeat a second set, if comfortable.

SHIFTING WEIGHT

- Stand with feet hip width apart
- Shift body weight from right to left
- Lift right foot barely off floor
- Pause and stand tall
- Repeat on other side
- Practice until you can hold weight 3-5 seconds on one leg before shifting to the other



TANDEM WALKING

- Stand tall with core engaged
- Place one foot in front of the other so that front heel touches toes in front
- Walk forward as if you are on a tight rope, heel of one foot touches toes of the other
- Try for 20 steps in one direction, then 20 steps back to start point



KNEE FLEXION

- Stand tall with support, if needed
- Lift one foot off the floor and slowly bend knee as far back as possible
- Pause and lower foot
- Repeat on other leg



SINGLE LEG STAND

- Stand tall with support, if needed
- Lift leg off the floor
- Hold 3-5 seconds and lower to start position
- Add ankle circles and/or "toe flex and point" in hold phase
- Increase holding position to 10-20 seconds
- Increase difficulty by blinking eyes rapidly or closing eyes
- Repeat on other leg



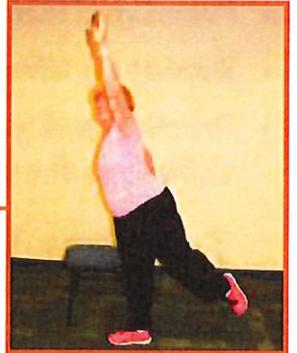
HIP FLEXION

- Stand tall with support, if needed
- Bring one knee up toward chest
- Pause 3-5 seconds and lower leg to floor slowly
- Repeat with other leg



HIP EXTENSION AND REACH

- Stand tall and balance on one leg
- Extend other leg behind body and rest toe on floor
- Reach opposite arm over head in diagonal extension
- Hold 10-20 seconds
- Repeat on other leg



STAND UP, SIT DOWN

- Sit in a chair with arms held out in front at chest level
- Keep feet flat on floor, hip width apart, directly beneath knees
- Lean forward slightly and slowly stand up
- Pause and sit down
- Exhale as you stand, inhale as you sit
- EASIER: Place hands on your thighs to assist you
- HARDER: Place one foot slightly in front of the other before you stand up



A DOZEN STRATEGIES TO PROTECT BONE HEALTH



Refine your palate! A healthful diet plan is linked to reduced disease and longer lifespan. Plan your eating pattern around plant foods—fresh fruit and vegetables, beans, whole grains, nuts and seeds and fewer processed foods.



Light up your life! Update lighting in key locations using wireless, stick on, motion-sensing lights that automatically brighten up dim areas of the household. It is a quick and inexpensive way to reduce fall risk at night.



Consume daily sources of calcium! During the day get at least 3 servings of high calcium foods, including milk products, calcium-fortified juices, and bone up on non-dairy calcium sources like almonds and green vegies. Fish with soft bones, like salmon and sardines, fortified cereals, tofu, soymilk and nut butters are good sources.



Get enough of the sunshine vitamin! Your body makes vitamin D with exposure to the sun but, as we age, that process may get less efficient. Have your vitamin D levels checked by your health care professional to see if you may need supplementation or a diet change.



Surprise those bones daily! Do weight-bearing activities that force you to work against gravity, such as walking, hiking, dancing, climbing stairs or anything that lifts the legs. Make physical activity a priority for fitness, fun and friendship.



Take a balance boost! Work balance into everyday tasks: stand on one foot in the grocery store line, talking on the phone, brushing your teeth—all improve balance to fend off potential falls.



Watch the booze! Limit alcohol consumption to no more than 2 drinks a day for men and 1 for women. Anything more can interfere with body's ability to absorb calcium which can slow new bone formation.



Lift with your legs! Avoid spinal fractures by hinging at the hips and bending the knees. Squat rather than bending to pick up an object may lower your risk for a compression fracture. Bending forward by curling your back can cause hairline breaks that may eventually lead to curvature of the spine if you are at risk.



Put a bell on your pet! Our cats and dogs are precious members of the family but they can also cause falls. Use a bell to hear them coming.



Get a Grip! Use railings and banisters when going up and down stairs in public buildings and install grab bars in the bathroom at home.



Sit or stand tall! Be conscious of your posture. Adjust it with these steps: tuck in your belly, lift up your chest, roll your shoulders up and back, gently squeeze your shoulder blades together. Hold this pose for few seconds as you take in a deep breath, and carry on.



Make a list of your medications! Ask your healthcare provider to review your medications that could contribute to bone loss or balance problems and seek an alternative.

Fit and Fall Proof™

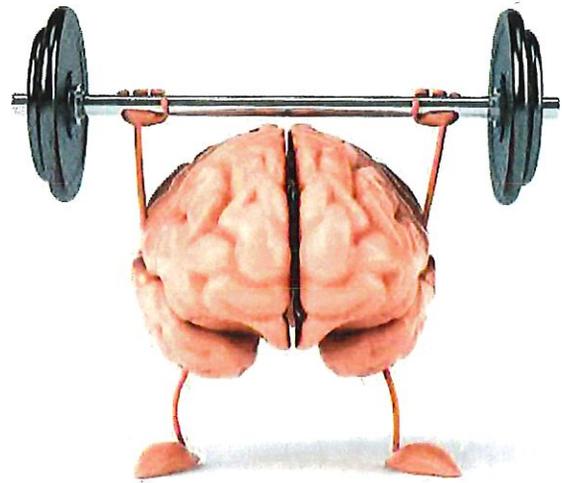
This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

EXERCISES THAT GO TO YOUR HEAD!

Did you know that exercises can help you grow neurons in your brain?

The following are some that you can try at home. They can be done during commercials or after you have been seated at the computer etc.

As always remember to practice good posture while completing the exercises.



FINGER POINTER AND THUMB UP - While walking slowly or standing, point the right finger forward while making a fist with the rest of the fingers and thumb. With the left hand stick the thumb up while making a loose fist with the rest of the fingers. Switch the action of the finger pointer and thumb up to the opposite hand. Keep switching the action slowly at first and then more quickly. This one takes practice!

WIGGLE WITH YOUR BREATHING - While standing, breathe in and lift the left leg and right arm raising them up wiggle them and returning. Repeat for the other side. Repeat with the right arm and leg.

TAPPING WHILE YOU WORK (OR EXERCISE)- While performing squats (or any other exercise) tap 2 fingers of the right hand followed by 2 fingers from the left. Can you alternate the action? Tap the thumb and the little finger of the right hand and then the left. Alternate the tapping of the thumb and little finger of the same hand etc

BALANCE WHILE YOU BRUSH - Balance on one leg while you brush the top teeth. Switch legs when you brush the bottom teeth.

THE LINE WAITING BALANCE - While you are waiting in a line at the grocery store, place your feet in line with the right heel touching the toe of your back foot. Switch feet and repeat

CREATIVE THINKING - While walking or balancing think of a word. Using the brain determine how many words you can think of that mean the same thing. Try thinking of words that have the opposite meaning.

For example: Healthy Well

Ache_____

Choose_____

Happy_____

CATEGORIZE IT! - While walking choose examples of items that could be categorized together. Example: Pan, soap, silverware, kettle – Items in a kitchen. Create your own category for others to guess.

RHYTHMIC CHALLENGE- While seated or walking, clap out a rhythm of your choice. Add tapping your feet to the same rhythm. Once you are successful clap a different rhythm and tap a completely different rhythm with your toes. Example: Clap pause clap clap, while tap tap tap tapping with the toe. There are endless ways to modify this activity.

Add the activities to your daily routine and create breaks every 15 minutes when you are sitting.

Concepts modified from TA and the following sources:
Focused attention and movement adapted from Edutopia.org and UAB Home Stimulation Program <http://main.uab.edu/show.asp?durki=49377>.



Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

TEN EXERCISES FOR FITTER FEET

DID YOU KNOW? Each foot has 26 bones, 33 joints, 36 muscles and more than 1 mile of blood vessels and nerves.

AN OLDER FOOT MAY HAVE SPECIAL CHALLENGES:

- Loss of elastin reduces flexibility in many joints
- Fat pads that protect soles, heels and ball of foot do shrink
- Calluses may form on weight-bearing points of foot, causing pain and challenging alignment and gait
- Dehydration or general thinning of the skin may cause more frequent bruising, slow to heal
- Toenails become thicker and/or more brittle



DO EXERCISES FROM A SITTING OR STANDING POSITION 10 TIMES ON EACH FOOT UNLESS OTHERWISE INDICATED

- Lift heel high and keep toes and ball of foot on floor
- Raise toes with heel on floor, hold 5 seconds and release
- Curl toes inward with heels on floor, hold 5 seconds and release
- Lift foot off floor and rest top of foot on floor, exerting pressure to stretch the toes and top of foot. Pause and repeat
- Drop a sock on the floor and use toes to grip it and lift
- Lay foot on top of tennis or golf ball, press down and roll it under the arch for 30 seconds
- Anchor heel and tap toes up and down vigorously
- Anchor heel and tap toes in a semi-circle
- Stretch heel cords by placing one foot two feet behind the other, bend front knee and press back heel into floor, hold 20-30 seconds
- Raise up on your toes while standing on a step and slowly lower heel down below edge of step and pause before next repetition

GIVE YOUR FEET A HAND: Sit with ankle crossed over opposite knee and stroke the bottom of opposite foot with thumb, heel of hand or knuckles. Use a circular motion, a straight line from heel to toe to stimulate blood flow.

Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

GET A GRIP

EXERCISES FOR YOUR HANDS

Putting hands through the paces can prevent injury, reduce stiffness or provide relief from prolonged gripping attached to household tasks. These exercises can be combined with other movements like walking. If you feel numbness or pain during or after exercising, stop.

Sprinkle these quick exercises throughout your day:

- Make a fist and release
- Open and close fingers
- Flex your wrist up from neutral position
- Lift hands up and down with forearm still
- Flex a "thumbs up" sign and return to neutral position
- Circle wrists through full range of motion
- Rotate thumb in "thumbs up" position in circular motion



FIST FAN - make a tight fist, hold for several seconds, release and spread fingers wide like a fan

GRIP A SOFT BALL - squeeze a small ball hard, hold for several seconds and release

FINGER TALKING - press each finger up against the tip of the thumb to make a small "o" and vary the tempo; start slow and pick up speed

CLAW STRETCH - hold hand out in front of you, palm facing down; bend fingertips down to touch base of each finger joint like a claw, hold 10-30 seconds and release

WRIST STRETCH - hold right arm out with palm facing down; press gently down with left hand until you feel a stretch; hold 10-30 seconds and release; return to neutral position and press hand up

AGE-PROOF YOUR KNEES

Knees absorb about one and a half times your body weight with every step you take. That pressure in conjunction with the wear and tear takes a toll over the years. Here's why:

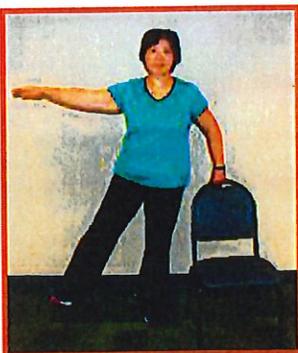
- Muscles and ligaments get weaker
- The knee's shock absorbers, the menisci, and other protective cartilage erode over time
- When the cartilage is gone bones rub against each other causing pain, stiffness and swelling
- If you have family history of osteoarthritis, if you are overweight or if you have had knee injuries in the past, you are more prone to this deterioration

Boosting strength in the quadriceps and hamstring muscles, stabilizes the knee joint and helps to absorb stress placed on the knee.

FITNESS FIX TO MAINTAIN HEALTHY KNEES

Start slowly, build repetitions gradually from 5-30 on each side. STOP if you experience pain.

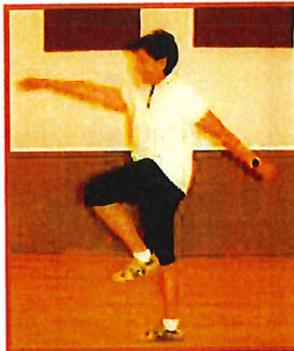
SINGLE LEG LIFT



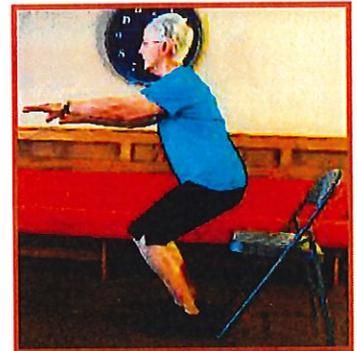
HAMSTRING STRETCH



MARCHING IN PLACE



PARTIAL SQUAT



STEP UPS/BACK TOE TAP



KNEE BEND/PRESS



The stronger your quadriceps, the more control you have over your knees

Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

DON'T IGNORE YOUR PELVIC FLOOR

Strengthening the hammock-like pelvic floor muscles that stretch from the pubic bone to the tailbone can help stress incontinence for many women and prostate issues for men.

Despite the prevalence of a weak pelvic floor, too few people address it because of embarrassment or the assumption that it's a normal part of aging. The following two exercises may help.

CAUSES OF PELVIC FLOOR WEAKNESS

- Surgery
- Straining with constipation
- Being overweight
- Chronic coughing
- Prostate issues

FITNESS FIX: STRENGTHEN YOUR PELVIC FLOOR MUSCLES

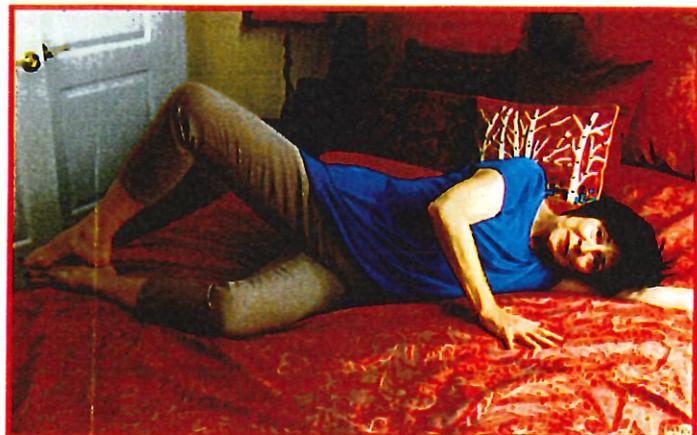
DO THE KEGEL ANYWHERE

- Tighten the pelvic floor while pulling navel toward backbone
- Hold 5 seconds and release
- Work up to a "10 second hold"
- Avoid flexing thighs and buttocks at same time
- Avoid holding your breath
- Repeat frequently throughout your day

DO THE CLAMSHELL REGULARLY

(IF IT'S DIFFICULT TO GET DOWN ON THE FLOOR, TRY IT ON YOUR BED)

- Lie on side with knees bent at 45 degree angle
- Rest head on lower arm and keep feet touching
- Inhale and contract pelvic floor muscles
- Open legs like clamshell as far as is comfortable and pause
- Exhale, release pelvic floor contraction and return to start; repeat 8-12 repetitions on other side
- Increase difficulty by adding resistance band above knees



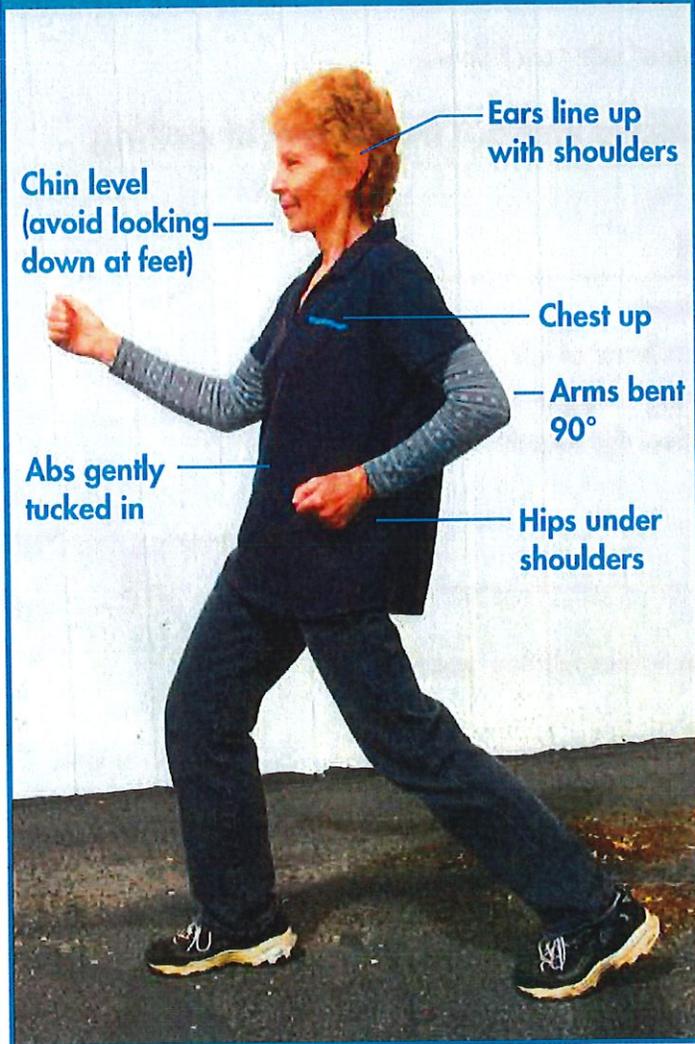
Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

WOW: WORK OUT WALKING

It is no surprise that walking is America's favorite way to work out—it's convenient, economical, joint-friendly, effective and fun.

GOOD WALKING POSTURE



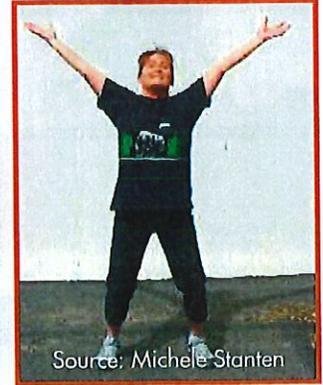
7 TIPS TO GET YOUR WALKING PROGRAM OFF ON THE RIGHT FOOT

1. If you are new to walking, check with your physician first, start slowly, and build up your time in action gradually.
2. Invest in a pair of good walking shoes. As gentle as walking is, your feet and legs absorb twice your body weight with every step you take.
3. Set your walking goals in minutes rather than distance covered.
4. Challenge yourself with variety: crank up the cardio benefits by swinging your arms faster, vary intensity using fast and slower intervals (a series of fast steps followed by a recovery with slower steps), try some sidestepping for balance.
5. Take the "talk" test to measure intensity. You should be able to carry on a conversation as you move briskly along. If you can belt out the Star Spangled Banner, pick up the pace. If you're too out of breath to talk comfortably, slow down the pace.
6. Find a walking partner or a group for motivation to stick with the program.
7. Pay attention to your body. If you experience pain or discomfort, seek professional assistance.

SHIRT PULL:

POSTURE CHECK AS YOU WALK

- Cross wrists in front of waist
- Raise arms up as if pulling a shirt up and over head
- Stretch tall
- Lower arms and let shoulders drop away from ears



WORKOUT BASICS

WARM UP - Start slowly as you raise your heart rate, send blood to working muscles, increase body temperature and boost calorie burn.

COOL DOWN - Finish walks by gradually slowing your pace to an easy intensity at least 5 minutes to avoid blood from pooling in your legs, which can cause dizziness.

STRETCH - When your muscles and joints are the warmest after cool down.

These 3 stretches are good for walking muscles without the hassle of getting down on the ground:



LUNGE AND REACH

(stretches calves, hips, sides of torso)

- Stand with right foot 2-3 feet in front of left
- Bend right knee and keep left leg straight, heel grounded
- Reach left arm overhead and feel the stretch
- Repeat on other side

SIT BACK

(stretches back and hamstrings)

- Stand with left leg in front. Straighten left leg and lift toes off ground
- Place hands on thighs and bend right knee and hips as if you were sitting down
- Hold 20-30 seconds and repeat on other side



BENT-LEG BALANCE

(stretches quads and hips)

- Balance on right leg and hold onto something sturdy
- Bent your left knee, grasp foot with left hand and hold 20-30 seconds
- Repeat on other side

The difference between "try" and "triumph" is just a little "umph."

Fit and Fall Proof™

This publication was supported by the Grant or Cooperative Agreement Number, NB01OT009165-01-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

EXERCISES FOR THE BRAIN

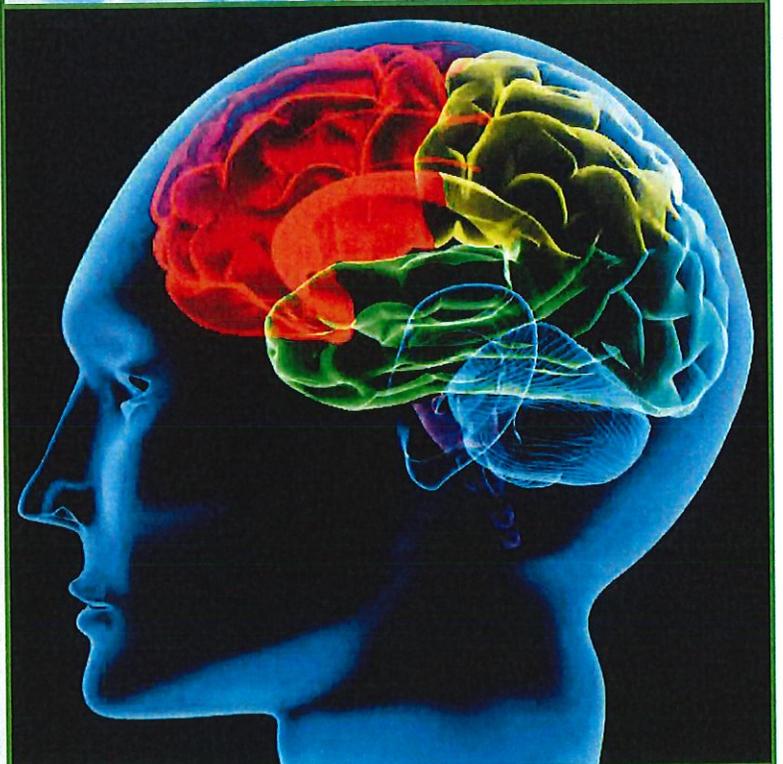
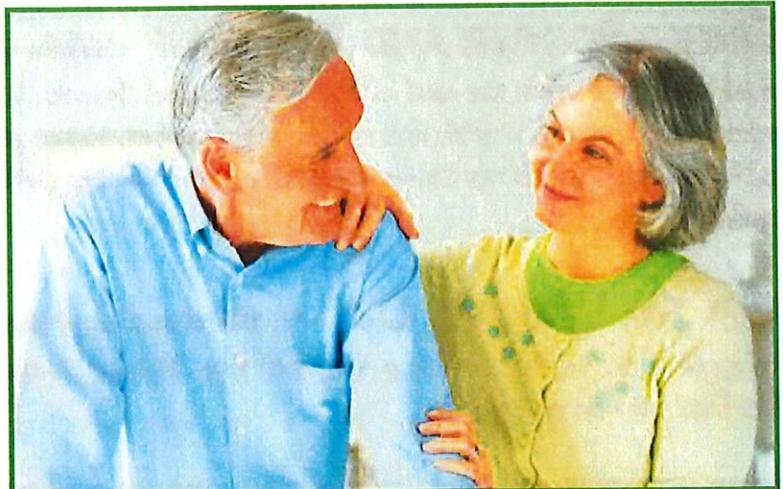
INSTRUCTORS HANDOUT

Learning Targets

1. Develop knowledge about why adding exercises for the brain can help older adults.
2. Identify a variety of activities that can be used in Fit and Fall Proof™ classes.

The Science: Why Brain Exercises are Important

- Research has found that the brain needs exercise to stimulate a substance called BDNF which is like "miracle grow" for the brain.
- Creative new exercises increase neuron growth.
- Motor skills and coordination are developed.
- Varied activities distracts the brain and promotes automaticity.
- Increases blood flow to the brain.
- Improves cognitive processes.



EXERCISES FOR THE BRAIN

INSTRUCTORS' HANDOUT

TRY THESE EXERCISES WITH YOUR CLASSES

MODIFIED ROCK, PAPER, SCISSORS, AND ACTION. Face a partner while standing in a heel/toe balance position. Complete the Rock, Paper, Scissors and add SUM and at the end each participant will extend fingers from one hand. The first person to add and say the correct number is the "winner".

Modification: Multiply the number of fingers each partner extends.

FINGER POINTER AND THUMB UP - While walking, point the right finger forward while making a fist with the rest of the fingers and thumb. With the left hand stick the thumb up while making a loose fist with the rest of the fingers. Have participants switch the action of the finger pointer and thumb up to the opposite hand. Keep switching the action slowly at first and then more quickly.

GET THE WIGGLES OUT - While standing, breathe in and lift the left leg and right arm up. Wiggle them in the air for a count of five. Return to normal. Repeat with the right leg and left arm. Do five sets on each side.

RHYTHMS

- A. Tap the right heel forward two times.
- B. Tap the right toe backward 2 times.
Repeat 1 & 2 several times and then add the next action.
- C. Touch the right toe to the front, side, back, side. Repeat several times
Switch legs and repeat the whole action several times
- D. Mimic the foot action using the opposite arm
Modification: add any arm action of choice.

WHILE BALANCING ON ONE LEG - Choose three numbers 5, 8, 9.
Have the participants add 3 to each number. Try different combinations. Multiply 3 x 5 and add 6.

BALANCE and have the participant raise an arm every time they hear D and I when you say a string of letters or spell a word.

Concepts modified from TA and the following sources: Focused attention and movement adapted from Edutopia.org and UAB Home Stimulation Program
<http://main.uab.edu/show.asp?durki=49377>.