

MODULE 5: WHAT DO DIFFERENT EXERCISES DO FOR MY BODY?

OBJECTIVES

Participants will

- . identify different types of exercises,
- . discuss the benefits of stretching/flexibility exercises, aerobic exercises, balance, exercises, and strength/endurance exercises, and
- . practice an aerobic exercise using an aerobic video.

Worksheets/Handouts

Facilitator Reference:

Aerobic Exercise Activities (p. 42-43)

Participant Handouts:

Tips - Warm-ups (p. 23)

Tips - Stretching (p. 24)

Tips - Aerobic Exercises (p. 25)

Tips - Cool Downs (p. 26)

Warm-Ups and Stretches (pp. 27-32)

Balance Exercises - Anytime/Anywhere
(p. 44)

Materials/Resources

VCR and TV

Aerobics Video (e.g. Richard Simmons' Aerobic Video, National Association on Down Syndrome Video Tape, Tai Chi Dancing Tape)

Camera (take photos of participants doing the exercise video for their notebooks)

Pictures of different types of exercises (stretching, strength and endurance, and aerobic)

SUGGESTED ACTIVITIES

INSTRUCTOR ACTIVITY	INSTRUCTOR SCRIPT
REVIEW	<i>In the last class we talked about the benefits of regular exercise. What were some of the benefits of regular exercise that were important to you?</i>
INTRODUCTION	<i>Today we are going to talk about how different types of exercises can benefit us.</i>
REVIEW STRETCHING EXERCISES	<i>We have talked about warm-ups and stretches. Stretches can increase our <u>flexibility</u>. Can anyone tell us why it's good for us to be flexible (or be able to move our arms, legs, neck, etc., as much as we can)?</i>

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ACTIVITY	SCRIPT
RESPONSE	<p>May supplement participants' responses by saying: <i>Being flexible keeps our joints and muscles from becoming stiff. This can decrease pain in our joints. Also, it can decrease our risk of injury.</i></p>
DO	<p>Review <u>stretching</u> exercises to increase <i>flexibility</i>. May do neck rolls, reaching and stretching, toe touching, and side bends for about five minutes. Remind participants to avoid jerky or sudden movements or stretching to the point of pain.</p>
ASK ABOUT BALANCE EXERCISES	<p><i>Balance exercises are another type of exercise that we can do to keep our body in shape. Can anyone tell us why balance exercises are good for us to do?</i></p> <p>Balance exercises can help you do the things that you like to do as you age. They can keep us from falling.</p>
PARTICIPANT HANDOUT: <i>Balance Exercise - Anytime/Anywhere</i>	<p>Refer to Participant Handout: Balance Exercise - Anytime/Anywhere. These types of exercises also improve your balance. You can do them almost anytime, anywhere, and as often as you like, as long as you have something sturdy nearby to hold onto if you become unsteady. Have participants practice the balance exercises.</p>
ASK ABOUT AEROBIC EXERCISES	<p><i>Another type of exercise is <u>aerobic exercise</u>. Can anyone tell us why aerobic exercises are good for us to do? When we do aerobic exercises we keep our whole body moving fast enough to increase our heart rate and long enough so that our body has to use more oxygen. The goal of the exercise is to strengthen our cardiovascular system, or our heart, lungs, and blood vessels. How do we benefit from this?</i></p> <p><i>What types of things can you do for aerobic exercise? Supplement response with: running, fast walking, bike riding, skiing, swimming, and an aerobic video tape.</i></p>
ASK ABOUT STRENGTH AND ENDURANCE EXERCISES	<p><i>Other types of exercises include <u>strength and endurance</u> exercises. Can anyone tell us why strength and endurance exercises are good?</i></p> <p><i>Strength and endurance exercises help our muscles push or carry something (e.g., pushing heavy furniture, carrying groceries up the stairs, etc.).</i></p>

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ACTIVITY	SCRIPT
DO	<p><u>Strength exercises:</u> Ask participants to hold a book in one arm and then bend and straighten both arms for about two minutes. Participants will note which arm becomes tired sooner. Other strength exercises that can be practiced include situps (abdominal muscles) and pushups (upper body).</p> <p><u>Endurance exercises:</u> Situps and pushups can be used as a test of the participants' endurance.</p>
PICTURES	<p>Have participants identify stretching exercises for flexibility, aerobic exercises, balance exercises, and strength and endurance exercises in the pictures.</p>
ASK	<p><i>Does anyone have an aerobic video tape at home? How often do you exercise with this tape? Does anyone go to an exercise class?</i></p>
FACILITATOR REFERENCE: <i>Aerobic Exercise Activities</i>	<p><i>Today we are going to do an aerobic exercise with an aerobic video tape.</i></p> <p>Instruct group on how to do warm-ups and stretches before doing the aerobic tape. Refer to Facilitator Reference: Aerobic Exercise Activities.</p>
BEGIN TAPE	<p>Have participants participate with the aerobics tape. Depending on the group, you may only want to do 10-15 minutes the first time.</p>
ASK	<p><i>Did you enjoy the exercise video (state the name of the video)? Would you be able to do this at home or at work?</i></p>
SUMMARIZE	<p><i>There are four important groups of exercise that must be in your fitness program: these include flexibility / stretching, aerobics to increase our heart rate, balance exercises, and strength and endurance exercises.</i></p> <p><i>It is essential that all of our muscles (including the heart) receive exercise. This cannot be done by using only one type of exercise.</i></p> <p>Review and summarize the benefits of aerobic exercise. Solicit responses from participants (health benefits, being with friends, etc.).</p>

Evaluation:

- . Can participants identify different types of exercises?
- . Did participants participate in the aerobic video tape?
- . Are participants able to identify the benefits of Richard Simmons' Aerobic Video?

Aerobic exercises involves three distinct activities:

1. Warm-ups and Stretches

Ideally, stretching should be done before and after each aerobic exercise session. Unfortunately, stretching is often the most neglected part of an exercise program.

Warm-ups and stretches prepare the body for exercise and should last for 5-10 minutes. Warm-ups will raise the body temperature, heart rate and breathing rate for the same reason that we allow our cars to warm up on a January morning in Chicago. Our body will function better if it has warmed up before exercising.

2. Aerobic Exercise

The goal of aerobic exercise is to maintain our heart rate within a target heart rate zone for a minimum of 20 continuous minutes. If an individual can not complete 20 continuous minutes break the session into short multiple bouts.

FACILITATOR REFERENCE: AEROBIC EXERCISE ACTIVITIES

After the warm-up, begin to increase the intensity of the aerobic activity (e.g., bike, treadmill, stepper, brisk walking) to get heart rate within the desired range.

- a. Bike: resistance (or revolutions per minute), speed of pedaling.
- b. Treadmill: speed or angle of elevation
- c. Stepper: rate of stepping or height of step.

3. Cool-down

Cool-downs follow the aerobic exercise and should last for 5-10 minutes. Cool-downs help the body transition from exercise to rest. The cool-down phase gives the body time to decrease the heart rate and blood pressure.

PARTICIPANT HANDOUT: BALANCE EXERCISES - ANYTIME/ANYWHERE

Balance exercises can improve your balance. You can do them almost anytime, anywhere, and as often as you like. You just need to have something sturdy nearby to hold onto if you need to keep yourself steady.

Anytime/Anywhere Balance Exercises

One type of balance exercise is called Anytime/Anywhere. This is a great exercise that you can do almost anytime you want to do it and anywhere.

Three Different Anytime/Anywhere Balance Exercises That You Can Do

1. Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch.
2. Stand on one foot (while waiting in line at the grocery store or at the bus stop, for example). Alternate feet.
3. Stand up and sit down without using your hands.

