



Fun and Functional

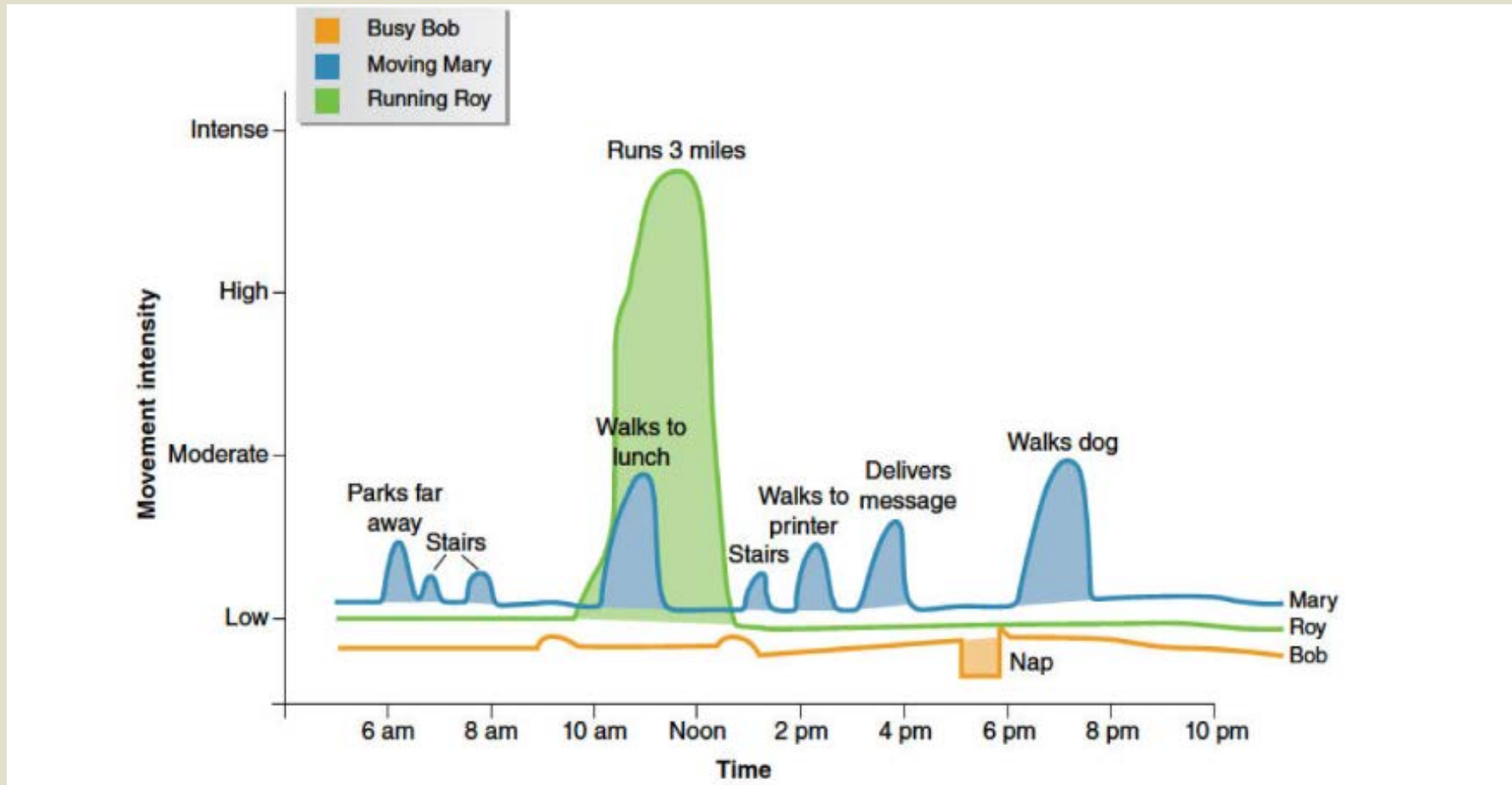
Dr. Carol Kennedy-Armbruster, PHD, FACSM
Penelope Friday, MPH candidate

Movement is King!



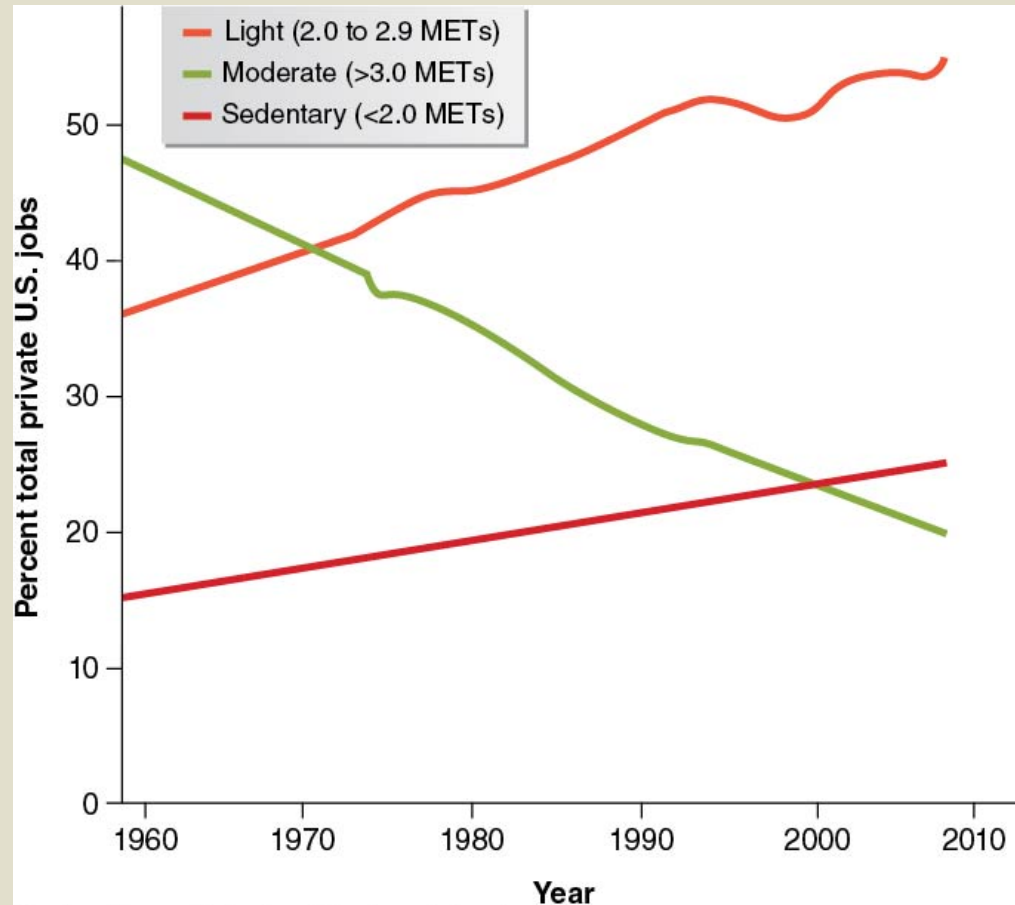
- The 2008 Physical Activity Guidelines for Americans recommended accumulating moderate-to-vigorous physical activity in bouts of 10 minutes or more. Research now shows that **any amount** of moderate-to-vigorous physical activity counts toward meeting the target range. **Previously, insufficient evidence was available to support the value of bouts less than 10 minutes in duration.** *The 2018 Committee was able to conclude that bouts of any length contribute to the health benefits associated with the accumulated volume of physical activity.*

Intentional Exercise vs. Lifestyle Movement

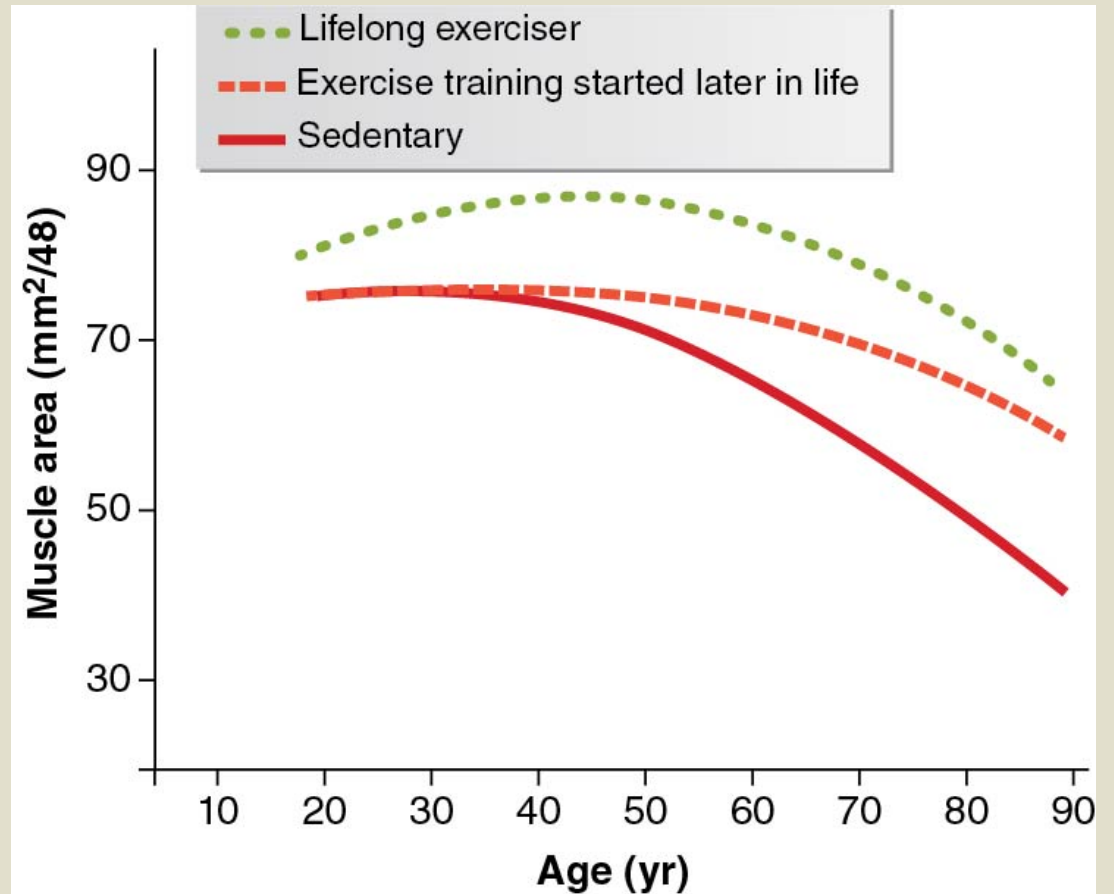


Taken From Fitness/Wellness A Way of Life book; Human Kinetics 2019

MOVE IT OR LOSE IT!



Reprinted by permission from Church et al. (2011).



Reprinted by permission from Signorile (2011, pg. 13).

MUSCLES KNOW NO AGE!

Balance through
destabilization

Coordination

Proprioceptive
training

Important for
aging population

No ACSM
guidelines

Include: Neuromotor Training

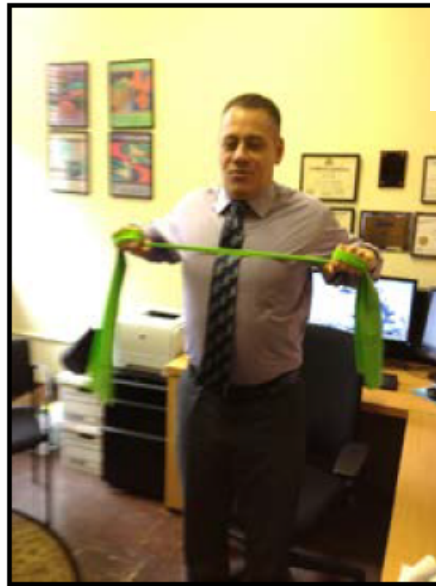


ILLNESS BEGINS WITH "I"
WELLNESS BEGINS WITH "WE"
LETS MOVE!

Band and Back Movements for weak muscles Lats/Rhomboids!

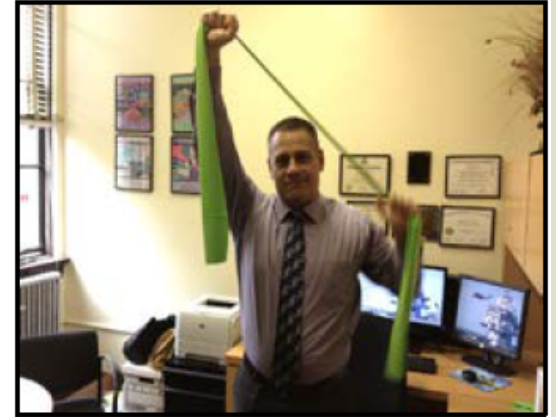
Upper Back

- Wrap band around hands leaving 4-6 inches
- Palms down
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil



Upper Back

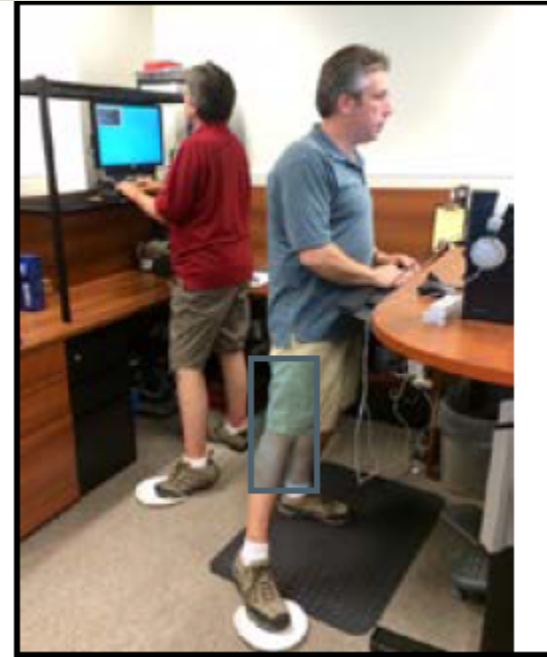
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Hip circles *FEEL GOOD* and increase blood flow whether you are standing or sitting!

Inner/Outer Thigh

- Stand w/feet hip distance apart
- Place foot in the middle of plate
- Slightly bend other leg
- Circle front to back; reverse
- Switch legs

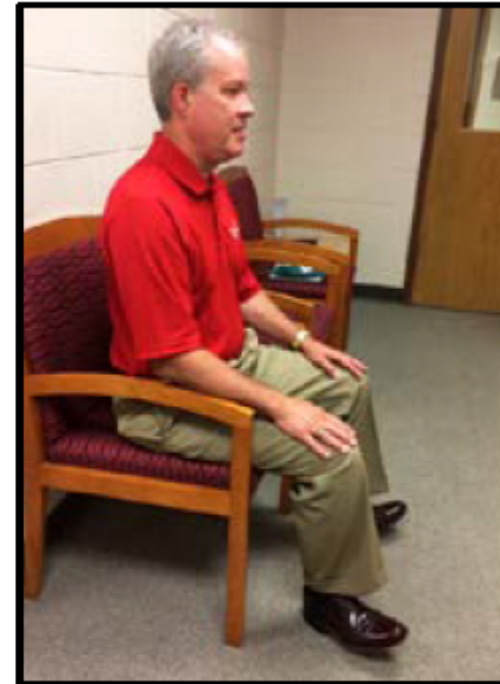


Want to walk more? Strengthen those shins!

Shins

- Sit with shoulders over hips
- Heels on floor, lift toes

Add Neuromotor: alternate lifting toes, move toes in different directions



Sit to Stand-Check out your Balance!

Sit to Stand

- Sit to Stand with Balance: stand & hold one leg
- Add Neuromotor: stand & close eyes, stand & turn head side to side



Feel Good – Stretches!

Abdominals/Torso

- Feet flat on floor; sit in middle of chair
- Shoulders over hips
- Gently lean toward the right, breathe deeply for 3 breaths
- Return to center, then repeat on left
- 5-8 times throughout the day



More Feel Good Stretches!

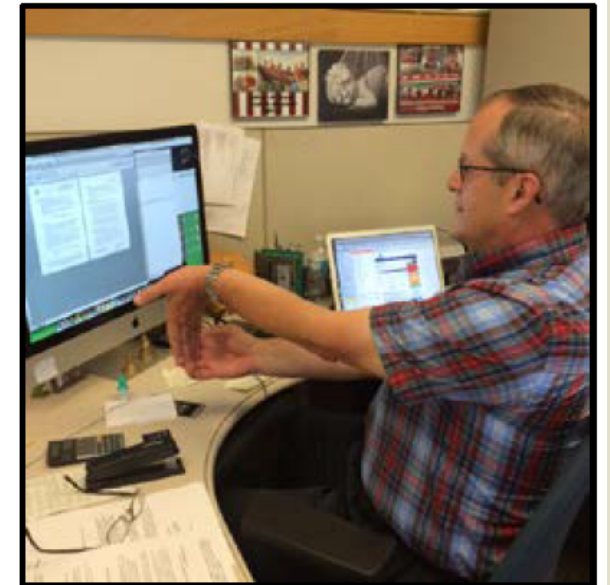
Chest

- Gently place hands behind head
- Maintain good posture, feet flat on floor
- Slowly push elbows back until you feel a stretch in chest – Breathe deeply!



Wrist

- Take one arm straight out
- Place the palm up
- Grab onto fingers with the other hand and **gently** pull fingers back





Thank you
RDNs for
all that you
do!!!

Suggested Readings

Get Up!

By: James A. Levine, MD

No Sweat

By: Michelle Segar, Ph.D

