



**a team building program that promotes
healthy lifestyle behaviors for aging adults**

Lifelong Improvements Through Fitness Together ©

Program Manual Citation:

Harden SM, Wilson ML, Estabrooks PA, and Members of the Physical Activity Leadership Team of Virginia Cooperative Extension. (2018). Lifelong Improvements through Fitness Together Program Manual. Blacksburg, VA: Virginia Tech.

Citation for Process of Adapting Previous Interventions to LIFT:

Wilson ML, Strayer TE 3rd, Davis R, Harden SM. Informed Adaptations of a Strength-Training Program through a Research-Practice Partnership. *Front Public Health*. 2018 Mar 2;6:58. doi: 10.3389/fpubh.2018.00058. eCollection 2018.

Citation for Initial Reach and Effect of LIFT:

Wilson ML, Strayer TE 3rd, Davis R, Harden SM. Use of an Integrated Research-Practice Partnership to Improve Outcomes of a Community-Based Strength-Training Program for Older Adults: Reach and Effect of Lifelong Improvements through Fitness Together (LIFT). *Int J Environ Res Public Health*. 2018 Jan 31;15(2). pii: E237. doi: 10.3390/ijerph15020237.

This guidance is educational in nature and is not meant to take the place of medical services which may be needed. Not all exercises are suitable for everyone. It is recommended that you consult with your physician before beginning this program. When participating in physical activity, there is always risk of injury or soreness. If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately. If you engage in this exercise program, you do so at your own risk, you are voluntarily participating in these activities, and you assume all risk of injury to yourself and release any LIFT instructor from any and all liability.

Design by Sherri Songer,
Department of Human Nutrition, Foods, and Exercise, Virginia Tech, 2016-2019.

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INTRODUCTION



Few than 14 percent of older adults participate in the level of physical activity (PA) associated with health enhancements (i.e., 150 minutes of moderate intensity PA per week). The low prevalence of PA is further exacerbated in the older adult population for those who are socially and geographically isolated, including a lack of places to engage in PA with programming targeted to their needs.

PA that promotes balance, flexibility, and strength training may improve functional fitness and older adults' ability to age in place. In addition, engagement in PA leads to a decreased risk for cardiovascular disease, arthritis, immobility, and obesity.

LIFT©, initially pilot tested through collaboration with Virginia Cooperative Extension health educators, was developed specifically for large-scale dissemination through community-clinical linkages by Dr. Samantha Harden; her graduate research assistant, Meghan Wilson; and their collaborators. This program was developed by the Physical Activity Research and Community Implementation (PARCI) lab to meet the needs of the stakeholders (i.e., Physical Activity Leadership Team) as well as to fill a gap in programming that previously existed.

Through an integrated research-practice partnership approach, LIFT was adapted to target physical activity as well as fruit and vegetable consumption through a group dynamics-based approach.

INVESTIGATORS



SAMANTHA M. HARDEN, PhD

is Virginia Cooperative Extension's physical activity specialist and an assistant professor in the Department of Human Nutrition, Foods, and Exercise at Virginia Tech. Her work, through research and Extension, focuses on creating physical activity interventions that improve the lives of individuals in community or clinical-based settings.

PAUL A. ESTABROOKS, PhD

is the Harold M. Maurer Distinguished Chair of Health Promotion at the University of Nebraska Medical Center. Most of his research focuses on testing innovative health promotion programs, policies, and practice interventions that can be adapted and adopted in schools, work places, communities and healthcare clinics



MEGHAN L. WILSON, PhD

developed the LIFT program as part of her dissertation work with the aim of improving older adult functional fitness and ensuring that LIFT was adaptable across multiple delivery settings. She worked as a graduate research assistant for the PARCI lab and served as the LIFT program manager from 2015-2018.



PHYSICAL ACTIVITY LEADERSHIP TEAM: www.parcilab.org

RESEARCH-EVIDENCE BASED

I. STRONG WOMEN, STRONG BONES

Dr. Miriam Nelson, Tufts University

A two-stage, 12-week program developed for midlife and older women focusing on exercise and nutrition. The first stage aims to convey strategies for increasing muscle mass, strength and function throughout aging, whereas stage two places an emphasis on low to moderate activity and nutrition to prevent heart disease. The overall goal is to promote confidence and behavior changes for women through physical activity and nutrition.

II. STAY STRONG, STAY HEALTHY

Dr. Steve Ball, University of Missouri

A 10-week program developed to enhance the health and well-being of all middle-aged and older adults. The program involves a structured strength-training program that places great emphasis on safety and participation. The overall goals are to increase muscle and bone density to decrease risk of osteoporosis and frailty, which increases the safety and well-being of older individuals.

III. ACTIVITY FOR THE AGES

Dr. Paul Estabrooks, Kansas State University

A 12-session program developed to promote physical activity for all older adults. With a focus on strength training, aerobic activities, and balance, this program incorporates fun with physical activity through team building to increase motivation and self belonging. Group sessions aim to develop a heightened social setting that encourages participants to set and achieve group and personal goals.

RE-AIM: PROGRAM PLANNING AND EVALUATION

Audience

This program is intended for inactive older adults.

Design

LIFT is an eight-week, two-times-a-week, in-person program delivered by trained health educators. Participants are encouraged to walk or engage in other aerobic exercises for 150 minutes per week (i.e., to meet physical activity recommendations for older adults) in addition to the in-person LIFT classes. Self-monitoring, feedback, and goal setting are integral, evidence-based components of the program (see session guide for more details).

DIMENSION	OBJECTIVES	MEASURES
Reach	Reach a large proportion of inactive older adults across the state	Total, proportion, and representativeness of participants
Effectiveness	Effectively improve strength, flexibility, and balance of older adult participants	Functional fitness assessments and self-report physical activity
Adoption	High adoption rates within settings and among eligible delivery personnel (e.g., staff, volunteers, educators)	Total, proportion, and representativeness of staff and settings that adopt the program
Implementation	Strong fidelity to implementation protocol	Fidelity checklists and self-report process evaluations
Maintenance: Individual-level	Maintain the health behavior changes of physical activity and fruit and vegetable consumption after program completion	Six month post program fitness assessment and survey
Maintenance: Organizational-level	Long-term maintenance of the program within the system or setting at low incremental costs	System-level indicators of annual program uptake, financial support, program leaders intent to deliver in the following year, etc.

1. Safety

In any case where previously sedentary people are beginning physical activity, there is a small risk of discomfort as participants adjust to the new actions. Be sure to fully explain all activities and the appropriate ways to complete them. Participants may also experience negative emotions, such as frustration or feelings of inadequacy, related to working within a group or failing to meet physical activity recommendations.

2. Program Sustainability

Exercise experts from within the state or from other state Extension systems can train community-based health educators (e.g., agents, specialists, volunteers) to deliver the program. The LIFT program was developed with the intent to be delivered in or with partnership of Extension systems across the nation. However, this may not be possible in all cases. The overall intent is to identify organizations and personnel who can reach and serve the aging population.

3. Individual Behavior Change

The LIFT program is centered on the use of Social Cognitive Theory. It utilizes constructs such as observational learning, self-monitoring, and goal setting to initiate and maintain behavior changes. Observational learning will provide accurate and proper models of physical activity to enhance self-efficacy to complete the PA program. Self-monitoring and personalized goal setting allows the participants to feel a sense of accountability and accomplishment while participating in this program, all of which will lead to individual behavior change towards a healthy, confident lifestyle.

4. Group Dynamics-Based Behavior Change

Many older adults believe they are not capable of participating in physical activity or are intimidated by physical activity, which may lead to hesitation in joining a PA program. Recruiting through a shared community provides the benefits of individuals having similar experiences, living in close proximity to each other, and having comparable goals and values. An increased similarity among the group will heighten confidence and provide a comfortable environment for older adults to perform PA.

TABLE 1: SESSION-BY-SESSION OUTLINE OF GROUP DYNAMIC STRATEGIES TARGETED WITH EACH LIFT SESSION

Session Number	Session Objective	Targeted Principle	Why?	Suggested Group Activity
1	Introduction to program and group members	Interaction and communication	Everyone may or may not know each other. A game may act as an icebreaker and incorporates physical activity.	<p>Active name game: With the group standing in a circle, have each person say their name and a corresponding exercise (e.g. Jumping Jack Jane). Everyone repeats the name and activity while doing the exercise and then the next person goes.</p> <p>If the group is too large, just have each individual introduce themselves with a corresponding exercise and then have the next person go without everyone repeating and doing the exercise.</p>
2	Introduce group members, create a team name, develop phone tree	<p>Role within the group</p> <p>Group distinctiveness/ team identity</p>	Creating a phone tree encourages participants to communicate and support one another. Team distinctiveness enables participants to feel a sense of belonging to the group.	<p>Phone tree: Ask participants if they are comfortable sharing their name and best contact method with the group. Assign group members to call individuals if they miss more than two sessions.</p> <p>Team distinctiveness: Establish a group name for the cohort (e.g. Aged to Perfection, Generation Fit, Portsmouth LIFTerS).</p> <p>Wear the same color t-shirts for class or community walks.</p>
3	Collaborative group goal setting (physical activity completed outside of class)	<p>Group goals</p> <p>Group norms</p>	<p>Establishing a group goal sets a norm for class attendance and physical activity behaviors.</p> <p>A group goal encourages team contribution and accountability more than an individual goal would.</p>	<p>Set a group goal, examples:</p> <ol style="list-style-type: none"> 80% attendance for at least 14 of the 16 sessions. Walk the state. Any 15 minutes of aerobic activity outside of class counts as a mile to walk across the state. Whoever gets the most exercise outside of class gets _____ (determine a nominal prize).

TABLE 1: SESSION-BY-SESSION OUTLINE OF GROUP DYNAMIC STRATEGIES TARGETED WITH EACH LIFT SESSION

Session Number	Session Objective	Targeted Principle	Why?	Suggested Group Activity
4	Discuss motivators of healthy lifestyle choices	Interaction and communication	Discussing personal motivators allows participants to learn about each other beyond surface level similarities and may enhance the positive group setting.	Discuss personal motivators for physical activity. Example prompts: 1. Discuss activities they remember doing as a youth 2. Discuss activities, by the decade (e.g., what activity was your favorite in the 1980s?) 3. Talk about fruits and vegetables they enjoy growing or eating during certain seasons.
5	Develop plans for coping with physical activity barriers	Interaction and communication Problem solving	Participants may have the best intentions when it comes to being physically active, but barriers consistently pop up. Group discussion allows participants to share challenges and barriers to support each other in overcoming common barriers.	1. Share methods for coping with barriers (e.g., establishing routines, getting to bed earlier, etc.). 2. List common barriers that people encounter. 3. Discuss previous methods used for overcoming barriers in the past.
6	Determine what resources are available for physical activity	Action planning	If membership fees, transportation, time, etc., are barriers for engaging in physical activity, identify free and convenient options for physical activity. This may help further alleviate barriers to meeting PA recommendations.	1. Open discussion: Discuss how participants could use community resources (e.g., parks, recreation centers, etc.) to meet physical activity recommendations. 2. List example exercises that can be done in community parks (e.g., use picnic tables for seated knee extensions and wide-leg squats or to provide balance for leg curls.)

TABLE 1: SESSION-BY-SESSION OUTLINE OF GROUP DYNAMIC STRATEGIES TARGETED WITH EACH LIFT SESSION

Session Number	Session Objective	Targeted Principle	Why?	Suggested Group Activity
7	Dietary behaviors influence physical activity participation	Interaction and communication	Group discussion enhances a sense of belonging among group members. The more opportunities they have to share information about themselves, the more they will feel connected to the group. This may happen organically, but as the instructor, you can provide prompts to ensure that even the more introverted participants chat and contribute.	<ol style="list-style-type: none"> 1. Ask participants to share favorite foods while exercising. 2. Provide examples of snacks that fuel the body. 3. Distribute MyPlate for Older Adults (page 36).
8	Social integration and interaction outside of exercising	<p>Group norms</p> <p>Interaction and communication</p>	<p>Offer opportunities for participants to be rewarded and acknowledged for their healthy behaviors (e.g., class attendance, continued progress with physical activity, positive attitudes, etc.).</p> <p>Social gatherings outside of exercise enable participants to learn about each other.</p>	<ol style="list-style-type: none"> 1. Set up a potluck (e.g., a midway point success potluck with healthy snacks). <i>If participants are coming from work, or have obligations after class, another option is for the instructor to provide a healthy snack and the recipe.</i> 2. Ask participants to bring a healthy recipe for a recipe exchange; discuss favorite healthy recipes during exercises. Or, ask participants to email their favorite healthy snack/meal recipes to the instructor, who prints and brings to the next class.
9	Leadership roles to build confidence	Role within the group	Providing each participant with a role of leading the group will help establish a sense of responsibility and accountability within the group. This may also help instructors identify people who may want to lead a class in the future.	<ol style="list-style-type: none"> 1. Give participants the opportunity to lead their group members through the exercises while counting out loud. <i>Ask for volunteers and others to count.</i> 2. Ask for at least one person to be the official counter in class so that the instructor can talk while leading the exercises.

TABLE 1: SESSION-BY-SESSION OUTLINE OF GROUP DYNAMIC STRATEGIES TARGETED WITH EACH LIFT SESSION

Session Number	Session Objective	Targeted Principle	Why?	Suggested Group Activity
10	Share successful behavior changes for physical activity and fruit and vegetable consumption	Interaction and communication Group size Feedback on goals Social support	Encouraging small group interaction while exercising (with a partner) permits members of the group to discuss and celebrate their improvements or find support where they still would like to make changes.	<ol style="list-style-type: none"> 1. Ask participants to work out with a partner in class. Each partner takes turns leading an exercise while the other counts out loud. 2. Ask partners to share achievements and healthy lifestyle behavior changes made thus far.
11	Revisiting group and individual goal setting	Social support Interaction and communication Feedback on group goals Self monitoring Tailoring	Revisiting group and individual goals allows participants to analyze their progress and/or adjust their goals where needed. Readdressing goals before the end of the program will help prevent relapse to being inactive.	<ol style="list-style-type: none"> 1. Ask for volunteers to share their individual goals and how they feel they have contributed towards the group goal. 2. Discuss any necessary changes to individual and group goals among the group. 3. Discuss if participants want to continue to meet as a group. If so, discuss where, how, who would lead, etc.
12	Strategies for maintaining long-term health behavior changes	Interaction and communication Self-monitoring	LIFT is about making lifelong changes; these topics and the opportunity for discussion can provide support in maintaining these changes.	<ol style="list-style-type: none"> 1. Take turns answering topic area questions (voluntary and provided within manual) about motivators for physical activity, strategies to stay active, plans for staying physically active, etc., while exercising. 2. Ask for volunteers to answer the questions and lead group exercises.

TABLE 1: SESSION-BY-SESSION OUTLINE OF GROUP DYNAMIC STRATEGIES TARGETED WITH EACH LIFT SESSION

Session Number	Session Objective	Targeted Principle	Why?	Suggested Group Activity
13	Motivators of long-term health behaviors	Interaction and communication Action planning Relapse prevention	Individuals are encouraged to focus on the positive outcomes associated with the physical activity they have completed thus far and determine how they will translate these habits into their daily routines.	Lead a group discussion Topics: 1. What is different in their life/physical abilities now when compared to the start of class? 2. How will participants stay accountable for their own healthy lifestyle choices (e.g. physical activity and fruit and vegetable consumption)? 3. How will participants help each other stay accountable for their PA (e.g., continued use of phone tree)?
14	Establishing long-term coping and action plans	Interaction and communication Action planning	Participants may want to remain physically active at the end of LIFT. Provide opportunities for participants to schedule time outside of LIFT to meet and remain physically active.	1. Ask for volunteers to discuss opportunities to meet for physical activity outside of LIFT. How will they help each other stay motivated and on track to accomplish goals? 2. Invite the group to discuss what they need from you as the instructor or what opportunities they are curious about in the community. As the instructor, set up facility tours. 3. Talk with local facilities about costs, classes, and opportunities for aging adults in the community.

**TABLE 1: SESSION-BY-SESSION OUTLINE OF GROUP DYNAMIC STRATEGIES
TARGETED WITH EACH LIFT SESSION**

Session Number	Session Objective	Targeted Principle	Why?	Suggested Group Activity
15	Recognizing group member contribution	Group roles Social support Feedback	Urge participants to acknowledge and celebrate their team members (outside of group leader providing the encouragement).	<ol style="list-style-type: none"> 1. Ask for volunteers to express who in their group was most enthusiastic, most encouraging, etc. It can be more than one person or everyone in the group. 2. Go around in a circle and have each member say one positive attribute about the person to their right or how they have positively contributed to the team.
16	Acknowledge completion of group and individual goals	Group norms Feedback on group and individual goals	Having an end of program celebration encourages conversations outside of exercise. This helps build relationships that may motivate them to continue physical activity after LIFT.	<ol style="list-style-type: none"> 1. Set up a potluck social to celebrate accomplishments 2. As part of the celebration, if possible, provide some small incentives or prizes. Print out completion certificates for everyone. 3. Ask participants to email recipes to instructors so that recipes or a LIFT cookbook can be provided to everyone at the last class.

LEADERSHIP 101 Four Key Principles of Leadership

1. Communication
2. Individualized attention
3. Provision of choice
4. Fostering the social environment



*We are half way
through our cardio!*

Communication:

Communication takes multiple forms. Body language and facial expressions are one of the easiest and most effective ways you can communicate while verbal cues also promote confidence and cohesion.

*Only 3 more, everyone,
we can do it!*

Individual attention:

Providing individualized feedback and encouragement is often appreciated. Anything from a wink or eye contact can make someone feel encouraged and important. Smiling and facing your audience (showing that you are open, connected, and enjoying yourself) are all very important.

*Let's all take a look at how
Leslie is keeping her
knees behind her toes!
Great job, Leslie!*

It is also helpful to remind participants throughout class that each person should tailor the program for themselves. Remind them that they need to work within their own physical limits (e.g., "Some of us might have a knee injury we're working through."). Even the use of the word *us* makes the class seem more integrated.

Provision of choice

It is often very effective to show alternatives to each move. Show the beginner, intermediate, and advanced version of a particular move, and allow participants to choose which one suits them the most. At the group level, it might be a good idea to take a casual survey of the course and ask participants if they would like to see more or less of a particular exercise as they could have strong recommendations. Let the class feel collaborative rather than prescriptive.

Fostering the social environment

Finally, this program is based on a theoretical framework that increases a sense of belonging. Simple ways to do this are to share phone numbers and have coffee after the class. If the leader invites people to do so and joins them, the group will be more likely to spend more time together and develop cohesion.



STRENGTH TRAINING EXERCISES



Wide Leg Squat



Standing Leg Curl



Knee Extension



Side Hip Raise



Bicep Curls



Overhead Press



Seated Row



Toe Stand

COOL DOWN STRETCHES



Hamstring & Calf Stretch



Upper Back Stretch



Chest & Arm Stretch



Session-by-Session Guide
for
Class Instructors



SESSION 1

Session Objective:

- Introduction to program components
- Introduction to group members

Preparation:

- Provide chairs for participants and weights for instructor.
- Remind participants to bring water and a regular-sized bath towel.
- Print Physical Activity (PA) and Fruit/Vegetable (F/V) trackers for everyone.
- Read through orientation.

Session Outline:

- Orientation overview (10 minutes)
- Warm up: **Active Name Game** (15 minutes)
- Demonstration of eight exercises with no weights (25 minutes)
- Cool down and stretch (five minutes)
- Homework and reminders (five minutes)

Group Activity: *Active Name Game*

- All participants should stand in a circle. Facilitator should instruct group members to begin walking in place. Ask the group for volunteers for the first few rounds of this activity beginning with the instructor. Each participant creates a movement that alliterates with their name (e.g., High-knees Henry, Jumping Jane). Each time a person introduces himself or herself, the entire group says their name and performs the exercise given. This is a great warm-up for participants to begin moving and getting to know one another.

Homework and Reminders:

- During the first week of class, let participants know they may feel sore in some muscle groups that have not been recently exercised and remind them to keep moving.
- We encourage accumulating up to 30 minutes of walking this week.
- Be sure to remind participants to begin tracking their PA and F/V.
- Let's begin thinking of a group name, and we will decide at the beginning of class next week.
- See you on (day) at (time)!

Session Objective:

- Continued group development
- Establish group name to build group identity
- Introduction to *More Matters* fruits and vegetables

Preparation:

- Provide chairs and weights for participants.
- Remind participants to bring water and a regular-sized bath towel.
- Print *I Can, I Will, I Must* cards for all participants.

Session Outline:

- Warm up: **decide on a group name** (e.g., Aged Avengers, Gladiators, etc.)
- Be sure to have group walking in place to keep their bodies moving.
- Complete full-body routine (45 minutes) with two counts up, four counts down and **without weights** for anyone previously sedentary (45 minutes). Discuss **Nutrition Basics** (see below) while completing.
- Cool down and stretch (five minutes)
- Discuss and complete **Group Activity**
- Homework and reminders

Nutrition Basics (examples):

- Be sure to drink water before, during, and after all sessions.
- We encourage the consumption of fruits and vegetables; try replacing one sugary or salty snack with a cup of fruits or vegetables.

Group Activity: *Phone Tree*

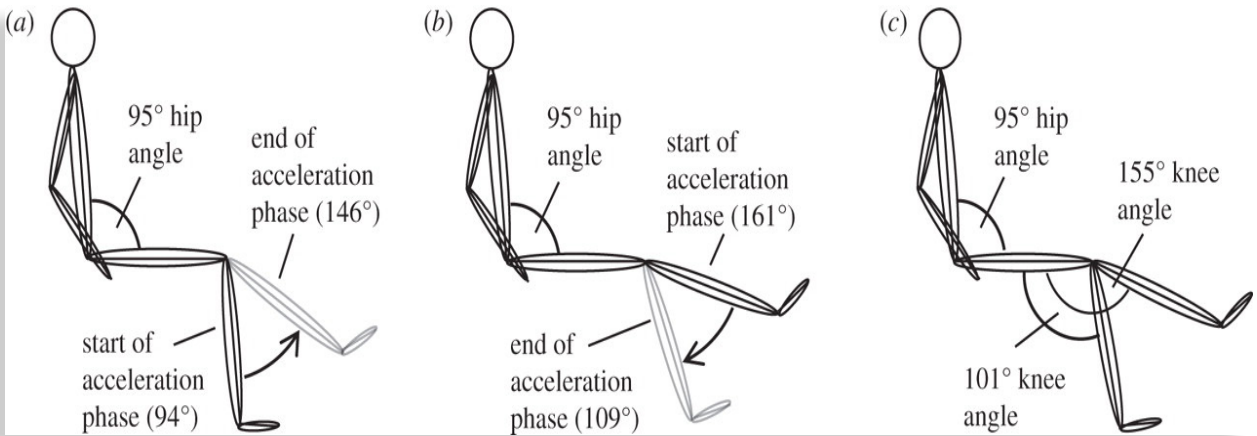
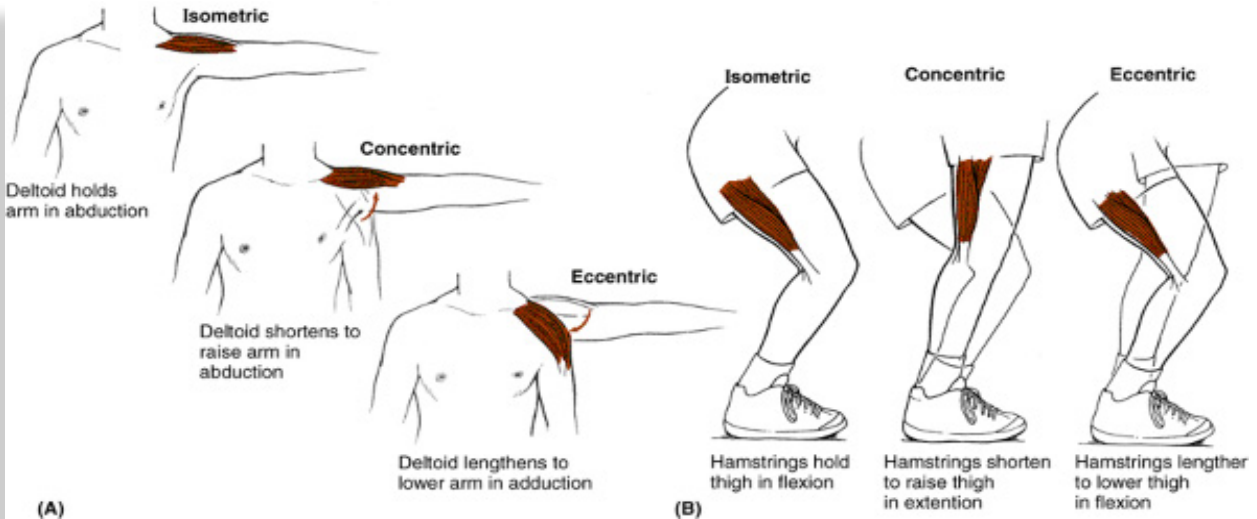
- Ask participants to share their first name and best contact method (phone or email) on a class roster. Assign people to call someone if an individual misses more than two classes without a known absence; this develops a role for the caller and a sense of accountability for the person who didn't attend.

Homework and Reminders:

- During the first week of class, let participants know they may feel sore in some muscle groups that have not been recently exercised and remind them to keep moving.
- We encourage accumulating up to 30-minutes of walking this week, as well as one day of practicing the class exercises without weights on their own.
- Have participants take home and fill out their first *I Can, I Will, I Must* card and encourage them to place these where it will be seen everyday (e.g., bathroom or bedroom mirror, front door, above the kitchen sink, etc.).
- We will decide on a group goal next week.
- Be sure to track activity and fruit and vegetable consumption.
- See you on (day) at (time)!

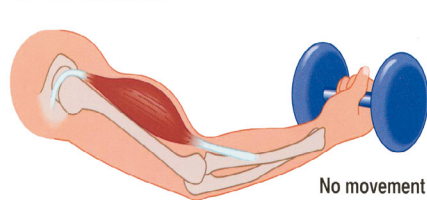
Concentric Muscle Contraction: The muscle is shortening while contracting

Eccentric Muscle Contraction: The muscle is lengthening while contracting

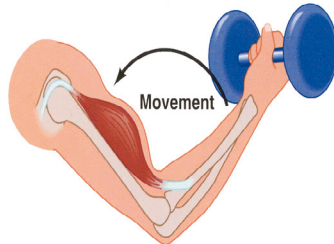


Isometric contraction

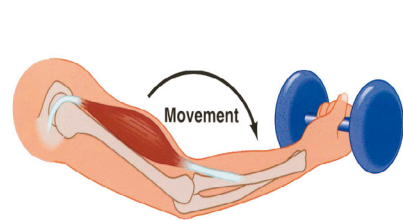
Muscle contracts but does not shorten



Concentric contraction



Eccentric contraction



<https://humananatomylibrary.co/photos/1783311/muscle-actions-concentric-and-eccentric-teamripped-facebook.asp>

Session Objective:

- Collaborative group goal setting

Preparation:

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.
- Print *Fruit and Vegetable Serving Size* resource for participants.

Session Outline:

- Review and reminder of tracking forms
- Warm-up: decide on a **Group Goal** (see below for examples) during warm-up exercises
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below). Everyone should be using the weights provided.
- Cool down (five minutes) and discuss **Nutrition Basics** (see below).
- Homework and reminders

Group Goal Examples:

- Have 90 percent attendance for 80 percent of the program (initiate phone tree if attendance drops)
- Accumulate ____ minutes of PA as a group.

Group Activity: *Discussion during exercises about increasing PA at home, facilitated by instructor.*

- Leader begins: Share your favorite physical activity done at home and how you could make it more challenging. *Example:* Margie tells the class that she folded and put away the laundry in one sitting; next week she will incorporate standing and squatting (one rep every two minutes for 20 minutes) while she does the laundry.

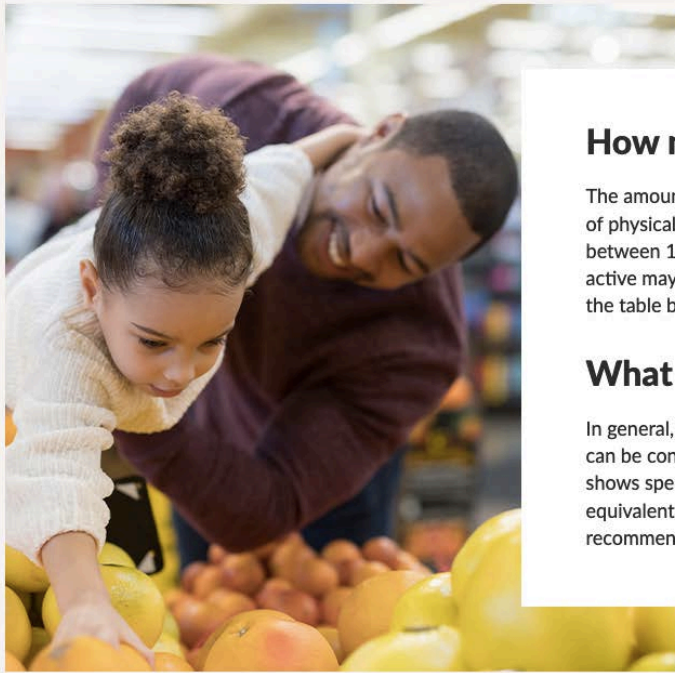
Nutrition Basics:

- Continue increasing consumption of fruits and vegetables.
- Does everyone know what one cup of fruits and vegetables looks like? Refer to pages 26/27.

Homework and Reminders:

- Be sure to use your tracking sheet for walking minutes and fruits and vegetables consumed.
- Encourage the group to continue incorporating walking and other PA into their routines.
- We will discuss progress next week.
- See you on (day) at (time)!

FRUIT AND VEGETABLE SERVING SIZES



How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. The amount each person needs can vary between 1 and 2 cups each day. Those who are very physically active may need more. Recommended daily amounts are shown in the table below.

What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or $\frac{1}{2}$ cup of dried fruit can be considered as 1 cup from the Fruit Group. The table below shows specific amounts that count as 1 cup of fruit (in some cases equivalents for $\frac{1}{2}$ cup are also shown) towards your daily recommended intake.

Image from myplate.gov



How many vegetables are needed?

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. The amount each person needs can vary between 1 and 3 cups each day. Those who are very physically active may need more. Recommended total daily amounts and recommended weekly amounts from each vegetable subgroup are shown in the two tables below.

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group. The table below lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for $\frac{1}{2}$ cup are also shown) towards your recommended intake.

Image from myplate.gov

SESSION 4

Session Objective:

- Motivators of healthy lifestyle choices

Preparation:

- Provide chairs and weights for all participants.
- Participants need water and a regular-sized bath towel.

Session Outline:

- Oral review of tracking forms
- Warm up: engage in whole body warm-up of choice (five minutes)
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below).
- Cool down (five minutes)
- Homework and Reminders

Group Activity: *Activity Timeline*

Discussion during exercises, facilitated by class instructor:

- Start by sharing an answer to one of the topic areas below. Then, the person on the right shares a voluntary answer to the same topic area while everyone continues the full body exercise routine. Once the last person responds, the instructor should introduce the next topic area and provide an answer. *Example:* Betty starts by saying, “When I was a young girl, I worked in the garden with my grandmother.” The next person might say, “I used to deliver newspapers.” Try to encourage them to move around the circle quickly as there are several **Topic Areas** (next page) to address. Sharing these activities develops a connection for the participants.

Topic Areas:

- Activities I did growing up
- Activities I enjoyed in the 1960s...1970s...1980s...1990s...2000s...2010s
- Barriers to activities
- Motivators for activities
- Fruits and vegetables I enjoy or look forward to each season

Homework and Reminders:

- Our goal is to _____.
- Be sure to use your tracking sheet so we can discuss progress next week.
- Continue walking up to 30 minutes and engage in an alternative PA one time a week (e.g., gardening, raking).
- See you on (day) at (time)!



SESSION 5

Session Objective:

- Share coping plans to overcome PA barriers

Preparation:

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.
- Print *I Can, I Will, I Must* cards.

Session Outline:

- Quick discussion on use of tracking forms; stay positive and emphasize their importance (two minutes).
- Warm up (five minutes): ask the group (voluntary responses) if they have been actively making efforts to improve their **Nutrition Basics** (see next page for reminders) while engaging in a full body warm up of choice.
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below).
- Cool down (five minutes): continue **Group Activity** if incomplete
- Homework and reminders

Group Activity: *Coping Plans*

- Instructor will begin the group activity by answering the questions below. Encourage the group to go around the circle and answer number one, and once all participants have done so (if they wish), ask number the next question.
 1. What were some barriers keeping them from being physically active prior to the LIFT program (e.g., time, energy, motivation, weather, etc.)?
 2. Were they successful in overcoming barriers? Discuss strategies for coping with these (e.g., making personal time, getting a good nights sleep, eating healthy snacks, etc.).

Nutrition Basics:

Are you making a conscious effort to:

- Consume at least two cups of fruits and two and a half cups of vegetables?
- What new types of vegetables and fruits have you introduced into your diet (e.g., butternut squash, Brussels sprouts, asparagus, kale, etc.)?
- Replace one salty or sugary snack with a fruit or vegetable?

Homework and Reminders:

- We have achieved _____ of our group goal thus far.
- Continue utilizing tracking sheets for next week's discussion.
- Keep moving and stay active even if you are experiencing soreness in certain muscles.
- Continue walking up to 30 minutes and incorporate one full body workout outside of class participation.

Pass out *I Can, I Will, I Must* cards:

- Encourage participants to fill them out again, as their goals may have changed, and to put them in a visible spot. Remind everyone that these individual goal cards contributes to the overall group goal as this creates clarity and accountability.
- See you on (day) at (time)!



I CAN
I WILL
I MUST

SESSION 6

Session Objective:

- Resource sharing

Preparation:

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Oral review of tracking forms
- Warm up (five minutes): engage in an open discussion and ask participants if they completed their *I Can, I Will, I Must* cards. Did they need to adjust their goals? Remind them of their group goal and progress towards meeting that goal.
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below). Everyone should be using weights.
- Cool down (five minutes) with discussion continued
- Instructor should provide additional examples of community resources and exercises for the group (see the next page for examples).
- Homework and reminders

Group Activity:

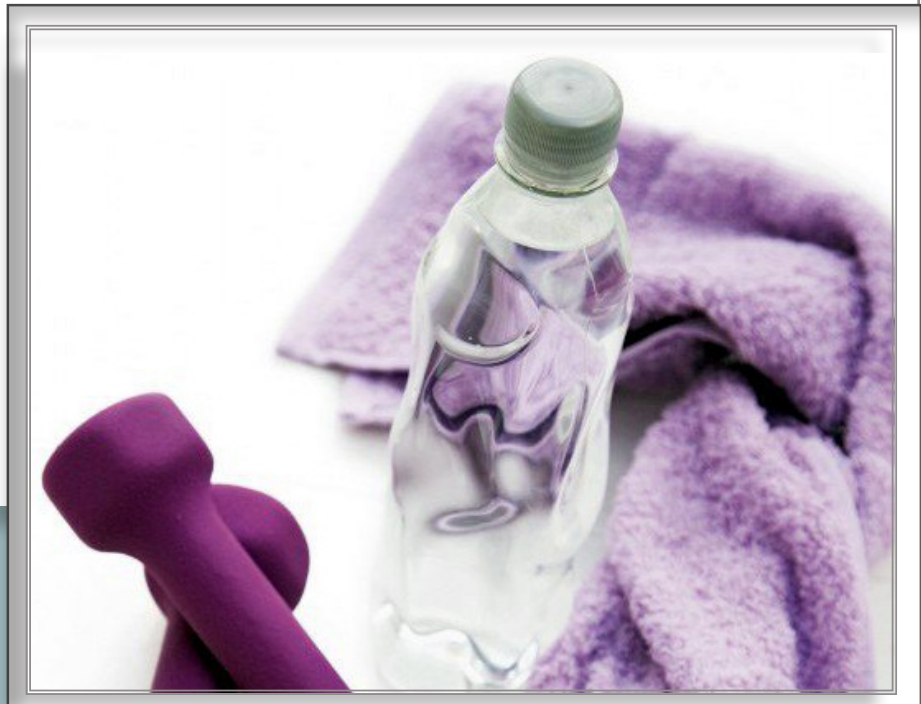
- Instructor should start by sharing a community resource that is helpful to them for engaging in physical activity (e.g., local park, trails, free community programs). Provide an activity that may be done using that resource. Then, the person on the right shares a voluntary response while everyone continues the full body exercise routine.

Examples of using community resources:

- Stairs with railings: use railings for balance to incorporate step-ups, standing or sitting knee extensions, standing leg curls, side hip raises, etc.
- Picnic tables: sit down for knee extensions, or use the table for balance for leg curls, wide-leg squats, weightless seated rows, or standing push-ups.

Homework and Reminders:

- Our goal is to _____.
- Remind them of the personal goals they set and have them take mental notes towards their progress.
- Continue using tracking sheet for discussion during the next session.
- Make a conscious effort to utilize community resources to increase physical activity throughout the day; record which activity was completed and where.
- Have participants use the phone tree to check in on members. Have them pick a group member and the date to call. Encourage saying something motivating and asking about their completed physical activity. The group will feel a sense of accountability for the week.
- See you on (day) at (time)!



SESSION 7

Session Objective:

- Discuss how dietary behaviors influence PA participation

Preparation:

- Provide chairs and weights for all participants.
- Print healthy recipes to distribute for next weeks potluck.
- Print *MyPlate* guide to gage portion sizes for participants (page 36).
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Warm up (five minutes): Quick oral review of tracking forms (two minutes). Are participants finding the form helpful? Is it helping them stay committed to their physical activity and fruit and vegetable consumption? Would they consider using the form outside of this program?
- Complete full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below).
- Cool down (five minutes)
- Reiterate the importance of fuel for the body.
- Homework and reminders

Group Activity: *Nutritional Basics*

- Instructor should start by discussing how to fuel the body for physical activity before and after participating in physical activity (see *MyPlate* guide on page 36 for examples). Once the instructor shares the importance of doing so, ask participants to share what they eat before and after class. Encourage an open discussion among all members while completing the full body exercises.

Nutritional Basics:

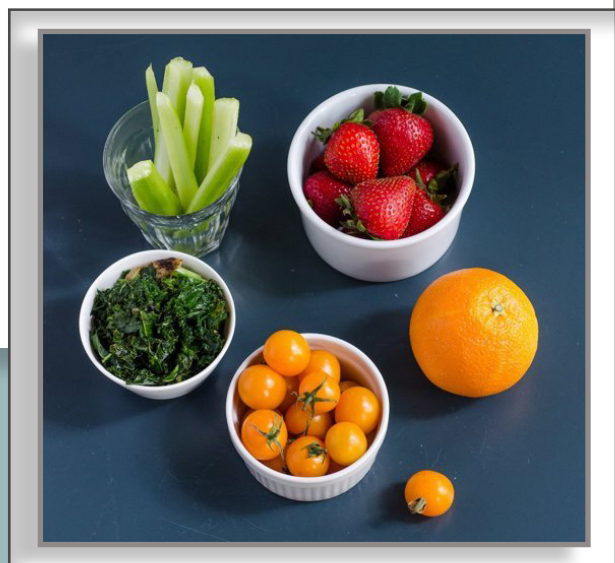
- Fruits (two cups a day) and vegetables (two and a half cups a day)
- Be conscious of portion sizes; refer to the serving size sheet given in Session 3.
Encourage participants to refer to the *MyPlate* guide on page 36 when filling their plates at home.

Fuel for the Body Examples: simplify depending on audience

- During physical activity, the body utilizes stored carbohydrates for energy (glycogen). To allow muscles to recover and replace glycogen stores, eat protein and healthy carbohydrates within two hours of physical activity.
- Pre-workout snacks (an hour before physical activity) include bananas or other fresh fruits, yogurt, whole grains, low fat granola bars, or nut butters on whole grain bread.
- Post-workout snacks (within two hours after physical activity) include yogurt with fruit, nut butters on whole wheat bread, low fat milk and whole grain crackers, or fish or chicken with brown rice or whole grain pasta.

Homework and Reminders:

- Our goal is to _____.
- To encourage social interaction, plan for a first month completion potluck and ask everyone to bring a healthy dish (see guide for healthy snack ideas and recipes).
- See you on (day) at (time)!



MyPlate for Older Adults

Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils

Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.



Remember to Stay Active!

Tufts
UNIVERSITY

JEAN WATER
USA
NUTRITION
RESEARCH
CENTRAL
AGING

AARP Foundation®

Session Objective:

- Initiate group feedback loop
- Social integration
- Potluck

Preparation:

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Quick review of tracking forms (two minutes). Is everyone keeping up with these?
- Warm up (five minutes): discuss progress made toward group goal. Does it need to be modified? What plan of action needs to be put in place to achieve overall group goal?
- Complete full-body routine (45 minutes) with two counts up, four counts down. Go through exercises only once (if time is restricted), since the potluck is at the end of class.
- Cool down (five minutes): Engage in an open discussion about participant's feedback regarding the program so far. Ask if they are getting out of it what they were hoping to, and are they enjoying it? Are there any suggestions?
- Homework and reminders

Group Activity: *Potluck*

- Enjoy a group potluck following class completion. This event encourages socialization outside of class since building relationships enhances the exercise environment and increases participation and attendance.

Homework and Reminders

- Our goal is to _____.
- Be sure to use your tracking sheet all week so we can talk about our progress next week.
- Encourage participants to keep working toward goals, and if they are having feelings of doubt or defeat, emphasize the importance and benefits of the phone tree.
- We encourage a 30-minute walk and a full-body PA workout.
- See you on (day) at (time)!

HEALTHY SNACKS



Banana Boats

Leaving the banana in the peel, cut banana in half, lengthwise. Fill with your choice of raisins, nut butter, coconut, berries, nuts, etc. Wrap in foil and heat in the oven at 375° for 15 minutes.



Apple Cookies

Remove core and slice. Add a thin layer of nut butter and top with shredded coconut, berries, nuts, raisins, and dark chocolate chips.



Ants on a Log

Fill a celery stick with a nut butter, LOW FAT cream cheese, hummus, or guacamole and then top with raisins, nuts, olives, diced veggies or fruits, etc.!



Greek Yogurt Bowls

Take four ounces of low fat Greek yogurt and add in your favorite mix-ins such as fruits (fresh, dried, or frozen), nuts, oatmeal, granola, chia seeds, etc. Be creative!

Session Objective:

- Develop a sense of confidence through rotating leaders

Preparation:

- Provide chairs and weights for all participants.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Warm-up (five minutes): open discussion of group goal and tracking forms while engaging in a full body warm-up of instructor's choice.
- Complete full-body routine (45 minutes): **Group Activity** (see below) and remind each participant leader to verbally communicate the count of two counts up, four counts down.
- Cool down (five minutes): Share words of encouragement as participants took on a huge role of class leaders today.
- Homework and reminders

Group Activity: / Lead

- Instructor should lead the group through both sets of wide leg squats and encourage one participant at a time to lead the next exercise (both sets). Team leading is voluntary but recommended.
- Remind participants to count out loud for each rep, encourage other group members, and share words of motivation and inspiration.
- The goal is to build self-confidence and self-awareness of progress made, and having participants lead the team will give them a different, and hopefully positive, perspective of the program. They should feel a great sense of group cohesiveness and build self-efficacy.
- Note: There are no discussion points for this session since participants are leading the exercises while counting out loud.

Homework and Reminders:

- Our goal is to _____ and we have come so far!
- Be sure to use your tracking sheet all week so we can talk about our progress next week.
- Try increasing the number of minutes walked by setting achievable goals for the week.
- Emphasize the importance of sticking to the routine and using community resources to engage in PA.
- Ask participants to begin thinking about how their PA habits and F/V consumption has changed throughout the length of this program.
- Discussion about changes each participant has made in the next session.
- See you on (day) at (time)!

SESSION 10

Session Objective:

- Group sharing: What physical activity and fruit and vegetable consumption changes have been made? What changes would they still like to make?

Preparation:

- Provide chairs and weights for each participant.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Warm up (five minutes): brief overview of tracking forms and discussion of goal progress (group and individual goals) while engaging in a full-body warm-up of choice. We will be revisiting goals next session.
- Full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes)
- Homework and reminders

Group Activity: *Topic Question Discussion*

- Complete during exercises and facilitated by the instructor, start by sharing an answer to one of the topic questions below. Then, the person on the right shares a voluntary answer to the same topic area while everyone continues the full body exercise routine. Once the last person responds, the instructor should introduce the next topic question and provide an answer.

Topic Questions:

- What are your current patterns of physical activity and fruit and vegetable consumption? Have there been increases or improvements in physical activity and fruit and vegetable consumption?
- Has your engagement in PA inspired others around them?
- What changes would you like to see yourselves make?

Homework and Reminders:

- Our goal is to _____.
- Remind the class to warm-up and cool down before participating in physical activity outside of class.
- Continue using the tracking sheet and working towards the group and individual goals as we will be discussing goals and weight selections next week.
- Reminder: participants should be doing a full body physical workout and increasing minutes walked each week.
- See you on (day) at (time)!

Session Objective:

- Revisit group and individual goal setting
- Discuss gradually increasing weights

Preparation:

- Provide chairs and weights for all participants.
- Print *I Can, I Will, I Must* cards.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Brief oral discussion about tracking sheets
- Warm up (five minutes): Have an open discussion about the importance of gradually increasing weights in a slow and safe manner when doing physical activity.
- Full-body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes): Remind the group that it is acceptable and encouraged to change goals. If they are maintaining, or increasing physical activity and fruit and vegetable consumption, they are winning!
- Homework and reminders

Group Activity: Goals and Goal Setting

- Ask participants to think back to their first *I Can, I Will, I Must* card.
- Beginning with the instructor, read and answer question one. Encourage the group to also answer, and once everyone has done so, move on to the next question, etc.
 1. What were/are your short-and long-term goals?
 2. Have your short-term goals made reaching your long-term goals easier or more feasible?
 3. Would you like to or do you need to change your goals? Did you reach too high or did you not challenge and push yourself enough?
 4. Has achieving your short-term goals impacted the overall group goal?
 5. What plan of action steps need to be taken individually and as a group to achieve the group goal? The aim is to encourage group motivation and support, so remind the group that it is okay to change or alter goals, as changing them helps participants stay on track.

Homework and Reminders:

- Have the group fill out a new *I Can, I Will, I Must* card and compare it with their original one to show them how far they have come.
- Reminder: participants should be doing a full body physical workout and increasing minutes walked each week.
- See you on (day) at (time)!

SESSION 12

Session Objective:

- Transition into long-term behavior change

Preparation:

- Provide chairs and weights for each participant.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Warm-up (five minutes). Quickly discuss tracking sheets and goals. Encourage participants to engage in conversations among each other during a full-body warm-up of instructor's choice.
- Full body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below). Once the team leader completes the first exercise as an example, have the participants act as team leaders. Change leaders for each exercise to give everyone a few chances to lead the group to build cohesiveness and leadership.
- Cool down (five minutes)
- Homework and reminders

Group Activity: *What's Next: Activity Timeline* (recall from session 3)

- Instructor begins and then asks for volunteers to start by sharing an answer to one of the topic areas (below) while doing the exercises. Next, the person to the right shares an answer (voluntarily), and once everyone answers, the instructor moves on to the next question.
Example: Francis starts by saying; "I have been staying physically active by walking around the neighborhood with my husband for 30 minutes two times a week." This group activity can be done throughout the warm up and the workout if needed.

Topic Areas and Questions: Everyone should be able to complete this group activity standing.

1. What and who motivates you to stay physically active (e.g., family, friends, career, personal, health, etc.)?
2. How have you been keeping up with physical activity outside of the sessions?
3. What are some activities that have or could be done as physical activity?
4. List examples of integrating other physical activities into your daily life.
5. How do you plan on keeping physically active outside of this program?

Homework and Reminders

- Our goal is to _____, and we have come ____ (how far) already.
- Remind participants to consciously think of how their physical activity and fruit and vegetable consumption has changed and will keep changing as the sessions continue to progress.
- We encourage increasing walking minutes and completing an additional full body workout.
- Continue updating and keeping track of physical activity and fruit and vegetable consumption on tracking sheet.
- See you on (day) at (time)!

Session Objective:

- What to do when LIFT ends?
- Description of motivators for long-term health behaviors and changes

Preparation:

- Provide chairs and weights for each participant.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Warm up (five minutes). Discuss tracking sheets. Is everyone still finding them useful? Open discussion during a full-body warmup of facilitators' choice.
- Full body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes): Ask the group to find a partner and commit to the phone tree this week. This develops a role for the individual calling and builds a sense of accountability for the individual receiving the call.
- Homework and reminders

Group Activity: *Relay for Life: Accountability*

- Instructor should start by asking volunteers to answer topic question number one. Instructor should then ask topic question two. If anyone responds with interest in continuing or leading LIFT, ask them to stay after class and discuss options for getting a group together. Continue with topic question three.

Options for participants interested in continuing or leading LIFT

- Attend a LIFT training hosted by PARCI lab. Provide participants with details about the training and direct them to a member of the PARCI lab to attend a training.
- If there are a lack of resources and facilities within your county, provide them with the Shared Use Agreement document located in Participant Materials and explain to them the importance and utility of a shared use agreement.

Topic Questions:

1. How do you plan on staying accountable for your own physical activity once the in-person sessions are complete?
2. Does anyone have interest in continuing LIFT or leading a LIFT group once this class ends?
3. How do you plan on continuing to consume fruit and vegetables once LIFT ends? Will you still use your tracking sheets?

Homework and Reminders:

- Our goal is to _____.
- Remind them that staying active will enable them to live independently longer.
- We encourage a 30 minute (or longer) walk and at least one full body workout weekly.
- Try incorporating an additional 30-minute walk into the week **in addition** to your regular physical activity.
- Don't forget the phone tree. We will discuss this assignment at the beginning of the next session.
- See you on (day) at (time)!

SESSION 14

Session Objective:

- Establish long-term coping and action plans.

Preparation:

- Provide chairs and weights for each participant.
- Provide resistance bands for warm up.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Discuss tracking sheets. Is everyone staying on track by keeping them updated?
- Warm up (five minutes)
- Full body routine (45 minutes) with two counts up, four counts down and **Group Activity** (see below)
- Cool down (five minutes): How did everyone do with the homework assignment from last session? Did they use the phone tree drill and keep up with their PA?
- Homework and reminders

Group Activity: *Topic Area Questions (next page; instructor begins game)*

- Instructor should start by sharing an answer to one of the topic questions and then asking someone else to answer the same question. Next, that person responds and asks someone else to share. Once the last person answers, the instructor introduces the next question and repeats the process. Having them call on each other will build a sense of bonding and unity.

Homework and Reminders:

- Our goal is to _____.
- We encourage two 30-minute walks and a full-body weekly workout.
- Reminder to keep up with tracking forms.
- See you on (day) at (time)!

Topic Area Questions:

- **When the program ends, how will you continue physical activity and F/V consumption (e.g., no meat Mondays, no treat Tuesdays, etc.)?**
- **Will the group set up times/days to get together on their own?**
- **How will you cope or change behavior if you find yourself off track?**
- **Who will you reach out to for support in your goals?**
- **Will you continue to meet up with other LIFT members once the sessions have ended, or will you find other resources?**



SESSION 15

Session Objective:

- Recognition of group member contributions

Preparation:

- Provide chairs (place in a circle) and weights for all participants.
- Print healthy recipes to distribute for next week's potluck if more are needed.
- Remind participants to bring water and a regular-sized bath towel.

Session Outline:

- Warm up (five minutes): brief discussion of tracking forms. Remind everyone this is the last week and the second-to-last in-person session, and there is only one more week to reach the group goal.
- Full-body routine (45 minutes) with two counts up, four counts down, allowing participants to lead exercises while completing **Group Activity** (see below).
- Cool down (five minutes): Discuss and reiterate **Nutrition Basics** talking points (next page).
- Homework and reminders

Group activity: *Superlative Simon Says*

- While doing the exercises, have the group nominate themselves, or other members, who best fit the superlative category (see below). Begin with the first nominee, and once all members have been nominated, move on to the next category. There is no minimum or maximum number of nominees!

Superlative Categories:

- Most enthusiastic!
- Most encouraging!
- Most physically active!
- Enjoys sessions the most!
- Always has a smile!
- First one to volunteer!
- Always does their homework!
- Never missed a session!

Nutrition Basics:

Are you making a conscious effort to:

1. Consume at least two cups of fruits and two and a half cups of vegetables every day?
Ask about their favorite fruits and vegetables based on seasons (e.g., corn and zucchini in summer versus kale and Brussels sprouts in fall/winter).
2. Control portion sizes? Refer to the serving size guide provided in the first couple of weeks of LIFT.

Homework and Reminders:

- Our goal is to _____.
- We encourage two 30-minute walks and a full-body weekly workout.
- Remind them to keep up with tracking forms.
- To encourage social interaction, plan for a second-month completion potluck and ask everyone to bring a healthy dish (see page 38 for healthy snack ideas and recipes).
- See you on (day) at (time) for our last in-person session!



SESSION 16

Session Objective:

- Celebration of completion
- Acknowledge achieving group goal, individual goals, and completion of in-person sessions.

Preparation:

- Provide chairs and weights for each participant.
- Print certificates, additional tracking sheets, and post-program surveys.
- Remind participants to continue engaging in physical activity and making healthy snack choices (increase fruit and vegetable consumption).



Session Outline:

- Turn in tracking sheets; ask if they were useful and if they kept up with them on a consistent basis. Pass out additional copies if participants would like them.
- Warm up (five minutes): Open discussion of individual goals. Did everyone get what they wanted out of the in-person session? Were the goal setting cards beneficial?
- Full-body routine (45 minutes) with two counts up, four counts down. Allow class members to lead an exercise. Discuss group goals during the workout. Was the overall goal achieved? Is everyone satisfied with the progress and performance of the group?
- Cool down (five minutes)
- Homework and reminders

Group Activity: *Potluck!*

Homework/Reminders:

- Our goal was to _____ and we SUCCEEDED!
- Remind them that staying active will enable them to live independently longer
- Encourage 30-minute walks and multiple full-body workouts throughout the week.
- Keep up with tracking sheets and utilize them as an every day tool for working toward short- and long-term goals.
- Pass out a final *I Can, I Will, I Must* card.
- Encourage participants to set new short-term goals to help them reach long-term goals.
- Continue using the phone tree method to aid in staying accountable for physical activity and fruit and vegetable consumption.



Participant Materials

**All LIFT materials are updated regularly and
available on the LIFT website:**

www.parcilab.org/lift

LIFT SHARED USED AGREEMENT

Agreement between [herein: group]	
and [herein: facility]	
Address:	
City, State, Zip:	

THIS JOINT FACILITY USE AGREEMENT WILL BEGIN _____ [month/date/year]. IT WILL CONTINUE FOR A PERIOD OF _____ [# weeks, months, years], MEETING _____ TIMES PER _____ FOR A DURATION OF _____ [hours] AND WILL END _____ [month/date/year].

LIFT COORDINATOR

Name		Email	
Organization		Signature	
Phone		Date	

FACILITY CONTACT

Name		Email	
Organization		Signature	
Phone		Date	



Full Body Exercises

with contributions from:

www.Go4Life.org

Strong Women, Strong Bones (doi: 10.1001/jama.1994.03520240037038)

Stay Strong, Stay Healthy (doi:10.1177/0898264313507318)



WIDE LEG SQUAT



DO:

- Engage your core.
- Pull your belly button towards your spine.
- Shift your weight into your heels and lift your toes.
- Keep your knees behind your toes.
- Sit down and back like using the restroom.

DON'T:

- Sit down too quickly.
- Lean your weight too far forward or on your toes when standing up.
- Hold your breath.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up while you breathe in.
5. Breathe out as you slowly sit down.
6. Complete one set of 10-15 repetitions
7. Rest for 15 seconds, then complete one more set of 10-15 reps

STANDING LEG CURL



DO:

- **Keep the thigh of the working leg in line with the thigh of the supporting leg at all times.**
- **Keep the ankle of the working leg flexed.**
- **Bend at the knee like you are trying to touch your heel to your bottom.**

DON'T:

- **Arch your back.**
- **Hold your breath.**

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for one second.
4. Breathe in as you slowly lower your foot to the floor.
5. Complete one set of 10-15 repetitions for each leg.
6. Rest for 15 seconds, then complete one more set of 10-15 reps for each leg.

KNEE EXTENSION



DO:

- **Keep your ankle flexed.**
- **Extend your leg as if you were kicking a ball away from you.**

DON'T:

- **Arch your back.**
- **Hold your breath.**
- **Lock your knee.**

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible without locking the knee.
3. Flex foot to point toes toward the ceiling. Hold position for one second.
4. Breathe in as you slowly lower leg back down.
5. Complete one set of 10-15 repetitions for each leg
6. Rest for 15 seconds, then complete one more set of 10-15 reps for each leg

SIDE HIP RAISE



DO:

- **Keep your toes facing forward throughout the move.**
- **Keep your torso upright.**

DON'T:

- **Lock your knee on the supporting leg.**
- **Raise your leg more than 12 inches.**
- **Lean to either side.**

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward; the leg you are standing on should be slightly bent.
3. Hold position for one second.
4. Breathe in as you slowly lower your leg.
5. Complete one set of 10-15 repetitions for each leg.
6. Rest for 15 seconds, then complete one more set of 10-15 reps for each leg.

BICEPS CURL



DO:

- **Keep your wrists straight and elbows by your sides.**
- **Hold dumbbells securely without clenching fists.**
- **Keep shoulders relaxed, pressed down, and back.**
- **Maintain a straight back.**
- **Try to meet your forearm to your bicep.**
- **Engage your core.**

DON'T:

- **Let your upper arms or elbows move away from the sides of your body.**
- **Hold your breath.**

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for one second.
5. Breathe in as you slowly lower your arms.
6. Complete one set of 10-15 repetitions.
7. Rest for 15 seconds, then complete one more set of 10-15 reps.

OVERHEAD PRESS



DO:

- **Keep your wrists straight.**
- **Relax your neck and shoulders.**
- **Breathe regularly throughout the exercise.**
- **Reach your arms high above your head like you are punching the ceiling, keeping a slight bend in arms.**
- **Lower your arms to starting point at shoulder height.**

DON'T:

- **Lock your elbows.**
- **Arch your back.**
- **Let the dumbbells move too far in front of your body or behind it.**

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
5. Hold the position for one second.
6. Breathe in as you slowly lower your arms.
7. Complete one set of 10-15 repetitions.
8. Rest for 15 seconds, then complete one more set of 10-15 reps.

SEATED ROW



DO:

- **Keep back straight and head and chest up.**
- **Squeeze your shoulder blades together.**
- **Be sure to squeeze your shoulders back like you are holding a small ball between your shoulder blades.**

DON'T:

- **Lean too far forward.**
- **Hold your breath.**

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. If using a resistance band, place the center of the band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for one second.
6. Breathe in as you slowly return your hands to the starting position.
7. Complete one set of 10-15 repetitions.
8. Rest for 15 seconds, then complete one more set of 10-15 reps.

TOE STAND



DO:

- **Maintain good posture.**
- **Move into toe stand slowly.**
- **Make sure to breathe regularly.**

DON'T:

- **Lean on the counter or chair; it is for balance only.**

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
2. Breathe in slowly, then breathe out and slowly stand on tiptoes as high as possible.
3. Hold position for one second.
4. Breathe in as you slowly lower heels to the floor.
5. Complete one set of 10-15 repetitions.
6. Rest for 15 seconds, then complete one more set of 10-15 reps.

COOL DOWN AND STRETCH



HAMSTRING AND CALF STRETCH:

1. Stand facing a sturdy chair.
2. Slowly bend forward at the hip, keeping your legs straight without locking your knees.
3. Rest your hands on the seat with your elbows slightly bent; keep your back flat.
4. Hold the stretch for 20-30 seconds.

CHEST AND ARM STRETCH:

1. Stand with your arms down by your side.
2. Extend both arms behind you and clasp hands together if possible.
3. Make sure arms are straight before lifting them up as high as possible; keep your chest forward and shoulders back.
4. Hold the stretch for 20-30 seconds



UPPER BACK STRETCH:

1. Stand with your feet shoulder-width apart with knees straight but not locked and hands clasped in front of you.
2. Rotate your hands so your palms face the ground, then raise your arms to the height of your chest.
3. Press your palms away.
4. Hold the stretch for 20-30 seconds.



Exercise and Warm Up Modifications



EXERCISE MODIFICATIONS



BICEPS CURL

This exercise could be made easier by alternating right and left bicep curls rather than attempting to curl both arms at the same time.

CHEST AND ARM STRETCH

Exercise Modification (easier):

The difficulty of this stretch can be modified by having participants hold a towel or band instead of grasping their hands behind their back.

1. Hold a towel or band in both hands with arms extending behind the hips.
2. Place hands so that they are at a comfortable distance apart from each other.
3. While keeping arms straight, lift arms up as far as possible.
4. Hold the stretch for 20-30 seconds.

Trainer Tips:

Other items can be used instead of a towel, such as a sweatshirt or a broom. The item just has to be long enough for participants to hold behind their backs.



KNEE EXTENSION

Exercise Modification (easier):

To make the exercise less difficult, have participants reduce the range of motion of the leg. Instead of extending the knee fully (180 degrees), have participants stop the extension 20-30 degrees early.

1. Sit back in a chair with feet shoulder-width apart with knees slightly separated and directly above feet.
2. While keeping the right foot on the floor, raise left leg while keeping the foot flexed.
3. Extend leg to about 150 degrees.
4. Pause for a breath.
5. Slowly lower left leg back to the ground.
6. Complete 10 repetitions on each leg, rest for one minute, and then repeat.

Exercise Modification (harder):

To increase the difficulty of the exercise, have participants increase the range the leg moves. Instead of starting the exercise with the foot flat on the floor, have them start with the knee in a slightly more bent position (under the chair). If legs are too long to do so, place a pillow or rolled towel under the knees to increase seated height.



EXERCISE MODIFICATIONS

HAMSTRING AND CALF STRETCH

Exercise Variation: Have participants perform the stretch while seated in a chair.

1. Sit toward the front edge of the chair.
2. While seated, bend left knee so that it is at 90 degrees with foot flat on the floor.
3. Extend right leg out in front while keeping toes pointed to the ceiling.
4. With arms extended in front, slowly lean forward and reach hands toward the extended leg.
5. This movement should be performed while maintaining a flat back position.
6. Hold the position for 20-30 seconds, and then switch legs.

Trainer Tips:

Depending flexibility level, participants may have a difficult time extending their arms toward their toes. In this case, have them rest their hands on top of the bent leg, so that it can be used for support as they lean forward toward the extended leg.



OVERHEAD PRESS**Exercise Modification (easier):**

This exercise can be made easier for participants who have a limited shoulder range of motion by decreasing the range of motion of the arm.

1. Start the exercise so that the upper arms are parallel to the shoulder.
2. Arms should be bent at 90 degrees so that the forearm is perpendicular to the floor.
3. Slowly push the dumbbells up over head until arms are almost fully extended, but do not lock out elbows.
4. Pause for a breath.
5. Slowly lower the dumbbells until upper arms are in line with shoulders.

Exercise Modification (easier, for rotator cuff injuries):

This exercise can be modified for participants who have experienced a rotator cuff injury by changing the starting position of the upper arm.

1. Start the exercise with upper arms at the side of body with palms facing each other and dumbbells at shoulder height.
2. Slowly push the dumbbells up over head while keeping palms facing each other until arms are almost fully extended; do not lock out elbows.
3. Pause for a breath.
4. Slowly lower the dumbbells until they are in line with shoulders.



from Go4Life

EXERCISE MODIFICATIONS



SEATED ROW

This exercise can be made easier by sitting completely upright in the chair or by rowing only one arm at a time.

from Go4Life

SIDE HIP RAISE

This exercise can be made easier by keeping the leg fully extended but moving it out in front or behind. This may be less painful if the participant has hip issues.



EXERCISE MODIFICATIONS

STANDING LEG CURL

This exercise can be made easier by sitting while each leg is curled.



TOE STAND

This exercise can be made easier by alternating right and left toe stands rather than attempting to lift both toes at the same time.

EXERCISE MODIFICATIONS

UPPER BACK STRETCH

Exercise Variation:

An additional stretch can be felt if participants extend their arms overhead at the end of the original exercise.

1. While sitting or standing, clasp hands in front and then rotate so that palms face the ground.
2. Raise arms to about chest height and press palms away from the body.
3. Hold for 20-30 seconds.
4. During the last five seconds of the stretch, while keeping hands woven together, extend arms overhead while stretching as tall as possible.
5. Hold for five seconds.



WIDE LEG SQUAT

Exercise Modification (easier):

Reducing the range of motion of the squat can make the exercise easier for participants who are struggling to stay in control during the downward movement of the squat or look as if they are falling into the chair. The range of motion is decreased by stacking pillows (try two) or using a towel on the seat of the chair. Additionally, participants may find it helpful to use a chair with arm rests for additional support.

1. Leaning slightly forward at the hips, aim buttocks into the chair and slowly lower back to a seated position on pillow(s) or towel.
2. Keep chest lifted and back, neck, and head in a straight line.
3. Pause for a breath in the seated position.
4. Leaning slightly forward, stand up slowly, making sure to keep knees above ankle; if this still feels too difficult, use chair arm for additional support while standing up.

Exercise Modification (intermediate): To progress the wide leg squat, remove pillows (one at a time) until the participant is performing the exercise on the chair seat as described in the original wide leg squat exercise (from the StrongWomen Tool Kit).

Exercise Modification (harder): To make the wide leg squat more difficult, have participants hover above the chair seat instead of coming to a complete sitting position.



LOWER BODY MODIFICATIONS

Move	Muscular Engagement	Limited lower body mobility	Single leg or partial leg amputation	Paralysis or double leg amputation
Wide Leg Squat	Gluteus Maximus Quadriceps	Remain seated in wheel chair and press heels into ground or footrests and lift torso upward creating resistance strength Squeeze buttocks Squeeze and release as reps	Remain seated in wheel chair, press heel into ground or footrest and lift torso upward, creating resistance strength Squeeze buttocks Squeeze and release as reps	Extend arms upward, push hips into seat, lift torso upward creating resistance strength and spinal length
Standing Leg Curl	Hamstring	With or without weights Curl leg under chair, bending at the knee, and squeeze heel towards bottom of seat OR If feet need to remain on footrest, press calf backwards until feeling hamstring engage Squeeze and release as reps	Curl leg under chair, bending at the knee and squeeze heel towards bottom of seat OR If foot needs to remain on footrest, press calf backwards until the hamstring engages Squeeze and release as reps Depending upon amputation location, repeat on both sides, or do twice on one side	No similar movement: replace with triceps strength. Hold weight. Straighten arm wide and as far behind chair back as possible. Bend and straighten from the elbow.
Knee Extension	Quadriceps	No modification needed	Depending upon amputation location, repeat on both sides or do twice on one side	No similar movement; replace with pectoral strength Use weights: elbows bent, weights at shoulders, then press forward crossing forearms, elbows extended in an X shape
Side Hip Raise	Sartorius Gluteus Maximus	Create slight pigeon toes and press knees out wide into outer edges (arms) of wheelchair Press and release as reps	Create slight pigeon toes and press knees out wide into outer edges (arms) of wheelchair Press and release as reps	No similar movement: replace with wide arm raises With weights Straight elbow, arms to the left and right, lift arms away from chair and lower back down, lateral movement

LOWER BODY MODIFICATIONS

Move	Muscular Engagement	Limited lower body mobility	Single leg or partial leg amputation	Paralysis or double leg amputation
Biceps Curl	Biceps	As big of a range of motion as possible, lowering weight outside the arm of the chair to straighten at elbow	As big of a range of motion as possible, lowering weight outside the arm of the chair to straighten at elbow	As big of a range of motion as possible, lowering weight outside the arm of the chair to straighten at elbow
Overhead Press	Deltoid Latissimus Dorsi	Complete action seated	Complete action seated	Complete action seated
Seated Row	Triceps Rhomboids	Holding weight, use resistance of chair and push elbows into the back and squeeze shoulder blades together, extend arms forward, parallel to the floor, then repeat	Holding weight, use resistance of chair and push elbows into the back and squeeze shoulder blades together, extend arms forward, parallel to the floor, then repeat	Holding weight, use resistance of chair and push elbows into the back and squeeze shoulder blades together, extend arms forward, parallel to the floor, then repeat
Toe Stand	Calf	Point and flex at ankle More action if holding leg out in front with straightened knee	Point and flex at ankle More action if holding leg out in front with straightened knee	No similar movement: replace with shoulder shrugs Hands on arm rest, press down into armrest, lifting torso upward as elbows straighten
Hamstring and Calf Stretch	Hamstrings Calf	Loop strap around one foot and try to push heel forward while pulling toes back toward the body. If possible, lift leg parallel to the ground.	Loop strap around one foot and try to push heel forward while pulling toes back toward the body. If possible, lift leg parallel to the ground.	Side stretch Right arm lifts, lean left Repeat other side
Upper Back Stretch	Rhomboids Trapezius Latissimus Dorsi	Same action but add pushing ribs into the back of the chair	Same action but add pushing ribs into the back of the chair	Same action but add pushing ribs into the back of the chair
Chest and Arm Stretch	Pectoral Biceps	Grab the back edges of the chair and stretch ribs forward	Grab the back edges of the chair and stretch ribs forward	Grab the back edges of the chair and stretch ribs forward

UPPER BODY MODIFICATIONS

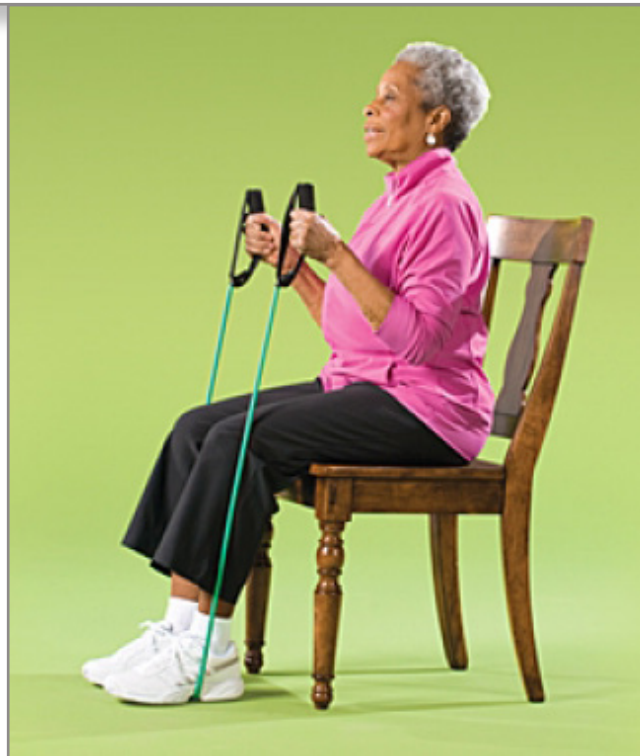
Move	Muscular Engagement	First modification	Change range or direction of motion	Endurance modification
Biceps Curl	Biceps	Do not use weights	Limit range of motion to a comfortable distance OR turn hand so instead of knuckles toward shoulder, bring thumb toward shoulder as a hammer curl; this can be done seated or standing	Start with the same motion and hold the weight half way into range of motion, hold the weight here for the full reps without moving (or as long as you can).
Overhead press	Pectoral Deltoids Triceps	Do not use weights	Limit range of motion to a comfortable distance OR hold weights with long straight arms at your sides and lift them, with straight elbows in front of you, arms parallel to the ground; this can be done seated or standing	Start with the same motion and hold the weight half way into your range of motion. Hold the weight here for the full reps without moving (or as long as you can).
Seated Rows	Triceps	Do not use weights	Limit range of motion to a comfortable distance OR with straight arms, behind you, bend at elbows bringing weight towards shoulder	Start with the same motion and hold the weight half way into your range of motion. Hold the weight here for the full reps without moving (or as long as you can).
Upper Back Stretch	Pectorals Biceps		Instead of arms reaching in front of the body, hold forearms, low towards the abdomen, round the spine and pull elbows wide while still holding forearms	
Chest and Arm Stretch	Pectorals Biceps		Use a towel or strap to grab behind the body instead of holding your own hands behind the back. OR Do one arm at a time, stand with the right side of the body near a wall, place your hand behind you on a wall at a height between hip and shoulder. Right hand on wall, thumb pointing up, relax shoulders and turn body to the left until you feel the stretch in the front of arm and shoulder.	

ARM CURL WITH BAND

This variation uses a resistance band instead of weights.

1. Sit in a sturdy, armless chair with feet flat on the floor and shoulder-width apart.
2. Place the center of the resistance band under both feet.
3. Hold each end of the band with palms facing inward and keep elbows at sides.
4. Breathe in slowly.
5. Keep wrists straight and slowly breathe out as you bend elbows and bring hands toward shoulders.
6. Hold the position for one second.
7. Breathe in as arms are slowly lowered.
8. Repeat 10-15 times.
9. Rest, then repeat 10-15 more times.

Tip: As you progress, use a heavier strength band.



RESISTANCE BAND WARM UPS

sparkpeople.com/resource/fitness_articles.asp?id=982

go4life.nia.nih.gov/exercises



SHOULDER RAISE WITH BAND

1. Place the resistance band under feet and grasp each handle.
2. Sit tall with abs engaged and arms slightly bent at the elbows.
3. Lift the arms up to shoulder level and slowly release back down to the start position.
4. Keep wrists in line with the forearm; do not bend.
5. Move feet further apart to make it harder and closer together to make it easier.
6. Repeat for 15 total reps.
7. Exhale when pulling and inhale on releasing.

RESISTANCE BAND WARM UPS

BUDDY STRETCH

This is a good overall stretch for the shoulders, arms, backs, and legs that is fun to do with a partner. If participants had hip or back surgery, talk with a doctor before attempting.

1. Sit on the floor facing buddy and place feet against partner's feet.
2. Both people should grab one end of a resistance band or towel, and depending on flexibility, someone may need to loop two bands or towels together.
3. Slowly pull the band or towel so that one person bends forward and one leans backward.
4. Hold the position for 10-30 seconds.
5. Slowly return to starting position.
6. Now the other person pulls the band or towel and bends forward while the other person leans backward. Hold for 10-30 seconds and return to the starting position.
7. Repeat three to five more times.



RESISTANCE BAND WARM UPS

sparkpeople.com/resource/fitness_articles.asp?id=982

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CHEST PULL WITH BAND

1. Sit tall in a chair with abs engaged.
2. Fold the resistance band in half and grip each end in front of chest with bent elbows.
3. Pull the band and bring it closer to the chest, then straighten arms and slowly release it back to the starting position.
4. Exhale when pulling and inhale on releasing.
5. Repeat for a total of 15 reps.

LOWER BACK EXTENSION WITH BAND

1. Place the resistance band under feet and grasp each handle.
2. Engage abs and bend forward from the waist until the back is parallel to the floor, releasing arms toward the ground.
3. Pull the handles upward, drawing shoulder blades together and elbows toward the ceiling while slowly releasing back down to the starting position.
4. Keep abs engaged to protect the lower back.
5. Move feet closer to the handles to make it harder and closer to the center of the band to make it easier.
6. Exhale when pulling and inhale on releasing.
7. Repeat for a total of 15 reps.



RESISTANCE BAND WARM UPS

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CALF RAISES WITH BAND

1. Sit tall in a chair with abs engaged.
2. Fold the resistance band in half and grip each end in front of chest with bent elbows.
3. Pull the band, bringing it closer to the chest with straight arms, and then slowly release back to the starting position.
4. Exhale when pulling and inhale on releasing.
5. Repeat for a total of 15 reps.

RESISTANCE BAND WARM UPS

BENT OVER ROW WITH BAND

1. Place the resistance band under feet and grasp each handle.
2. Engage abs and bend forward from the waist until back is parallel to the floor, releasing arms down toward the ground.
3. Pull the handles upward, drawing shoulder blades together and elbows toward the ceiling and slowly release back down to the start position.
4. Keep abs engaged to protect the lower back.
5. Move feet closer to the handles to make it harder and closer to the center of the band to make it easier.
6. Exhale when pulling and inhale on releasing.
7. Repeat for a total of 15 reps.



RESISTANCE BAND WARM UPS

SEATED ROW WITH BAND

1. Sit in a sturdy, armless chair with feet flat on the floor and shoulder-width apart.
2. Place the center of the resistance band under both feet and hold each end of the band with palms facing inward.
3. Breathe in slowly and relax shoulders and extend arms beside legs.
4. Breathe out slowly and pull both elbows back until hands are at hips.
5. Hold position for one second.
6. Breathe in and slowly return hands to the starting position.
7. Repeat 10-15 times.
8. Rest then repeat 10-15 more times.





Registration Materials

**For electronic versions of registration materials,
or questions regarding registration materials,
please refer to the PARCI website:
www.parcilab.org**

INFORMED CONSENT

ALL participants must complete an informed consent document whether they are, or are not, completing surveys and functional fitness assessments. This information includes liability for any soreness or injuries that they perceive as a result of participating in the LIFT program. Please see the website for the most up to date version of the LIFT participant consent form.

**VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY
Informed Consent for Participants
LIFT © Lifelong Improvements through Fitness Together**

Purpose:

You are being asked to take part in a research study of how group dynamics influences physical activity adherence and compliance along with improving your functional fitness. We are asking you to take part because you expressed interest and met the inclusion criteria (older, sedentary adults in adequate health to perform physical activity). Please read this form carefully and ask any questions you may have before agreeing to take part in this study.

Procedures:

If you agree to this study, we will conduct a functional fitness assessment prior to the start of the program. This will establish a baseline for the data collected. You will also be required to attend 16 one-hour sessions (two times a week), and complete four concise surveys (pre-program, two-week, post-program, and six-month follow-up). You will then perform a post-program functional fitness assessment. Your local program leader will provide all materials, weights, surveys, etc.

Risks and Benefits:

I understand that when participating in any exercise or exercise program, there is the possibility of physical injury or feelings of soreness. If at any point during my workout I begin to feel faint, dizzy, or have physical discomfort, I will stop immediately and notify the instructor. By agreeing to participate in this research study, you are aware of your health and ability to engage in strength-training exercises. If you are unsure of your health and ability, it is your responsibility to seek approval from your primary care physician before joining this program.

Benefits of participating in physical activity may include, but are not limited to: reduction of chronic disease; improvements in the management of chronic disease; and improvements in sleep, mood, appetite, and stress management. However, no promise or guarantee of benefits has been made to encourage you to participate.

Compensation:

You will not be compensated for your participation in this research study.

Confidentiality:

I understand that by participating in this program, some evaluation data may be collected in order to report findings and may be used for manuscript publication and conference presentation. All of the data used in these research capacities will be deidentified (i.e., not contain any information that identifies me as a person). The Virginia Tech Institutional Review Board may view the study's data for auditing purposes. The IRB is responsible for the oversight of the protection of human subjects involved in research.

PHYSICIAN AUTHORIZATION

PHYSICIAN AUTHORIZATION FORM

(Highlight indicates areas to be completed by program leader; remove this statement before printing/sending.)

Physician / Practice	
Address	
Phone number	
Fax number	
Patient Name	
Program	
	Yes, my patient can participate.
	Yes, my patient can participate with the following limitations:
	No, my patient cannot participate at this time due to their medical conditions and health status.
Physician signature:	
Printed name:	

This form may be faxed to _____, given to patient, or mailed to:

INSERT ADDRESS HERE:

Please return this form by: _____ (Date) _____

PHYSICIAN AUTHORIZATION

Return Contact Information Here

Date

Dear Dr. _____,

Your patient, _____, would like to participate in the LIFT program, which involves being physically active.

To determine if a participant may have a contraindication to physical activity, we have participants complete the Physical Activity Readiness Questionnaire before engaging in this particular program. Your patient has indicated an answer that requires us to obtain physician approval before he/she engages in the program, **which includes moderate intensity physical activity (tailor as needed)**.

Please complete and sign the enclosed authorization form. If you have any further questions about this program, please call me at _____.

Sincerely,

Name

Position

Location

Regular physical activity is fun and healthy, and more people are starting to become increasingly active every day. Becoming more active is very safe for most people. However, some people should check with their doctor before doing so.

If you are planning to become more physically active than you are now, start by answering the seven questions on the next page. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years old, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions.

Please read the questions on the next page carefully and answer each one honestly, put a check in the YES or NO column.

IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS:

- Talk with your doctor by phone or in person BEFORE becoming more physically active or BEFORE you having your fitness appraised. Tell your doctor about the PAR-Q and which questions you answered YES.
- You may be able to do any activity you want, as long as you start slowly and build up gradually. Or you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

Delay becoming more active if you are not feeling well because of a temporary illness such as a cold or a fever. Wait until you feel better.

PAR-Q: YES OR NO

YES	NO	QUESTION
		Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
		Do you feel pain in your chest when you do physical activity?
		In the past month, have you had chest pain when you were not doing physical activity?
		Do you lose your balance because of dizziness, or do you ever lose consciousness?
		Do you have a bone or joint problem (e.g.; back, knee, or hip) that could be made worse by a change in your physical activity?
		Is your doctor currently prescribing drugs (e.g.; water pills) for your blood pressure or heart condition?
		Do you know of <u>any other reason</u> why you should not do physical activity?

PARTICIPATION INFORMATION

NAME	
Street Address	
City, State, Zip	
County	
Phone number (day or cell)	
Email	
Age and birth year	
Gender	
Program site	
Start site	
Preferred contact: phone or email	
IN CASE OF EMERGENCY, PLEASE CONTACT	
NAME & RELATIONSHIP	
PHONE NUMBER	
NAME & RELATIONSHIP	
PHONE NUMBER	
Do you have any information you would like to share (e.g., recent surgery)?	



L.I.F.T. is an eight week, in-person group-based strength training that promotes balance and flexibility with the goal of improving functional fitness and independent living in older adults!

- promotes health and well being
- promotes recommended fruit and vegetable consumption through nutrition education



Get started today by contacting your local VCE agent:

Name: _____

Email: _____

Phone: _____



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Evaluation: Functional Fitness Test

video tutorial available online

FITNESS ASSESSMENT PROTOCOL & MATERIALS NEEDED

EXERCISE	EQUIPMENT	PROCEDURE	SCORING
Beginning station	Pens Clipboard Informed consent Pre-program survey Demographics	1. Complete forms	
Balance station	Stopwatch Chair with armrests Chair without armrests OR space near a wall	<ol style="list-style-type: none"> 1. Mountain Pose: Stand behind a chair with your feet side by side and touching without using hands for support (10 seconds). 2. Tandem Stand: Stand behind a chair using one hand for support. Place one foot directly in front of the other. The heel of front foot should be touching the toes of the back foot. Let go of chair and hold (10 seconds). 3. One-legged Stand: Stand behind a chair and shift weight to one foot and bend the knee of the other leg. Let go of chair and hold for 10 seconds. 4. Tandem Stand with Eyes Closed: (spotter needed). Position same as #2 except with eyes closed (10 seconds). 5. Tandem Stand with Eyes Closed and Head Turning: (spotter needed) Same as #4 except turn head slowly to the left, slowly to the right, and return to center (10 seconds). 6. One-Legged Stand with Eyes Closed: (spotter needed) Same position as #3, except eyes are closed (10 seconds). 	If at any point the participant cannot complete 10 seconds of one position, DO NOT move on to the next move. Write down the number of seconds they completed and move directly into 30-second chair stands.
30-second chair stand	Stopwatch Chair Two research assistants (one for counting, one for support)	<ol style="list-style-type: none"> 1. Place chair against wall (17 inches away from wall). 2. "In this exercise you will stand and sit as many times as you can in 30 seconds. I will signal you with the word go." 3. Demonstrate for participant. 4. Starting position: Sit in the middle of the chair, feet flat on floor, arms crossed. 5. On "go," the timer will run for 30 seconds, complete as many as possible in 30 seconds. 6. Allow a 30 second break between each trial. 	Count the total number of stand and sits in 30 seconds; more than half way up counts as a full stand.

FITNESS ASSESSMENT PROTOCOL & MATERIALS NEEDED

EXERCISE	EQUIPMENT	PROCEDURE	SCORING
30-second arm curl	Stopwatch Chair without armrests Weight	<ol style="list-style-type: none"> Participant should be seated with back against the chair, feet flat on floor, dominant side of the body close to edge of the chair, research assistant hand on elbow for guidance. In this exercise participant will do an arm curl, starting with hand in handshake position. Bring the weight up in full motion. Demonstrate for the participant and then they can practice once before beginning. On "go," the timer will run for 30 seconds. Complete as many arm curls as you can. 30 second break between each trial. 	Count the total number of curls; if the arm is more than halfway up at the end, it counts as a curl.
2-minute step test	Stopwatch Meter stick Tape markers	<ol style="list-style-type: none"> Participant is to bring the leg up between patella (knee cap) and iliac crest (bottom of hip) as marked on the wall. On the signal "go," participant will step in place, starting with the right leg and continue to step for two minutes. Let participant know when one minute has passed and when there are 30 seconds to go. Do not encourage or motivate participants, simply say the time. Discontinue at sign of dizziness, pain, nausea, or fatigue. Allow participant to take a water break if desired. 	Record the total number of times the RIGHT knee reaches minimum height.
Chair sit and reach	Chair 18-inch ruler	<ol style="list-style-type: none"> Chair against the wall; crease between top of leg and buttocks inline with the edge of the seat; place meter stick on inside of stretched leg. One leg bent with foot flat on floor; preferred leg extended; hinge at the hips and dive forward with hands on top of each other. Demonstrate; two trial tests for participant; two actual tests 	If participant is short of reaching the toe = negative score; distance past toe = positive score. The middle of the toe at the end of the shoe is a "0." Measure to the nearest ½ inch.

FITNESS ASSESSMENT PROTOCOL & MATERIALS NEEDED

EXERCISE	EQUIPMENT	PROCEDURE	SCORING
Back scratch	18-inch ruler	<ol style="list-style-type: none"> 1. Ask participant which arm is more flexible. Record answer. You can allow them to “test” which side is more flexible. 2. Ask participant to place finger tips next to each other rather than overlapping 3. “Arms out in a T, breathe, then bring hands together behind back.” 	<p>If participant is short of reaching hands behind head = minus score. Distance the hands overlap = positive score. Measure distance to nearest half; circle best measure (be sure to indicate + or -).</p>
8 foot up and go	Chair Stopwatch Cone Two research assistants (one to keep time, one to spot)	<ol style="list-style-type: none"> 1. Chair against the wall unobstructed 2. Seated in middle of the chair, hands on thighs and feet flat 3. “This is a timed test, please walk as quickly as possible without running around the cone and back. I’ll demonstrate, then you can start when I signal go.” 4. Signal “go.” Start timer whether they move or not; stop exactly when back in chair. 	<p>Record the time elapsed to the nearest 1/10th. Circle best score after completing twice.</p>

Remember:

1. The same individuals must proctor the pre- and post- functional fitness assessments.
2. Allow approximately 15 minutes per person.
3. Use the same arm for both trials when completing the 30-second arm curl and back scratch.
4. Use the same leg for both trials when participant is completing the sit and reach.

FUNCTIONAL FITNESS TESTING

Name			
Please circle: pre post 6-month follow up		Date	
Instructor		County	
EXERCISE		SCORING	
Balance Station		Out of 10	
1. Mountain Pose		1. Seconds _____	
2. Tandem Stand		2. Seconds _____	
3. One legged stand		3. Seconds _____	
4. Tandem stand w/ eyes closed		4. Seconds _____	
5. Tandem stand w/ eyes closed & head turn		5. Seconds _____	
6. One-legged stand w/ eyes closed		6. Seconds _____	
30-second chair stand	Trial 1: _____ Trial 2: _____		
30-second arm curl (L) or (R): _____	Trial 1: _____ Trial 2: _____		
2 Minute step test	Number of steps: _____ Height of each step: _____		
Chair sit and reach	Trial 1:	Trial 2:	
Leg (L) or (R): _____	+ _____	+ _____	
	- _____	- _____	
Back scratch	Trial 1:	Trial 2:	
Top arm (L) or (R): _____	+ _____	+ _____	
	- _____	- _____	
8 foot up and go	Trial 1: _____ Trial 2: _____		
Notes / modifications / injuries:			

FUNCTIONAL FITNESS: NORMAL RANGE OF SCORES, MEN

	60-64	65-69	70-74	75-79	80-81	85-89	90-94
Chair stand (# of stands)	14-19	12-18	12-17	11-17	10-15	8-14	7-12
Arm curl (# of curls)	16-22	15-21	14-21	13-19	13-19	11-17	10-14
2 minute step (# of steps)	87-115	86-116	80-110	73-109	71-103	59-91	52-86
Chair sit and reach (inches + / -)	-2.5- +4.0	-3.0-+3.0	-3.5-+2.5	-4.0-+2.0	-5.5-+1.5	-5.5-+0.5	-6.5-+0.5
Back scratch (inches + / -)	-6.5-+0.0	-7.5- +1.0	-8/0- -1.0	-9.0- -2.0	-9.5- -2.0	-10.0- -3.0	-10.5- -4.0
8 Foot up and go (seconds)	5.6-3.8	5.7-4.3	6.0-4.2	7.2-4.6	7.6-5.2	8.9-5.3	10.0-6.2

FUNCTIONAL FITNESS: NORMAL RANGE OF SCORES, WOMEN

	60-64	65-69	70-74	75-79	80-81	85-89	90-94
Chair stand (# of stands)	12-17	11-16	10-15	10-15	9-14	8-13	4-11
Arm curl (# of curls)	13-19	12-18	12-17	11-17	10-16	10-15	8-13
2 minute step (# of steps)	75-107	73-107	68-101	68-100	60-91	55-85	44-72
Chair sit and reach (inches + / -)	-.05- +5.0	-.05-+4.5	-1.0- +4.0	-1.5- +3.5	-2.0- +3.0	-2.5- +2.5	-4.5- +1.0
Back scratch (inches + / -)	-3.0- +1.5	-3.5- +1.5	-4.0- +1.0	-5.0- +0.5	-5.5- +0.0	-7.0- -1.0	-8.0- 1.0
8 Foot up and go (seconds)	6.0-4.4	6.4-4.8	7.1-4.9	7.4-5.2	8.7-5.7	9.6-6.2	11.5-7.3



LIFT+ Exercises



LEGS: LUNGE

Lunge

Starting position:

Start by standing with feet shoulder-width apart, back straight, and arms either loose at sides or resting on hips.

Movement:

Step back with one leg to a kneeling position. Continue to bend until the thigh of the forward leg is parallel to the floor; the back knee should not touch the floor. Push with the front leg to return to starting position. If kneeling is painful, bend knee only as far as it feels comfortable. Hold position for one to two seconds and repeat.

Repetitions:

Aim for two sets of 10 on both legs.

Muscle groups used:

Quadriceps (thighs) and gluteals (buttocks)

Difficulty:

To increase difficulty, use weights in each hand.

To decrease difficulty, use a chair for balance.



Side Lunge

Starting position:

Stand with feet shoulder-width apart, back straight, and arms loosely at sides or resting on hips.

Movement:

Side step to a squat position keeping back straight; bend legs and knees slightly until the movement is felt in thighs. Hold position for one to two seconds and then return to starting position.

Repetitions:

Aim for two sets of 10 on both legs.

Muscle groups used:

Quadriceps (thighs) and gluteals (buttocks)

Difficulty:

To increase difficulty, use dumbbells in each hand.

To decrease difficulty, use a chair for balance.



LEGS: ADVANCED WALKING LUNGE

Advanced Walking Lunge

Starting position:

Stand with feet shoulder width apart, back straight, and arms loosely at sides or resting on hips.

Movement:

With plenty of room, take a slow, large step forward. Next, descend to a kneeling position with knee hovering just over the floor (back knee should not touch the floor and front knee should not bend past front toes). Gently press hips forward from the back foot and press into the front foot to return to a standing position (feet together, shoulder-width apart).

Repetitions:

Aim to complete one set of 10 on both legs.

Muscle groups used:

Quadriceps (thighs) and gluteals (buttocks)

Difficulty:

To increase difficulty, use dumbbells in each hand.



Wall Sit

Starting position:

Stand with back against the wall, placing feet out in front away from the wall shoulder-width apart.

Movement:

Slowly bend knees allowing back to slide down the wall until a seated position is reached, or a position that is comfortable (causing no pain). Hold this position for a few seconds before returning to a standing position. Breathe throughout the exercise.

Repetitions:

One set is 30-60 seconds; aim to build to two sets of 30-60 seconds.

Muscle groups used:

Quadriceps (thighs) and abdominals

Difficulty:

Increase difficulty by lowering the body so that thighs are parallel with the ground.

Decrease difficulty by decreasing the distance of descend.



LEGS: SQUAT JUMPS

Squat Jumps

Starting position:

Stand with feet shoulder width apart, knees slightly bent, and arms crossed with hands on shoulders.

Movement:

Bend at the knees to lower buttocks and torso into a half squat; be sure to keep upper body and back straight. In a fluid motion, extend legs and rise to the balls of feet and hop a few inches off the ground.

Repetitions:

Aim for two sets of ten.



Muscle groups used:

Quadriceps, hamstrings (thighs), calves (back of lower legs), and gluteals (buttocks)

Difficulty:

Increase difficulty by jumping a few inches higher.

Decrease difficulty by not leaving the ground.

Glute Extension

Starting position:

Stand behind a chair, holding the back of the chair for balance.

Movement:

Shift weight to one leg and slowly raise the other leg by squeezing the muscles of the buttocks and the back of the leg. The leg should move away from the chair. Hold this position for one to two seconds before lowering the leg to starting position.

Repetitions:

Aim for two sets of 10 on each leg.

Muscle groups used:

Hamstrings (thighs) and quadriceps (front of thigh) of supporting leg

Difficulty:

Increase difficulty by adding weight or completing exercises without the support of the chair.

Decrease difficulty by removing ankle weights.



LEGS: STRAIGHT LEG DEADLIFT

Straight Leg Deadlift

Starting position:

Stand with feet a little closer than shoulder-width apart. Hold dumbbells in each hand, bend over at the hips, and allow arms to relax with palms facing the front of thigh (quadriceps).

Movement:

Keeping back and legs straight (but not locked, have a slight bend in knees), bend forward at hips, pushing buttocks out while lowering the weights toward the top of feet until the back of thighs (hamstrings) feel tight but not uncomfortable. Hold position for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle

groups used:

Gluteals (buttocks), lower back, and hamstrings (back of thighs)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by omitting weights.



Hamstring Curl

Starting position:

Stand behind a chair, holding the back of the chair for balance.

Movement:

Shift weight to one leg and slowly raise the other leg by bending at the knee. The heel should move towards buttocks. Hold this position for one to two seconds before lowering the leg to starting position.

Repetitions:

Aim for two sets of 10 on each leg.

Muscle groups used:

Hamstrings (thighs) and front of thigh (quadriceps) of supporting leg

Difficulty:

Decrease difficulty by removing ankle weights.

Increase difficulty by adding weight or without the support of the chair.



LEGS: MODIFIED WALL PUSH UP

Modified Wall Push Up

Starting position:

Stand facing a wall, approximately three feet away, with hands and arms stretched out in front. Feet should be hip-width apart and lean forward with hands against the wall.

Movement:

By bending at the elbows, lower body towards the wall as far as feels comfortable. Pause for one to two seconds before pushing body back into starting position without locking elbows.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Pectoralis (chest), deltoids (shoulders), and triceps (back of arm)



Difficulty:

Decrease difficulty by shortening the range of motion.

Increase difficulty by standing farther away from the wall.

CHEST: LYING CHEST PRESS



Lying Chest Press

Starting position:

Lie flat on the floor with weights in both hands, bending knees so that feet are flat on the floor. Extend elbows to a 90-degree angle with triceps (back of arms) resting on the floor while holding weights above the chest.

Movement:

Press arms toward ceiling and above chest without locking your elbows. Pause for one to two seconds before lowering arms to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Pectoralis (chest)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by omitting weights or seated in a chair, leaning back at a 45 degree angle.

CHEST: LYING CHEST FLY



Lying Chest Fly

Starting position:

Lie flat on the floor with weights in both hands, bending knees so that feet are flat on the floor. Extend elbows to a 90-degree angle with triceps (back of arms) resting on the floor while holding weights above the chest.

Movement:

Press arms toward the ceiling then rotate hands inwards so that fingertips are facing each other. Slowly drop arms towards the floor with elbows slightly bent, until the triceps are hovering over the floor forming a 90-degree angle. Pause for one to two seconds before pushing arms upwards (hands meeting in the middle above chest) to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Pectoralis (chest)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by alternating arms, or sit in a chair, leaning back at a 45 degree angle.



Triceps

Starting position:

Complete this exercise while standing with legs shoulder-width apart or seated.

Movement:

While holding one weight in both hands, lift both arms above and behind head. While keeping both arms pulled tight against ears and elbows held in a narrow position, lift weight over head toward the ceiling by extending elbows. Pause for one to two seconds before lowering the weight behind head.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Triceps (backs of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights or doing while seated.

TRICEPS: KICK BACK

Triceps Kick Back

Starting position:

Complete this exercise while standing or kneeling. Lunge or lean forward with one leg and hold weight in opposite hand, palm facing the body. Lift arm by bending at the elbow to form a 90-degree angle (weight will be at waist level).

Movement:

Moving arm only at the elbow (keeping the upper arm stationary), extend the arm upward and backward without locking elbow. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10 on each arm.

Muscle groups used:

Triceps (backs of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights.





Biceps Curl

Starting position:

Stand with feet shoulder-width apart. Hold weights straight down at sides, palms facing forward.

Movement:

Slowly bend elbows and lift weights toward chest while keeping elbows at sides. Pause for one to two seconds before returning to starting position. Be sure to complete the exercise in a slow and controlled motion.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Biceps (front of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights or sitting in a chair.

BICEPS: HAMMER CURL



Biceps Hammer Curl

Starting position:

Stand with feet shoulder-width apart, hold weights straight down at sides, palms facing hips.

Movement:

Slowly bend elbows and lift weights toward chest, keeping elbows at sides. Pause for one to two seconds before returning to starting position. Be sure to complete the exercise in a slow and controlled motion.

Repetitions:

Aim for two sets of 10 on each arm.

Muscle groups used:

Biceps (front of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights.

SHOULDERS/BACK: SHOULDER PRESS



Shoulder Press

Starting position:

This exercise can be done seated or standing with feet shoulder-width apart. Hold a weight in each hand by sides and at shoulder height with palms facing forward.

Movement:

Raise both arms up over head without locking elbows. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Deltoids (shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by alternating arms or using lighter weights.

SHOULDERS/BACK: SEATED BENT OVER FLY

Seated Bent Over Fly

Starting position:

Sit on a chair with feet flat against the floor, back straight, and leaning forward (bending at the hips) at a 45-degree angle. Hold a weight in each hand with arms extended down toward the floor with palms facing inward.

Movement:

Bending at elbows slightly, lift both arms up and slightly back (squeezing shoulder blades together) until arms are parallel with the floor. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Rear deltoids (back of shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights or omitting weights.



SHOULDERS/BACK: SEATED BENT OVER ROW

Seated Bent Over Row

Starting**position:**

Sit on a chair with feet flat against the floor, back straight, and leaning forward (bending at the hips) at a 45-degree angle. Hold a weight in each hand with arms

extended down towards the floor and palms facing inward.

**Movement:**

Pull both elbows back until hands are at your hips. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Rear deltoids (back of shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights.

SHOULDERS/BACK: LATERAL SIDE RAISES

Lateral Side Raises

Starting position:

This exercise can be done seated or standing with feet shoulder-width apart. Hold a weight in each hand with arms stretched out straight by your sides with palms facing inward.

Movement:

Keeping arms straight without locking elbows, raise both arms out by sides until the arms are parallel to the floor. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Deltoids (shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights, alternating arms, or not using weights.



Front Raises

Starting position:

This exercise can be done seated or standing with feet shoulder-width apart. Hold a weight in each hand with arms stretched out straight resting on thighs (front of leg) with palms facing thighs.

Movement:

Keeping arms straight without locking elbows, raise both arms out in front until arms are parallel to the floor. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Deltoids (shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by alternating arms or using lighter weights.



SHOULDERS/BACK: SEATED OBLIQUE CRUNCH

Seated Oblique Crunch

Starting position:

Sit on a chair with feet flat against the floor, back straight, and buttocks towards the front of the chair. Place fingers behind the head near temples.

Movement:

Flex (contract) abdominal muscles and lift right knee to chest. Twist entire torso and crunch forward so the left elbow meets the lifted knee. Pause for one to two seconds before returning to starting position (torso facing forward). Repeat this movement by alternating lifted knees.

Repetitions:

Aim for two sets of 10, alternating legs.

Muscle groups used:

Side obliques (abdominals)

Difficulty:

Increase difficulty by holding weights or using ankle weights.

Decrease difficulty by leaving feet flat on the floor.



ABS: SEATED TORSO TWIST



Seated Torso Twist

Starting position:

Sit on a chair with feet flat against the floor, back straight, and arms folded in front of chest.

Movement:

Turning the entire upper body (arms, head, and torso), twist to one side. Hold position for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10 on each side; be sure the entire movement is done slowly and in control.

Muscle groups used:

Side obliques (abdominals)

Difficulty:

Increase difficulty by using weights in both hands.

ABS: SEATED KNEE UP

Seated Knee Up

Starting position:

Sit on a chair with feet flat against the floor and buttocks toward the edge of the chair. Hands can hold the back or the side of the chair for balance.

Movement:

Tighten abdominal muscles and lift knees toward the chest. Hold this position for one to two seconds before lowering both legs to starting position.

Repetitions:

Aim for two sets of 10 done slowly and in control.

Muscle groups used:

Lower obliques (abdominals)

Difficulty:

Increase difficulty by pausing when legs are hovering above the ground.

Decrease difficulty by shortening the range of motion.



FLOOR (MAT): BACK EXTENSIONS

Back Extensions

Starting position:

Using a mat, lie flat on the floor on stomach with arms extended in front and legs stretched out behind.

Movement:

Arm Movement:

Keeping arms straight, raise left arm off the ground, keeping head and neck in line with your arm. Hold this position for one to two seconds before lowering the arm to starting position. Continue by alternating arms.

Leg Movement:

Keeping legs straight, raise left leg off the ground, keeping hips and right leg on the ground. Hold this positions for one to two seconds before lowering leg to starting position. Continue by alternating legs.

Repetitions:

Aim for two sets of 10 for both legs and arms. Be sure the entire movement is done slowly and in control.

Muscle groups used:

Upper and lower back

Difficulty:

Increase difficulty by lifting left arm and right leg together and right arm and left leg together. A pillow may be placed under the hips for additional comfort.



FLOOR (MAT): PLANK

Plank

Starting position:

Using a mat, position body on elbows (or hands) and toes with a straight back.

Movement:

Hold this position for 30 seconds. Be sure to keep back straight, core tight, and elbows and shoulders in line with one another.

Repetitions:

One repetition is 30 seconds. Aim to complete two sets of 30 seconds.

Muscle groups used:

Stomach (abdominals), may feel in shoulders

Difficulty:

Decrease difficulty by dropping to your knees.



FLOOR (MAT): PELVIC BRIDGE



Pelvic Bridge

Starting position:

Using a mat, lie on back with feet flat on the floor and knees bent. Keep arms by sides with palms facing down.

Movement:

Pushing heels into the floor, raise the pelvis towards the ceiling so that buttocks and lower back are off the floor. Hold this position for one to two seconds before returning to the starting position.

Repetitions:

One repetition is 30 seconds with a goal of completing two sets.

Muscle groups used:

Core (abdominals), may feel in shoulders

Difficulty:

Decrease difficulty by lowering how high the hips are raised.

FLOOR (MAT): LATERAL BRIDGE

Lateral Bridge

Starting position:

Using a mat, lie on the left side, placing the right leg on top of the left leg, keeping a slight bend in the knees. Place left elbow under left shoulder, bending the arm at a 90-degree angle. Keep right arm on the floor out in front for added support and balance.

Movement:

Keeping the abdominals tight, raise hips off the ground towards the ceiling. Keep knees together and head in line with the spine. Hold this position for one to two seconds before returning to the starting position.

Repetitions:

Aim for two sets of 10 on each side.

Muscle groups used:

Core (abdominals), may feel in shoulders



Difficulty:

Decrease difficulty by dropping to the knee closest to the floor.

Leg Lifts

Starting position:

Using a mat, lie on back, place hands under buttocks, and keep legs stretched out straight on the floor.

Movement:

Engage abdominals and slowly lift one leg off the ground towards the ceiling. Hold this position for one to two seconds before lowering leg to starting position.

Repetitions:

Aim to complete two sets of 10 on each leg.

Muscle groups used:

Core (abdominals), hips, and thigh (quadriceps)

Difficulty:

Increase difficulty by lifting both legs at the same time.

Decrease difficulty by lowering the height of leg lift.



FLOOR (MAT): SIDE LEG LIFTS

Side Leg Lifts

Starting position:

Using a mat, lie on the left side, bend left knee at a 90-degree angle. Keep right leg straight, with a slight bend in the knee, then extend left arm out above the head. Lay head on arm. Keep right arm on the floor out in front of body for added support and balance (or prop head up).

Movement:

Lift right leg up toward ceiling and hold this position for one to two seconds before lowering it to the starting position.

Repetitions:

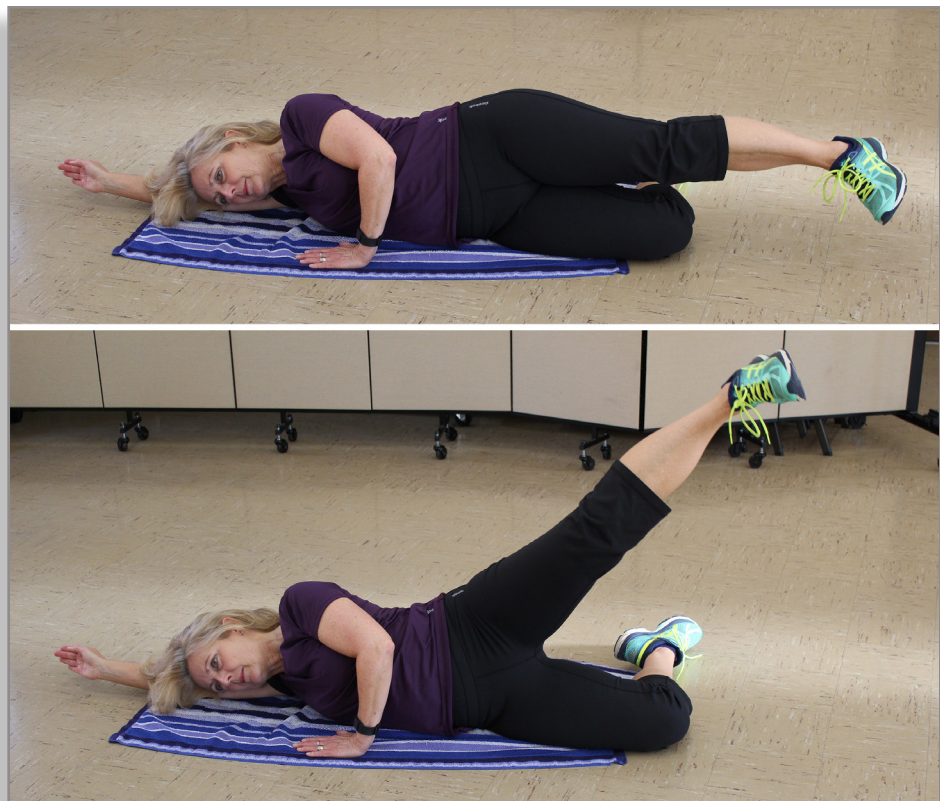
Aim for two sets of 10 on each side.

Muscle groups used:

Core
(abdominals),
hips, and thigh
(quadriceps)

Difficulty:

Decrease
difficulty by
lowering the
height of leg lift.







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