

FALLS PREVENTION: TAKE HOME CARD, WEEK 1

Name: _____

Date: _____

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



Mark off each exercise as you complete them.



Remember to bring this card back... you might receive a prize!

<p>Invite a friend or family member to join you at a session of Bingocize®!</p>	<p>Remove clutter from entrances, stairs, and bathrooms in your home.</p>	<p>TOES TO THE SKY</p>	<p>BALANCE EXERCISE (SEATED) #1</p>
<p>SIDE STEPS</p>	<p style="text-align: center;">★</p> <p style="text-align: center;">Free Space</p> <p style="text-align: center;"><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i></p>		<p>Stand (if you can) and shake the hands of at least two people!</p>
<p>TRUNK ROTATION</p>			<p>BALANCE EXERCISE (SEATED) #2</p>
<p>SIT TO STAND</p>	<p>Sit with your eyes closed for 30 seconds.</p>	<p>THUMB TO FINGERS</p>	<p>FREESTYLE STROKE</p>

FALLS PREVENTION: EXERCISE REFERENCE PACKET



This Packet Belongs To: _____

Use this packet as a **reference guide** while completing your take home cards or after your Bingocize® session has completed and you want to **get your body moving!**

ALTERNATE FOOT BALANCE

1. Stand and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.



ARM CURL

1. Sit or stand, and place the resistance band beneath both of your feet. Keep head high, and hold resistance band handles with your palms up.
2. While holding the upper arm still, curl your lower arms up. Only your forearms should move.
3. Curl as far as possible, then slowly lower your hands back to the starting position.



ARM EXTENSIONS

1. Sit or stand, and straighten your right arm above your head, palm facing forward.
2. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back.
3. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm.
4. Repeat with your left arm.



BALANCE EXERCISE (SEATED)

- #1 With eyes closed, turn head from side-to-side slowly several times.
- #2 With eyes closed, move head up and down slowly several times.



FALLS PREVENTION: EXERCISE REFERENCE PACKET

C-GRIP

1. Hold your hand and fingers straight and close together, then gently curve your fingers into a "C" shape (imagine your hand is wrapped around a can).
2. Moving slowly, return your hand to the starting position. Repeat multiple times on each hand.



CHAIR SCOOT (SEATED)

1. Start out sitting with your bottom all the way to the back of your chair, then scoot forward until your bottom is near the front edge of the chair.
2. Now scoot back. And repeat.



CHEST PRESS

1. Sit with the resistance band behind your upper back, holding the band handles.
2. Position your arms out to your side and parallel to the ground, with a slight bend.
3. Maintain that slight bend in your arms while you slowly bring your hands together.
4. Once your hands have come in contact, slowly return to the starting position.



CRUNCHES (SEATED)

1. While seated, slowly lift your right knee while curling your upper body forward.
2. Hold for one second, then return to starting position. Repeat with the left knee.



FREESTYLE STROKE

1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.



GOOD MORNING (SEATED)

1. Sit with your feet wider than shoulder-width apart. Keeping your back and neck straight and tall, slowly bend forward at the hips until torso is parallel to the floor.
2. Keeping your back straight and tall, slowly bend back up, back to starting position.



FALLS PREVENTION: EXERCISE REFERENCE PACKET

GRAPEVINE

1. Stand with arms at your side and feet together. Using your right leg, step in front of and across your left foot, criss-crossing your legs.
2. Take a side-step to the left using your left foot, uncrossing your legs.
3. Now cross your right leg behind your left leg, criss-crossing your legs.
4. Then, take a side-step to the left using your left foot, uncrossing your legs.
5. Now repeat, criss-crossing your left leg in front of your right leg.



HEEL RAISES

1. Stand behind a chair for support with feet hip-width apart and knees straight.
2. Raise your heels off the floor, then slowly lower your heels back down.



LATERAL RAISES (STANDING)

1. Stand tall with head high, and place the resistance band beneath both feet.
2. Hands gripping handles, slowly raise one arm to the side until parallel with floor.
3. Hold for a few seconds, then slowly release. Repeat with the other arm.



MORNING WALK

1. Walk in place, quicker than your typical walking speed.
2. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.



OBLIQUE CRUNCH

1. While seated or standing, slowly lift your right knee while simultaneously curling your upper body forward.
2. Twist your torso so your left elbow touches your right (raised) knee.
3. Hold for one second, then return to the starting position.
4. Repeat with the left knee and right elbow.



POWER GRIP

1. Using a hand therapy ball, squeeze ball with fingers and thumb.
2. Repeat multiple times with each hand.



FALLS PREVENTION: EXERCISE REFERENCE PACKET

REAR HIP EXTENSIONS (STANDING)

1. Hold onto the back of your chair, eyes looking forward, head and back aligned.
2. Lift one leg behind you, keeping it straight. Slowly lower it back down.
3. Repeat with opposite leg.



SIDE STEPS (SEATED)

1. Begin seated, feet together, with hands on your thighs.
2. Raise your right foot off the ground, step as far to the right as you can without leaving the chair. Then bring your feet back together.
3. Repeat with the left foot out as far as you can, then come back together.



SIDE FLEXION

1. Sitting, bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.



SINGLE ARM CROSSOVER

1. Sit or stand with your back straight and your feet shoulder-width apart.
2. Gently pull your right arm across your chest, keeping it below the chin. Ensure the arm remains straight and level.
3. Use your left hand to gently press on the upper part of the right arm, near the elbow, to deepen the stretch. Hold this position for several breaths, then release.
4. Repeat on the other side.



SINGLE LEG HAMSTRING CURL

1. Stand, holding onto the back of a chair for support. With your right foot flat on the ground, bend your left knee until your foot touches your bottom (or as close as you can manage).
2. Slowly extend left leg until you've returned to starting position. Repeat with right foot.



Seated Option: Sit up tall on the edge of your chair. With one foot on the ground, bend at the knee with the other leg lifting your heel as high as you can.

SIT TO STAND

1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints. Pause and then return to starting position.
2. Keep shoulders down, knees from bending past your toes throughout the exercise.



FALLS PREVENTION: EXERCISE REFERENCE PACKET

SKIER

1. While standing, sidestep with right foot and bring left foot behind the right leg.
2. Repeat this movement on the other side.
3. Let the arms swing naturally side-to-side in the movement of the stepped direction.



STAGGERED STANCE

1. Stand with feet together. Step forward with right foot, hold for 10 seconds
2. Step back to feet together, and then step forward with your left foot.



STATIC BALANCE

1. Stand with eyes focused forward, and one leg elevated to about ankle level without touching the support leg. Hold for several seconds.
2. Repeat with the other leg.



TABLE ROLL

1. Put your fingertips on the therapy ball, and roll the ball on the table top.
2. Repeat multiple times on each hand.



THUMB TO FINGERS

1. Start with your hand in a neutral, relaxed position with all fingers straight out.
2. Bend your thumb across your palm, touching the tip of your thumb to the bottom of your small finger. (Or stretch as far as you can.)
3. Return your thumb to the starting position. Repeat multiple times with each hand.



TOES TO THE SKY

1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs, feet hip-width apart.
2. Extend and lift your right foot with toes flexed and pointed to the sky.
3. Point your toes straight and slowly return to starting position. Repeat with left foot.



TRUNK ROTATION

1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on other side.



FALLS PREVENTION: TAKE HOME CARD, WEEK 2

Name: _____

Date: _____

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



Mark off each exercise as you complete them.



Remember to bring this card back... you might receive a prize!

Talk to your doctor about your Risk for Falls!	Talk to your doctor about your meds! Do side effects and interactions lead to falls?	POWER GRIP	CHEST PRESS
SINGLE LEG CURL	 Free Space <i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i>		HEEL RAISES
THUMB TO FINGERS			GOOD MORNING (SEATED)
OBLIQUE CRUNCH	STAGGERED STANCE	SIT TO STAND	GRAPEVINE

FALLS PREVENTION: TAKE HOME CARD, WEEK 3

Name: _____

Date: _____


Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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When was your last hearing check? Ask your doctor!	MORNING WALK	THUMB TO FINGERS	SIDE STEPS
GRAPEVINE	 Free Space <i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i>		ARM CURL
SIT TO STAND			C-GRIP
TRUNK ROTATION	ARM EXTENSIONS	FREESTYLE STROKE	CHAIR SCOOT

FALLS PREVENTION: TAKE HOME CARD, WEEK 4

Name: _____

Date: _____

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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<p>Time for a clutter check! Make sure doorways and hallways are not cluttered.</p>	<p>Check your home's lighting. Are stairs and walkways brightly lit?</p>	<p>SIT TO STAND</p>	<p>C-GRIP</p>
<p>SIDE STEPS</p>	<p style="text-align: center;"></p> <p style="text-align: center;">Free Space</p> <p style="text-align: center;"><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i></p>		<p>SIDE FLEXION</p>
<p>REAR HIP EXTENSION</p>			<p>SKIER</p>
<p>THUMB TO FINGERS</p>	<p>CRUNCHES (SEATED)</p>	<p>SINGLE-ARM CROSSOVER</p>	<p>HEEL RAISES</p>

FALLS PREVENTION: TAKE HOME CARD, WEEK 5

Name: _____

Date: _____

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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<p>Shower check! Install grab bars and non-slip mats if you don't already have them.</p>	<p>GOOD MORNING (SEATED)</p>	<p>C-GRIP</p>	<p>SIT TO STAND</p>
<p>SINGLE LEG CURL</p>	<p style="text-align: center;">★</p> <p style="text-align: center;">Free Space</p> <p style="text-align: center;"><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i></p>		<p>SEATED BALANCE</p>
<p>GRAPEVINE</p>			<p>HEEL RAISES</p>
<p>OBLIQUE CRUNCH (SEATED)</p>	<p>MORNING WALK</p>	<p>ARM CURL</p>	<p>THUMB TO FINGERS</p>

FALLS PREVENTION: TAKE HOME CARD, WEEK 6

Name: _____

Date: _____


Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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Check in with yourself . Any changes in mood or attitude towards exercising?	Check in with your body . What feels stronger?	POWER GRIP	CHEST PRESS
SINGLE LEG CURL	 Free Space <i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i>		HEEL RAISES
THUMB TO FINGERS			GOOD MORNING (SEATED)
CRUNCHES ROTATION (SEATED)	STAGGERED STANCE	SIT TO STAND	GRAPEVINE

FALLS PREVENTION: TAKE HOME CARD, WEEK 7

Name: _____

Date: _____


Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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<p>Water check! Have you been staying hydrated this week?</p>	<p>Shoe check! Do your shoes fit properly? Do they have good grip?</p>	<p>HEEL RAISES</p>	<p>MORNING WALK</p>
<p>STAGGERED STANCE</p>	 <p>Free Space</p>		<p>GOOD MORNING (SEATED)</p>
<p>CHEST PRESS</p>	<p><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i></p>		<p>STATIC BALANCE</p>
<p>THUMB TO FINGERS</p>	<p>GRAPEVINE</p>	<p>TRUNK ROTATION</p>	<p>TABLE ROLL</p>

FALLS PREVENTION: TAKE HOME CARD, WEEK 8

Name: _____

Date: _____

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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Remember to bring this card back... you might receive a prize!

Take a walk every day of the week for at least 10 minutes!	SKIER	THUMB TO FINGERS	TRUNK ROTATION
GRAPEVINE	 Free Space <i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i>		SIT TO STAND
ARM CURL			HEEL RAISES
MORNING WALK	POWER GRIP	SIDE STEPS	GOOD MORNING (SEATED)

FALLS PREVENTION: TAKE HOME CARD, WEEK 9

Name: _____

Date: _____

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<p>Move your body! Do any physical activity for at least 20 minutes every day this week.</p>	<p>Do you need your eyes checked? Check your prescription to see if it's current!</p>	<p>POWER GRIP</p>	<p>ALTERNATE FOOT BALANCE</p>
<p>MORNING WALK</p>			<p>GRAPEVINE</p>
<p>C-GRIP</p>	<p>Free Space</p> <p><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i></p>		<p>LATERAL RAISES</p>
<p>SIT TO STAND</p>	<p>SKIER</p>	<p>HEEL RAISES</p>	<p>THUMB TO FINGERS</p>

FALLS PREVENTION: TAKE HOME CARD, WEEK 10

Name: _____

Date: _____

Over the next week, try to include some of the movement exercises from the Bingocize® group session throughout your regular day. For more details about these exercises, **check out your Reference Guide!**



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<p>Take action! Declutter, call your doctor, etc. Being proactive prevents falls!</p>	<p>Stay active! Bingocize® may be ending, but keep moving!</p>	<p>GOOD MORNING (SEATED)</p>	<p>SIDE FLEXION</p>
<p>THUMB TO FINGERS</p>	 <p>Free Space</p>		<p>SKIER</p>
<p>HEEL RAISES</p>	<p><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to move!</i></p>		<p>POWER GRIP</p>
<p>STAGGERED STANCE</p>	<p>SINGLE-ARM CROSSOVER</p>	<p>TOES TO THE SKY</p>	<p>MORNING WALK</p>