



# FACILITATOR GUIDE: EXERCISE-ONLY WORKSHOP

## WELCOME

Welcome to the Bingocize® *Exercise-Only Workshop*!

The Bingocize® *Exercise-Only Workshop* can be delivered using the web-based game or traditional Bingo combined with the web-based game learning curriculum (questions/answers, learning synopsis) and the learning curriculum using the *Facilitator Guide*. We **strongly recommend** using the web-based game when possible. Either way, be sure to prep all materials before you get started, and this includes things you need to print! **Be sure to print out facilitator materials ahead of time.**

## MATERIALS NEEDED FOR THIS WORKSHOP

- Bingocize® *Exercise-Only Workshop Facilitator Guide*
  - one per facilitator, paper or web-based on a device
- Bingocize® *Exercise-Only Workshop Bingocizer Packet*
  - one per Bingocizer, paper or web-based on a device
- *Exercise-Only Take-Home Handouts*
  - one per Bingocizer per handout
- Bingocize® *Exercise Modifications Guide*
  - one per facilitator
- Bingocize® *Weekly Attendance Form*
  - one per facilitator, to be updated every session
- Fidelity Check Form
  - one per facilitator
- Traditional Bingo materials (if applicable)
  - Bingo balls, cage, markers
- Resistance bands and/or hand weights
  - have a variety of weights on hand for different abilities
- Therapy balls
- Bingocize® Curriculum Reinforcements to give out as prizes
- Facilitator Bingocize® t-shirt!
- Bingocize® boards + markers (if applicable)
- Bingocizer devices (if applicable)
- Some music! Not a must, but definitely makes exercise more fun!
  - see Bingocize® Song List for ideas

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\*Indicates a session when Bingocizers receive a *Take Home Handout*.



# FACILITATOR GUIDE: EXERCISE-ONLY WORKSHOP

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## OVERVIEW

### EXERCISE-ONLY CURRICULUM

This workshop differs from other Bingocize® workshops in that there are no curriculum-based questions interspersed throughout the course of each session. Instead, this workshop is focused on:



ENDURANCE



STRENGTH



BALANCE



FLEXIBILITY

However, it is still important that the Bingocize® facilitator is clear on the following reminders and instructions before they get started leading a group.

### REMINDERS

- Ensure when reading exercise instructions to read slowly, speak clearly, and ensure a voice tone that can be well heard. Be patient and repeat or reread if necessary!
- Make sure you give Bingocizers enough time to transition between activities.
- If topics arise that are outside of the scope of your expertise, say, "That is a great question. Let me find the best answer for you and get back to you at our next session." Never make up answers. While you may not be a nutrition expert, consider yourself a credible resource for finding information.
- Many older adults will ask medical-related questions or share information from their doctor's office. Always direct Bingocizers to talk to their healthcare provider.
- Exercise and nutrition science are rapidly evolving as the science becomes better understood. Be prepared for conversations with dated information, especially with those whose guidance may be years – even decades! – out of date. Remember to be **respectful**.

### CREDIBLE RESOURCES

Avoid using or referencing internet websites, blogs, social media sites, etc. as they often contain misinformation. Instead, only share references from credible sites including:

- CDC's [Older Adult Activity Guidelines](https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html)<sup>1</sup>
- ACSM's [Physical Activity Guidelines](https://acsm.org/education-resources/trending-topics-resources/physical-activity-guidelines)<sup>2</sup>

### DELIVERY FIDELITY

If this is your first time instructing Bingocize®, you will need to be checked for **delivery fidelity** in the first two weeks (typically four sessions) of the workshop. You will find reminders in this *Facilitator Guide*. If you need the *Fidelity Check* form, you can find it on the Facilitator Dashboard.

<sup>1</sup> <https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html>

<sup>2</sup> <https://acsm.org/education-resources/trending-topics-resources/physical-activity-guidelines>

## HOW TO READ THIS GUIDE

**THIS GUIDE BELONGS TO THE FACILITATOR!**

**SESSION #**

**CHECKLIST OF MATERIALS NEEDED FOR THAT DAY'S LESSON.**

**CHECKLIST OF THINGS TO DO BEFORE THAT DAY'S LESSON.**

**BINGOCIZE®**

**FACILITATOR GUIDE: EXERCISE, SESSION 2**

**BEFORE TODAY'S SESSION**

- Prep your traditional Bingo materials (if applicable)
- Prep Bingocize® Curriculum Reinforcements
- Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- Get your Bingocize® T-Shirt on!

**MATERIALS NEEDED**

- Weekly Class Attendance Form
- Resistance Bands + Therapy Balls
- Traditional Bingo Set (if applicable)
- Bingocize® Curriculum Reinforcements
- Bingocize® Boards + Markers (if applicable)
- Bingocizer Devices (if applicable)

**WELCOME!**

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

The takeaway message from our first session was exercise can improve your health. Over the next few weeks, we will focus on four types of exercise: endurance, strength, balance, and flexibility.

- Endurance exercise builds up your energy storage so you can have a greater capacity to do daily tasks.
- Strength exercises help to build those muscles of yours. Strong muscles are essential to helping you get up from a chair by yourself, lift your grandchildren, or walk through the park.
- Balancing exercises have a hand in preventing falls, helping you stand with more confidence, and helping you walk with less assistance.
- Flexibility and range of motion exercises will aid you in moving around more freely, and with less pain or stiffness.

**While we exercise, remember:**

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

**Most importantly, remember to have fun!**

Source: National Council on Aging, 2017

**NAME OF MOVEMENT.**

**SCAN QR CODE TO WATCH THIS MOVEMENT ON OUR YOUTUBE!**

**THIS IS HOW MANY BINGO ROLLS YOU DO IN THIS TURN.**

**DURATION OF MOVEMENT - THIS WILL CHANGE DEPENDING ON THE SESSION!**

**IF A BINGOCIZER WANTS TO MAKE A MOVEMENT MORE CHALLENGING, THIS WILL GIVE IDEAS OF HOW TO DO THAT.**

**DESCRIPTION OF MOVEMENT, INCLUDING A SEATED OPTION FOR MOVEMENTS THAT FOCUS ON STANDING. FOR MORE MODIFICATIONS, SEE BINGOCIZE® EXERCISE MODIFICATION GUIDE.**

**Let's start off with three rolls!**

**MORNING WALK**

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

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.

**BINGOCIZE®**

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# FACILITATOR GUIDE: EXERCISE, SESSION 1

## BEFORE TODAY'S SESSION

- ☐ Print the *Exercise-Only Take-Home Card* (Week 1)
- ☐ Print *Weekly Class Attendance Form*
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

## MATERIALS NEEDED

- ☐ *Exercise-Only Take-Home Card* (Week 1)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)





## WELCOME!

**Note:** This guide is written to be read aloud by the Bingocize® facilitator, but do not feel confined by it! You know your Bingocizers best, and you can modify and adapt these exercises as needed. See the *Exercise Modifications Guide* if you need ideas.

### Over the next several weeks, we will get to play Bingocize®!

Bingocize® is a fun combination of Bingo and some simple exercises that will improve your mental and physical health. Healthy eating and physical activity are important for our health, especially as we age.

### Did you know...

-  For a healthy heart, exercise or be physically active for at least 30 minutes on most or all days of the week. Follow a heart-healthy diet, and keep a healthy weight.
-  You can take small steps to prevent or delay the onset of type 2 diabetes such as being active and making smart food choices. If you already have type 2 diabetes, exercise and physical activity can help you manage the disease and help you stay healthy longer.
-  Regular exercise can reduce arthritis-related joint pain and stiffness. It also can help with losing weight, which reduces stress on the joints.
-  Your bones and muscles will be stronger if you are physically active. Weight-bearing exercises done three to four times per week can help prevent osteoporosis.

It is important to push yourself, but keep in mind that exercise should not hurt or make you feel really tired. Find a pace that makes you *feel good*. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel *pain*.

### While we exercise, remember:

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

### Most importantly, remember to have fun!

Source: National Institute on Aging, 2019





**Let's get started** with three rolls of Bingo!

This is also a good time to drink some water and make sure you are not too close to your neighbor for once you start exercising.



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## TRICEP EXTENSIONS



1. Seated or standing, raise your arm as if showing your arm muscle, right palm facing your ear.
2. Grab the resistance band with your left hand.
3. Extend your left arm as far as possible, keep the right arm still.
4. Do this several times and then repeat with the opposite arm.

**For a Challenge:** Grab the band close to your top hand; use the arms of a chair to lift / lower yourself.



**Time for three more rolls!** How do we feel after that first round of movement?



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



## TRUNK ROTATION

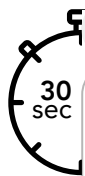


1. Sit or stand with your feet shoulder-width apart on the floor.
2. Squeeze your shoulder blades slightly together while you reach your arms out to the sides, as if making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each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

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



x 3



## TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

**Standing Option:** Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



## 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



x 3



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## ANKLE FLEX



1. Keeping knee at 90-degree angle, raise one leg off the ground.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## 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.

**For a Challenge:** Try shifting your weight from side-to-side as you alternate arms.



x 3



## HEAD TURNS



1. With straight posture, slowly turn your head to the left. Careful not to hyperextend!
2. Hold for a few seconds, then return to center. Repeat on the other side.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Before you go, I will hand out your *Take-Home Cards* for week 1.

Your *Take-Home Card* for week 1 will include your own personal Reference Guide for you to keep. It has explanations of the exercises that are included in your *Take-Home Cards*, and will be good for teaching friends and family how to Bingocize® along with you!

As you do the exercises on the *Take-Home Card* throughout the week, check them off, and then bring back your card to not the next session, but the one *after* (e.g. this is session 1, you will bring it back to session 3). You have one full week to complete a card.

**Thank you for coming to the first session of Bingocize®!**

## AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

## REMINDER

Were you observed for **delivery fidelity** today?  
**If yes**, make sure to complete the *Fidelity Check sheet* and submit it!

**If no**, just be sure to be observed + complete the sheet in the **first two weeks of the workshop**.



## FACILITATOR GUIDE: EXERCISE, SESSION 2

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

The takeaway message from our first session was exercise can improve your health. Over the next few weeks, we will focus on four types of exercise: endurance, strength, balance, and flexibility.



Endurance exercise builds up your energy storage so you can have a greater capacity to do daily tasks.



Strength exercises help to build those muscles of yours. Strong muscles are essential to helping you get up from a chair by yourself, lift your grandchildren, or walk through the park.



Balancing exercises have a hand in preventing falls, helping you stand with more confidence, and helping you walk with less assistance.



Flexibility and range of motion exercises will aid you in moving around more freely, and with less pain or stiffness.

### While we exercise, remember:

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

**Most importantly, remember to have fun!**

Source: National Council on Aging, 2017



Let's start off with three rolls!

### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.





## TRICEP EXTENSIONS



1. Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear.
2. Grab the resistance band with your left hand.
3. Extend your left arm as far as possible, keep the right arm still.
4. Do this several times and then repeat with the opposite arm.

**For a Challenge:** Try grabbing the resistance band closer to the upper hand to make it more difficult. Use the arms of a chair to lift yourself up and lower yourself down slowly.

Time for three more rolls! How do we feel after that first round of movement?

## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.

## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!

x 3

## TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.

## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



## HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.



## 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.



**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



## 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.



**For a Challenge:** Try pumping your arms back and forth.

## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.

## ANKLE FLEX



1. With feet hip-width apart, keeping knee at 90 degree angle, lift one leg off the ground.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.





x 3

## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

## 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.

**For a Challenge:** Try shifting your weight from side-to-side as you alternate arms.



x 3

## LOW ROW



1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.

## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT WEEK!

Keep working on your *Take-Home Cards*, and bring them back next week!

### AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

### REMINDER

If you were observed for **delivery fidelity** today, complete the *Fidelity Check* sheet and submit it!



## FACILITATOR GUIDE: EXERCISE, SESSION 3

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 2)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 2)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



Out walking with friends, doing chores around the house, and dancing to the beat of your favorite song are all examples of endurance exercises that can strengthen your heart and lungs so you have more energy to carry out your everyday activities.

You may feel a little sore from last week but remember that's normal. We will begin to increase the amount of time we exercise, but although it is important to push yourself, make sure to find a pace that makes you **feel good**.

**While we exercise, remember:**

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

**Let's get started!**

Source: Centers for Disease Control; National Center for Injury Prevention, 2018



**Let's start off with three rolls!**



### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

**For a Challenge:** Try doing both arms at the same time!



x 3



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



## 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 making a "T."
3. Twist your upper body to the right and pulse, going gently further into spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



x 3



## CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

**Seated Option:** Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!





## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.



## ALTERNATE FOOT BALANCE



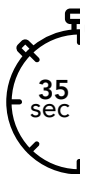
1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



x 3



## 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

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## CALF STRETCH



1. Standing, place both hands on the back of the chair, bend front knee at 90 degrees and keep your back leg straight.
2. Lean into the chair, keeping heels on the floor.

**Seated Option:** Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

**For a Challenge:** Lean towards your flexed toes.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## 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.

**For a Challenge:** Try shifting your weight from side-to-side as you alternate arms.



x 3



## SIDE FLEXION



1. Seated or standing, 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.

**For a Challenge:** Straighten arm and reach down for the side of your knee or hold light weights.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 1 and **hand out** your *Take-Home Cards* for week 2.

### AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

### REMINDER

Were you observed for **delivery fidelity** today?  
**If yes**, make sure to complete the *Fidelity Check sheet* and submit it!

**If no**, do it next time! It's your last chance!



## FACILITATOR GUIDE: EXERCISE, SESSION 4

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

You may still feel a little sore and tired, but hang in there. You are already getting stronger and your fitness is getting better! Remember from our last session:



Endurance exercise is one of the four pillars of physical fitness.



These are activities can be done over short periods of time like walking, dancing, or household chores.



This type of exercise can make everyday activities feel less tiring.

As always, push yourself, and make sure to find a pace that makes you **feel good**.

### While we exercise, remember:

- Maintain correct posture.
- All exercises can be done while either seated or standing.
- Stop if you encounter pain!
- Modifications are available for most of the exercises!

**Let's Bingocize®!**

Source: National Council on Aging, 2018



**Let's start off with three rolls!**



### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.



x 3



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



x 3



## CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

**Seated Option:** Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!





## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.



## 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



x 3



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## HEAD TURNS



1. With straight posture, slowly turn your head to the left. Careful not to hyperextend!
2. Hold for a few seconds, then return to center. Repeat on the other side.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## 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.

**For a Challenge:** Try shifting your weight from side-to-side as you alternate arms.



x 3



## TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

### AFTER TODAY'S SESSION

- ☐ Take attendance
- ☐ Collect all materials
- ☐ Clean up / rearrange space as needed

### REMINDER

Were you observed for **delivery fidelity** today?  
If yes, make sure to complete the *Fidelity Check* sheet and submit it!



## FACILITATOR GUIDE: EXERCISE, SESSION 5

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 3)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 3)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



So we've talked about endurance, now let's talk about your muscles. Strength exercises help you perform activities like carrying groceries and grandchildren, climbing up the stairs, or gardening. As we continue with Bingocize®, you'll find that your muscles will be able to perform tasks like these with more ease.

As always, push yourself, and make sure to find a pace that makes you **feel good**.

#### While we exercise, remember:

- Maintain correct posture.
- All exercises can be done while either seated or standing.
- Stop if you encounter pain!
- Modifications are available for most of the exercises!

Let's go!

Source: National Institutes on Aging, 2018



Let's start off with three rolls!

### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### REVERSE FLY



1. Seated or standing, hold the resistance band directly in front of your chest. Arms should be extended away from your body and out straight.
2. While holding the rubber portion of the band, slowly pull your arms away from each other, allowing the band to stretch across your chest.
3. Once you have extended the band as far as you can, slowly release to the starting position.

**If you do not have a resistance band,** hold your arms in front of your chest, pressing palms together. Press and hold for several seconds keeping elbows lifted, then slowly release to the starting position and repeat.





## GOOD MORNING



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



## ANKLE FLEX



1. With feet hip-width apart, raise one leg off the ground, keeping knee at 90 degree angle.
2. Move only the ankle of your lifted foot to spell a word (ex. your name, a color, etc.).
3. Lower leg to starting position, then repeat with opposite leg.



## 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.



**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

## SIT TO STAND



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



**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



## 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. Extend and straighten your right arm straight up, 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.



x 3



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## TRICEP EXTENSIONS



1. Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear.
2. Grab the resistance band with your left hand.
3. Extend your left arm as far as possible, keep the right arm still.
4. Do this several times and then repeat with the opposite arm.

**For a Challenge:** Grab the band close to your top hand; use the arms of a chair to lift / lower yourself.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## 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.

**For a Challenge:** Try shifting your weight from side-to-side as you alternate arms.



x 3



## CALF STRETCH



1. Standing, place both hands on the back of the chair, bend front knee at 90 degrees and keep your back leg straight.
2. Lean into the chair, keeping heels on the floor.

**Seated Option:** Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

**For a Challenge:** Lean towards your flexed toes.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 2 and **hand out** your *Take-Home Cards* for week 3.

## AFTER TODAY'S SESSION

- ☐ Take attendance    ☐ Collect all materials    ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 6

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Remember strength exercises make your muscles stronger and more powerful. There are lots of ways you can make your muscles stronger.



You can use resistance bands like the ones we use when we play Bingocize®.



You can use your own body weight as resistance like when you stand up and down during our chair stands.



You can also use common household items as resistance. For example, soup cans and old milk jugs filled with water are perfect for adding some resistance to your exercises.

As always, push yourself, and make sure to find a pace that makes you **feel good**.

**While we exercise, remember:**

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

**Let's get started!**

Source: National Institutes on Aging, 2018



**Let's start off with three rolls!**

### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### SIDE FLEXION



1. Seated or standing, 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.

**For a Challenge:** Straighten arm and reach down for the side of your knee or hold light weights.





## GOOD MORNING



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

## HEAD TURNS



1. With straight posture, slowly turn your head to the left. Careful not to hyperextend!
2. Hold for a few seconds, then return to center. Repeat on the other side.



## 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



## 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 extend and straighten your right arm straight up, 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.



x 3

## 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.



**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.

## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.

## HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.



**Standing Option:** Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## FREESTYLE STROKE

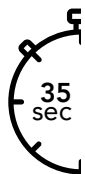


1. Sit or stand, back straight, and head high.
2. Perform a freestyle swim stroke by lifting your arms overhead, and alternating arms going forward in a scooping motion.
3. Pull your shoulders down and back while squeezing your shoulder blades together.

**For a Challenge:** Try shifting your weight from side-to-side as you alternate arms.



x 3



## CALF STRETCH



1. Standing, place both hands on the back of the chair, bend front knee at 90 degrees and keep your back leg straight.
2. Lean into the chair, keeping heels on the floor.

**Seated Option:** Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

**For a Challenge:** Lean towards your flexed toes.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner**!

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed





## FACILITATOR GUIDE: EXERCISE, SESSION 7

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 4)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 4)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



It's week four and you are doing great; both your mind and body are getting stronger! Feeling more energized? Sleeping better? Feeling more confident? Pay attention to how you feel as we progress through the program. Balance exercise is another one of the four types of exercise. Balance is very important to help **prevent falls** and **keep you mobile and independent**.

As always, push yourself, and make sure to find a pace that makes you **feel good**.

**While we exercise, remember:**

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

**Let's do it.**

Source: National Council on Aging, National Institute on Aging, 2018



**Let's start off with three rolls!**

### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.

### GOOD MORNING



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



**x 3**

## HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

**Standing Option:** Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.

## 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.



x 3

## SKIER



1. While standing, sidestep with your right foot and bring the 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.

**For a Challenge:** Tap the foot crossing behind further back and exaggerate your motions.

## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3

## LATERAL RAISES



1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.

**For a Challenge:** Try doing both arms at the same time!



## LOW ROW

1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.



x 3



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.
3. Bring your feet back together.
4. Repeat with the left foot out as far as you can, then come back together.



x 3



## HEEL RAISES

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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms out in front of you, move your feet together, or close your eyes.



## 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 the left leg until you've returned to the starting position.
3. Repeat with your 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. Repeat on the other side.

**For a Challenge:** Hover your hands over the edge of the chair and/or close your eyes.





## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



## 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.



## CHARLESTON / FLAPPER



1. Seated or standing, place your hands on your knees.
2. Bring your knees together, and cross your hands over to the opposite knees.
3. Separate your knees, keeping them on the opposite knee.
4. Bring your knees together again, crossing your hands back to the original knees, then separate your knees again, returning to starting position.
5. Continue in a dance-like rhythm.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 3 and **hand out** your *Take-Home Cards* for week 4.

## AFTER TODAY'S SESSION

- ☐ Take attendance    ☐ Collect all materials    ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 8

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Last week we learned about how balance exercises can help you to stand and move more confidently. Remember, balance exercises:



Can be done at almost any time, any place, and as often as you like!



Improve your performance in everyday activities such as walking up and down the stairs.



Reduce your chances of tripping and falling.

As always, push yourself, and make sure to find a pace that makes you **feel good**. **Let's do it!**

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### GOOD MORNING



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



x 3





## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet close together, close your eyes.



## OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while 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.



x 3



## THREE DOT STEP



1. Stand with your feet together and your arms down at your sides. Making sure your left foot never leaves the ground, step forward about 2 - 3 feet with your right foot.
2. As you do this, reach your right arm forward. Then step back, returning feet and arms to starting position.
3. Now take the right foot and step out to your right side about 2 - 3 feet while reaching your arm in the same direction. Then step back, returning feet and arms to the starting position.
4. Now step your right foot backwards about 2 - 3 feet, bending your left knee while keeping your right leg straight, while allowing the arm to open backwards into a horizontal reach.
5. Return to the starting position. Then repeat steps, using your left foot and arm.

**Seated Option:** Follow instructions while seated. Instead of stepping forward with your foot, lift that foot (to the best of your ability) in the direction as instructed.

**For a Challenge:** Instead of sliding or stepping your feet, jump your feet apart and back together!



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3





## LATERAL RAISES

1. Seated or standing, place the resistance band beneath both feet and sit tall with head high.
2. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
3. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.



**For a Challenge:** Try doing both arms at the same time!



## LOW ROW

1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.



x 3



## 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



**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## SIDE STEPS (SEATED)

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



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## TOES TO THE SKY

1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.





x 3

## SIDE FLEXION



1. 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.

**For a Challenge:** Straighten arm and reach down for the side of your knee or hold light weights.

## 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.



x 3

## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 9

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 5)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 5)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



So far, we've talked about endurance, strength, and balance exercises. The fourth and final type of exercise is flexibility and range of motion. Flexibility and range of motion exercises improve your overall health by: **stretching** and **loosening** your muscles, helping you **move** more freely throughout the day, and helping your joints reach their full potential with less pain.

As always, push yourself, and make sure to find a pace that makes you **feel good**.

#### While we exercise, remember:

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

#### Let's work on our flexibility!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### 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 the left leg until you've returned to the starting position.
3. Repeat with your 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. Repeat on the other side.

**For a Challenge:** Hover your hands over the edge of the chair and/or close your eyes.





## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.



**For a Challenge:** Instead of stepping, jump your feet out.



## 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.



## 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.



**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



## SIT TO STAND

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



**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.



**For a Challenge:** To increase difficulty, do a pushup on the floor.

## 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.



x 3

## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## REVERSE FLY



1. Seated or standing, hold the resistance band directly in front of your chest. Arms should be extended away from your body and out straight.
2. While holding the rubber portion of the band, slowly pull your arms away from each other, allowing the band to stretch across your chest.
3. Once you have extended the band as far as you can, slowly release to the starting position.

**If you do not have a resistance band,** hold your arms in front of your chest, pressing palms together. Press and hold for several seconds keeping elbows lifted, then slowly release to the starting position and repeat.



x 3





## ALTERNATE FOOT BALANCE



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

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3



## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 4 and **hand out** your *Take-Home Cards* for week 5.

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed





## FACILITATOR GUIDE: EXERCISE, SESSION 10

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Last time, we talked about how **flexibility** and **range of motion exercises** improve your health by helping your body with **stretching, moving, and joint pain**.

Remember to work on your Bingocize® flexibility and range of motion exercises at home by doing the activities on your *Take Home Card*, or anything else in your packet of activities. Remember, you can do these every day!



Let's start off with three rolls!



### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### 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 the left leg until you've returned to the starting position.
3. Repeat with your 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. Repeat on the other side.

**For a Challenge:** Hover your hands over the edge of the chair and/or close your eyes.



x 3



## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

**For a Challenge:** Instead of stepping, jump your feet out.



## 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.



x 3

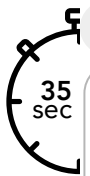


## GRAPEVINE



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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.

## 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.



x 3

## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## ARM EXTENSIONS



1. Sit or stand, and extend and straighten your right arm straight up, 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.



x 3



## 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts.
3. As you breathe out, slowly lower your arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3



## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



# FACILITATOR GUIDE: EXERCISE, SESSION 11

## BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 6)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

## MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 6)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to week six! Time flies when you are having fun playing Bingocize®! You're doing great!

How are you feeling? We've talked about all the ways exercise can make your body feel better, but what about your brain? Scientists continue to find evidence that exercise is one of the best ways to help improve your brain. For example:



When you exercise, your brain starts to create stronger and smarter brain cells.



Exercise helps your brain cells connect with one another, which improves your memory and thinking skills.



Exercise creates new blood vessels, which are the main energy source for your hardworking brain cells.

As always, push yourself, and make sure to find a pace that makes you **feel good**.

**While we exercise, remember:**

- Maintain correct posture.
- All exercises can be done while either seated or standing.
- Stop if you encounter pain!
- Modifications are available for most of the exercises!

**Let's do this!**

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.







## 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 the left leg until you've returned to the starting position.
3. Repeat with your 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. Repeat on the other side.

**For a Challenge:** Hover your hands over the edge of the chair and/or close your eyes.



x 3



## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

**For a Challenge:** Instead of stepping, jump your feet out.



## OBLIQUE CRUNCH



1. While seated or standing, slowly lift your right knee while 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.



x 3



## 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.





x 3

## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.



## 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.



x 3

## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## TOES TO THE SKY



1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.



x 3

## ALTERNATE FOOT BALANCE



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

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3

## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 5 and **hand out** your *Take-Home Cards* for week 6.

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 12

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

We are over halfway through the Bingocize® Nutrition program, and you're doing great!



Last time, we talked about all the ways exercise improves your brain. Remember, when we bulk up our brain cells with exercise, they are better able to win the fight against age-related declines in brain function.



Let's start off with three rolls!



### 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.
- Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### 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 the left leg until you've returned to the starting position.
3. Repeat with your 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. Repeat on the other side.

**For a Challenge:** Hover your hands over the edge of the chair and/or close your eyes.



x 3



## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

**For a Challenge:** Instead of stepping, jump your feet out.



## 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.



x 3



## 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.



## 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.



x 3



## 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.
- Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## HIP RAISES (SEATED)



1. Shift weight to the right hip and lift left hip off the chair.
2. Shift your weight to the left hip and lift your right hip off the chair.

**Standing Option:** Using a chair for support if needed, slowly raise one leg out to the side of your body, keeping your foot flexed and pointing upward. Then lower back toward the standing leg, keeping your hips centered and only moving your leg. Repeat with the other leg.



x 3

## 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.

## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3

## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed





# FACILITATOR GUIDE: EXERCISE, SESSION 13

## BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 7)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

## MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 7)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

Welcome to week seven! I hope you are having fun and feeling the positive effects of being a Bingocizer! In addition to improving memory and thinking skills, physical activity can also **boost your mood**. Researchers have found exercise:



Reduces feelings of depression and stress.



Boosts your energy levels!



Can improve your sleep.



Makes you feel more in control.

So, the next time you're feeling stressed out, anxious, or have trouble sleeping, try to find a way to get up and get moving!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



x 3



## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

**For a Challenge:** Instead of stepping, jump your feet out.



## 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.



x 3



## 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



## SWIMMING DANCE



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

**Seated Option:** Do the same motions, but instead of shimmying down, bend forward at the waist.



x 3



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.



## 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.



x 3



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3

## ALTERNATE FOOT BALANCE



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

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.

## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3

## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.

## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 6 and **hand out** your *Take-Home Cards* for week 7.

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 14

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**






### MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

You may have trouble finding the time and motivation to exercise. We all have those days! Here are some simple things you can try to help you stay on track. Here are just a few:

-  Don't let your busy schedule keep you from exercising. Work it into your regular day. For example, walk every aisle of the grocery store or the entire mall.
-  Join a fitness facility close to home that caters to your needs.
-  Take the stairs instead of the elevator.
-  Take a walk with friends or coworkers.
-  Make exercise fun!

Speaking of fun, let's Bingocize®!

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!



### 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



### 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



x 3

## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

**For a Challenge:** Instead of stepping, jump your feet out.

## 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.



## 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

## SWIMMING DANCE



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

**Seated Option:** Do the same motions, but instead of shimmying down, bend forward at the waist.



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.

**For a Challenge:** To increase difficulty, do a pushup on the floor.

## 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.





x 3



## THE TWIST



*Play the song, "The Twist"!*

1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

**Seated Option:** Do as many of the movements as you can, but while sitting.

**For a Challenge:** Alternate lifting a foot off the ground as you twist back and forth.



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## LOW ROW



1. Sit or stand with a resistance band centered under your feet, and hold onto the handles of the band. As you do this exercise, imagine there is a tennis ball between your shoulder blades and you are trying to hold it there using only your back muscles.
2. As you bend your elbows and draw your hands straight back towards your armpits, keep your elbows in tight near your sides, and picture squeezing the imaginary tennis ball with your back.
3. Once the resistance band handles reach the side of the body, slowly release the band back to the starting position.



x 3



## ALTERNATE FOOT BALANCE



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

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3



## ROLLING DISCO / JOHN TRAVOLTA



1. Seated or standing, sway from side-to-side as you rotate your forearms around one another, bringing arms high and low.
2. Do the "Staying Alive" dance move - using your right arm to point across your body to your left hip then up to the sky above your right shoulder.

**For a Challenge:** If Seated, combine the dance moves with the foot movements from the Side Steps (Seated) exercise. If Standing, bounce from foot-to-foot instead of just swaying.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 15

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 8)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 8)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



You and your doctor are part of a team—along with nurses, physician assistants, pharmacists, and other healthcare providers—working together to manage your medical problems and keep you healthy. Exercise can positively impact many chronic health conditions, so make sure exercise is a part of your healthcare plan by discussing with your doctor.



Let's start off with three rolls!



### 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



### HEEL RAISES



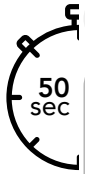
1. Stand behind a chair for support with your feet hip-width apart and your knees straight.
2. Raise your heels off the floor.
3. Slowly lower your heels back down.

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3



## CALF STRETCH



1. Standing, place both hands on the back of the chair, bend front knee at 90 degrees and keep your back leg straight.
2. Lean into the chair, keeping heels on the floor.

**Seated Option:** Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

**For a Challenge:** Lean towards your flexed toes.



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3



## SKIER



1. While standing, sidestep with your right foot and bring the 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.

**For a Challenge:** Tap the foot crossing behind the leg further back and exaggerate your motions.



## SIT TO STAND



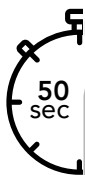
1. Sitting tall, extend your legs until fully standing, moving only the hip, knee, and ankle joints.
2. Pause and then return to starting position.
3. Keep shoulders down and knees from bending past your toes throughout the exercise.

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## 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.

## CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

**Seated Option:** Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



x 3

## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## SIDE STEPS (SEATED)



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



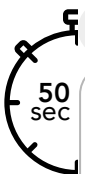
x 3

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## TRICEP EXTENSIONS



1. Seated or standing, raise your arm as if showing your arm muscle, right palm facing your ear.
2. Grab the resistance band with your left hand.
3. Extend your left arm as far as possible, keep the right arm still.
4. Do this several times and then repeat with the opposite arm.

**For a Challenge:** Grab the band close to your top hand; use the arms of a chair to lift / lower yourself.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several beats. Breathe out, slowly lower arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3



## OBLIQUE CRUNCH



1. Seated or standing, slowly lift your right knee while 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.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 7 and **hand out** your *Take-Home Cards* for week 8.

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed





## FACILITATOR GUIDE: EXERCISE, SESSION 16

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ Weekly Class Attendance Form
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

As we wrap up the 8th week of Bingocize®, I hope you are feeling the benefits of regular exercise including: more energy to do your daily activities, sleeping through the night and feeling better when you get up, moving around better with less or no pain, and feeling happier or less anxious.

### Before we get started, remember:

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

As always, push yourself, and make sure to find a pace that makes you feel good. **Let's Bingocize®!**

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with three rolls!

### 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.



**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

### HEEL RAISES



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



**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



x 3



## CALF STRETCH



1. Standing, place both hands on the back of the chair, bend front knee at 90 degrees and keep your back leg straight.
2. Lean into the chair, keeping heels on the floor.

**Seated Option:** Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.

**For a Challenge:** Lean towards your flexed toes.



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3



## SKIER



1. While standing, sidestep with your right foot and bring the 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.

**For a Challenge:** Tap the foot crossing behind the leg further back and exaggerate your motions.



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## ARM EXTENSIONS



1. Sit or stand, and extend and straighten your right arm straight up, 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.



## 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.



x 3



## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## SIDE STEPS (SEATED)



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



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## ALTERNATE FOOT BALANCE



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

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



## 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. Repeat with the left knee and right elbow.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a final winner!

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 17

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 9)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**





### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 9)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

### WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

We're so close to the finish line! I know there will be times that you don't feel like exercising, so as a reminder here are some of the great things you are doing for your body by staying active:

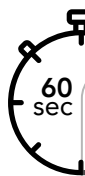
-  Improving your balance and range of motion.
-  Boosting your immune system to lessen your chance of getting sick!
-  Increasing your muscle strength and feeling more limber.
-  Improving your brain health!

Source: National Institutes of Health, 2019



Let's start off with three rolls!

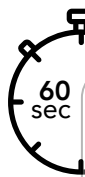
### GRAPEVINE



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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.

### HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.





## CALF STRETCH



1. Standing, place both hands on the back of the chair, bend front knee at 90 degrees and keep your back leg straight.
2. Lean into the chair, keeping heels on the floor.

**Seated Option:** Raise both legs out in front of you, keeping them as straight as comfort allows. Flex your feet back towards you, then away from you. Lower feet back to the starting position.



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



## SKIER



1. While standing, sidestep with your right foot and bring the 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.

**For a Challenge:** Tap the foot crossing behind the leg further back and exaggerate your motions.



## SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



## CHARLESTON / FLAPPER



1. Seated or standing, place your hands on your knees.
2. Bring your knees together, and cross your hands over to the opposite knees.
3. Separate your knees, keeping them on the opposite knee.
4. Bring your knees together again, crossing your hands back to the original knees, then separate your knees again, returning to starting position.
5. Continue in a dance-like rhythm.



## 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.



x 3

## 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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## SIDE STEPS (SEATED)

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



x 3

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## THE TWIST

**Play the song, "The Twist"!**

1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

**Seated Option:** Do as many of the movements as you can, but while sitting.

**For a Challenge:** Alternate lifting a foot off the ground as you twist back and forth.



x 3



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



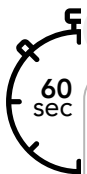
x 3



## 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. Repeat with the left knee and right elbow.



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 8 and **hand out** your *Take-Home Cards* for week 9.

## AFTER TODAY'S SESSION

- ☐ Take attendance    ☐ Collect all materials    ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 18

### BEFORE TODAY'S SESSION

- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



In a previous session, we discussed some of the benefits of exercise for brain health. Remember, exercise goes beyond just physical well-being: more energy to do your daily activities, sleeping through the night and feeling better when you get up, moving around better with less or no pain, and feeling happier or less anxious.

### Before we get started, remember:

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

As always, push yourself, and make sure to find a pace that makes you feel good. **Let's Bingocize®!**

Source: National Institutes of Health, 2019



Let's start off with three rolls!

### ALTERNATE FOOT BALANCE



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



**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.

### SIT TO STAND



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



**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.



x 3



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3



## SKIER



1. While standing, sidestep with your right foot and bring the 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.

**For a Challenge:** Tap the foot crossing behind the leg further back and exaggerate your motions.



## CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

**Seated Option:** Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



x 3



## CHEST PRESS

1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.



**For a Challenge:** To increase difficulty, do a pushup on the floor.



## LATERAL RAISES

1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.



**For a Challenge:** Try doing both arms at the same time!



x 3



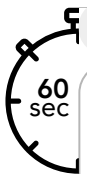
## MORNING WALK

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.

**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.



**For a Challenge:** Try pumping your arms back and forth.



## TOES TO THE SKY

1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## SIDE FLEXION

1. 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.



**For a Challenge:** Straighten arm and reach down for the side of your knee or hold light weights.



## 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.



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.



**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



## GOOD MORNING



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



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## SEE YOU NEXT TIME!

Keep working on your *Take-Home Cards* and bring it back next week!

## AFTER TODAY'S SESSION

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed





## FACILITATOR GUIDE: EXERCISE, SESSION 19

### BEFORE TODAY'S SESSION

- ☐ Print the *Exercise Only Take-Home Cards* (Week 10)
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Exercise Only Take-Home Cards* (Week 10)
- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

### WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.

It's the final week of Bingocize®! Over the past 9 weeks, we've had fun playing Bingo, completed lots of exercise, and learned about some of the great things exercise can do for us!

Remember you can always find a time and place to stay physically active. Working physical activity into our daily activities is key. Try:

- Mixing exercising with something you already do; for example, try doing some heel raises during commercial breaks.
- Exercise with a friend so you can keep each other on track!
- Take the stairs instead of the elevator.

Source: National Institutes of Health, 2019



Let's start off with three rolls!

### ALTERNATE FOOT BALANCE



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

**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



### SIT TO STAND



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

**Seated Option:** Push up with hands on the seat or arms of a wheelchair, or modify as possible using a cane / walker. Either way, make sure you remember your posture!

**For a Challenge:** Replace the chair with an imaginary one! Squat with feet flat and knees over your ankles at 90 degrees. Cross your arms over your chest or hold a weight between your hands.





x 3



## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms in front of you, move your feet together, or close your eyes.



## TOP SHELF REACH (SEATED)



1. Scoot to the edge of your chair, back straight, feet hip-width apart on the floor.
2. Place one hand on the side of the chair for support, and as you breathe in, sweep the opposite arm out to the side and up overhead.
3. Breathe out as you continue the motion, moving through full range and finally into a side bend.
4. Pause, breathe in, and return back to the starting position.
5. Repeat on the opposite side.



x 3



## SKIER



1. While standing, sidestep with your right foot and bring the 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.

**For a Challenge:** Tap the foot crossing behind the leg further back and exaggerate your motions.



## CUEING DRILL



1. Stand with feet hip-width apart. Take one step forward, then take one step backward.
2. Turn around and face the opposite direction. Then turn around to the starting position.
3. Crouch down with your knees bent. Place your hands on your knees. Now stand up tall and clap your hands ten times.
4. Stand with your right foot up, and hold. Then switch to your left foot up, and hold.
5. Step your right foot forward, and reach up with your left arm. Return to center.
6. Step your left foot forward, and reach up with your right arm. Return to center, arms at your sides.
7. Roll up to stand on your toes, then roll back down.
8. Turn your head to the right. Return to the center.
9. Turn your head to the left. Return to the center.

**Seated Option:** Movements can be emulated while sitting. Instead of turning to face the opposite direction, twist the upper body (as much as is comfortable) to look over the shoulder. Foot movements will be the same, but the Bingocizer will remain seated!



x 3



## CHEST PRESS

1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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.



**For a Challenge:** To increase difficulty, do a pushup on the floor.



## LATERAL RAISES

1. While seated or standing, place the resistance band beneath both feet.
2. Sit tall with the top of the head high.
3. With hands gripping handles, slowly raise one arm to the side until parallel with the floor.
4. Hold for a few seconds, then slowly release to starting position. Repeat with the other arm.



**For a Challenge:** Try doing both arms at the same time!



x 3



## 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.



**Seated Option:** Sit on the edge of your chair and move your legs in a walking motion.

**For a Challenge:** Try pumping your arms back and forth.



## TOES TO THE SKY

1. Begin with your back straight and good posture, eyes facing forward, palms on your thighs.
2. Feet hip-width apart. 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.
4. Repeat with your left foot.



x 3



## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position.
4. Repeat multiple times with each hand.



**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.



## 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 spinal rotation **three** times. Exhale with each twist. Inhale and return to center, then repeat on the other side.

**For a Challenge:** Swing your arms and bend your torso to reach for your knee / ankle!



x 3



## 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.



## BALLET DANCER



1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.

**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.



x 3



## GOOD MORNING



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



## HI / GOODBYE, NEIGHBOR!



1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!

*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner**!

## SEE YOU NEXT TIME!

Before you go, I will **collect** your *Take-Home Cards* for week 9 and **hand out** your *Take-Home Cards* for week 10. Remember, our next session is our **last session** so you only have a few days to complete them!

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed



## FACILITATOR GUIDE: EXERCISE, SESSION 20

### BEFORE TODAY'S SESSION

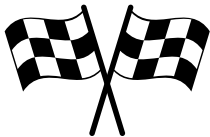
- ☐ Prep your traditional Bingo materials (if applicable)
- ☐ Prep Bingocize® Curriculum Reinforcements
- ☐ Prep / rearrange your space (make sure your Bingocizers will have plenty of space to move!)
- ☐ **Get your Bingocize® T-Shirt on!**

### MATERIALS NEEDED

- ☐ *Weekly Class Attendance Form*
- ☐ Resistance Bands + Therapy Balls
- ☐ Traditional Bingo Set (if applicable)
- ☐ Bingocize® Curriculum Reinforcements
- ☐ Bingocize® Boards + Markers (if applicable)
- ☐ Bingocizer Devices (if applicable)

## WELCOME!

**Note:** Remember to reference the *Exercise Modifications Guide* for ideas to modify movements.



### Welcome to our final class!

I hope you had lots of fun and are feeling all of the benefits of Bingocizing! This is our last session, but I hope all of you stay physically active and use the information we've talked about over the past 10 weeks. Please keep up the good work... I know you can do it! I hope to see you again soon for another round of Bingocize®!

### Before we get started, remember:

- Maintain correct posture.
- Stop if you encounter pain!
- All exercises can be done while either seated or standing.
- Modifications are available for most of the exercises!

As always, push yourself, and make sure to find a pace that makes you **feel good**.

Source: National Council on Aging, National Institute on Aging, 2018



Let's start off with FIVE rolls!



### THREE DOT STEP



1. Stand with your feet together and your arms down at your sides. Making sure your left foot never leaves the ground, step forward about 2 - 3 feet with your right foot.
2. As you do this, reach your right arm forward. Then step back, returning feet and arms to starting position.
3. Now take the right foot and step out to your right side about 2 - 3 feet while reaching your arm in the same direction. Then step back, returning feet and arms to the starting position.
4. Now step your right foot backwards about 2 - 3 feet, bending your left knee while keeping your right leg straight, while allowing the arm to open backwards into a horizontal reach.
5. Return to the starting position. Then repeat steps, using your left foot and arm.

**Seated Option:** Follow instructions while seated. Instead of stepping forward with your foot, lift that foot (to the best of your ability) in the direction as instructed.

**For a Challenge:** Instead of sliding or stepping your feet, jump your feet apart and back together!





## 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.

**For a Challenge:** Stand with feet close together, lift leg higher, lift your arms, or close your eyes.



x 5



## STAGGERED STANCE



1. Stand with feet together, hands at sides. Step forward with your right foot. Hold for 10 sec.
2. Step back to feet together, and then step forward with your left foot.

**For a Challenge:** Instead of stepping, jump your feet out.



## SIDE FLEXION

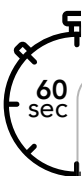


1. Bend at the waist to the left to bring your left elbow to the outside of your left hip.
2. Straighten, then repeat on the right.

**For a Challenge:** Straighten arm and reach down for the side of your knee or hold light weights.



x 5



## 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.

**Seated Option:** Twist your upper body in one direction (as far as is comfortable) while you copy the foot motions with your hands and arms, then repeat and twist to the other side.



## SWIMMING DANCE



1. Stand with your feet together and move your arms in a swimming motion.
2. Then plug your nose with one arm raised above your head and shimmy your body down into a crouch and then back up.

**Seated Option:** Do the same motions, but instead of shimming down, bend forward at the waist.



x 5



## CHEST PRESS



1. Sit or stand with the resistance band behind your upper back, holding the band handles. For more resistance, grab the resistance band itself.
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. Then slowly release.

**For a Challenge:** To increase difficulty, do a pushup on the floor.

## 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.



x 5

## THE TWIST



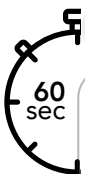
**Play the song, "The Twist"!**

1. Stand with feet shoulder-width apart and equal weight on both feet. Move one foot slightly (less than a step's length) forward and bend your arms at the elbow.
2. Twist your hips from side-to-side, shifting your weight on the balls of your feet. At the same time, move your arms in the opposite direction of your hips to help keep your balance.
3. Alternate from placing your weight over your front foot as you twist, then shifting your weight to your back foot.

**Seated Option:** Do as many of the movements as you can, but while sitting.

**For a Challenge:** Alternate lifting a foot off the ground as you twist back and forth.

## HEEL RAISES



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

**Seated Option:** Your knees will be bent, but otherwise, instructions are the same!

**For a Challenge:** Raise your arms out in front of you, move your feet together, or close your eyes.



x 5

## 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. If you can't make your thumb touch, just stretch as far as you can.
3. Return your thumb to the starting position. Repeat multiple times with each hand.

**For a Challenge:** Mirror your thumb movement with your feet, tapping them in and back out.

## STEP UPS



1. Sit or stand with your feet together and arms at your side, with a balance pad or pillow on the floor directly in front of you.
2. Lift your right foot, bringing your leg as close to 90 degrees as possible, and then bringing your foot down to tap the pillow. Repeat the action before switching to the left foot.



## ALTERNATE FOOT BALANCE

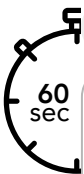


1. Sit and place a foam pad or pillow in front of your feet.
2. Lift your right foot in the air and pause it there or tap your foot on the pillow if needed.
3. Lower your right foot, and repeat with your left foot.



**Standing Option:** Balance on one foot at a time.

**For a Challenge:** Raise the height of your lifted foot higher each time and/or increase your speed.



## BALLET DANCER

1. Sit or stand with feet hip-width apart. Breathe in and raise your arms.  
*If standing, keep a chair nearby for balance as needed.*
2. Balance still and tall as you hold your breath for several counts. Breathe out, slowly lower arms.



**For a Challenge:** As you raise your arms, roll to the balls of your feet or to your tip toes.

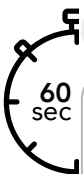


## YMCA



**Play the song, "The YMCA"!** Dance, sway, or tap your toes to the music. Have fun with it!

1. Once you get to the chorus, extend your arms above your head to create the top of the Y.
2. Place your fingertips on top of your head, and press the backs of your hands together. Bend your wrists as much as you can to make them resemble the top angles of the M.
3. Bring one arm down by your side and bend it slightly, keeping your palm open. Curl your other arm over your head and bend to the side at the waist to create the C.
4. Put your arms above your head, bending your elbows a bit at your ears, and touching your fingertips together to create the A.



## HI / GOODBYE, NEIGHBOR!

1. Stand if you can, then turn and greet the person on either side of you.
2. This can be a handshake, a high five, a fist bump, a big hug, or even just a wave!



*But no matter what you choose, make sure you and your neighbor are on the same page.*



Continue to play Bingo until there's a **final winner!**

## THANK YOU!

**Please hand in your Take-Home Cards!** Even though this workshop has ended, continue your healthy lifestyle changes and look for another round of Bingocize® soon! Remember you still have your *Reference Guide* packet of exercises, and please keep using it to keep your body moving.

- ☐ Take attendance   ☐ Collect all materials   ☐ Clean up / rearrange space as needed