

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 1

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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



Mark off each exercise as you complete them.



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

|   |   |                              |                              |
|---|---|------------------------------|------------------------------|
| SIT TO STAND                              | TRUNK ROTATION (SEATED)   | BALANCE EXERCISE (SEATED) #1 | THUMB TO FINGERS             |
| TOES TO THE SKY                           | <br><b>Free Space</b><br><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to <b>move!</b></i> |                              | BALANCE EXERCISE (SEATED) #2 |
| GOOD MORNING (SEATED)                     |   |                              | CHEST PRESS                  |
| Sit with your eyes closed for 30 seconds. | C-GRIP  | FREESTYLE STROKE             | SIDE STEPS                   |

# EXERCISE-ONLY: REFERENCE GUIDE



This Packet Belongs To: \_\_\_\_\_

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

## ALTERNATE FOOT BALANCE

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



## ARM CURL

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



## ARM EXTENSIONS

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



## BALANCE EXERCISE (SEATED)

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



# EXERCISE-ONLY: REFERENCE GUIDE

## C-GRIP

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



## 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.



## CHAIR SCOOT (SEATED)

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



## CHEST PRESS

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



## CRUNCHES (SEATED)

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



## FREESTYLE STROKE

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



## GOOD MORNING (SEATED)

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



# EXERCISE-ONLY: REFERENCE GUIDE

## GRAPEVINE

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



## HEEL RAISES

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



## LATERAL RAISES (STANDING)

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



## MORNING WALK

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



## OBLIQUE CRUNCH

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



## POWER GRIP

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



# EXERCISE-ONLY: REFERENCE GUIDE

## REAR HIP EXTENSIONS (STANDING)

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



## SIDE STEPS (SEATED)

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



## SIDE FLEXION

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



## SINGLE ARM CROSSOVER

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



## SINGLE LEG HAMSTRING CURL

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



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

## SIT TO STAND

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



# EXERCISE-ONLY: REFERENCE GUIDE

## SKIER

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



## STAGGERED STANCE

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



## STATIC BALANCE

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



## TABLE ROLL

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



## THUMB TO FINGERS

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



## TOES TO THE SKY

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



## TRUNK ROTATION

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



# EXERCISE-ONLY: TAKE HOME CARD, WEEK 2

Name: \_\_\_\_\_

Date: \_\_\_\_\_


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



Mark off each exercise as you complete them.



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

|                       |   |                  |             |
|-----------------------|---|------------------|-------------|
| GOOD MORNING (SEATED) | MORNING WALK  | THUMB TO FINGERS | SIDE STEPS  |
| GRAPEVINE             | <br>Free Space<br>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to <b>move!</b> |                  | ARM CURL    |
| SIT TO STAND          |   |                  | C-GRIP      |
| TRUNK ROTATION        | ARM EXTENSIONS  | FREESTYLE STROKE | CHAIR SCOOT |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 3

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Date: \_\_\_\_\_

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|                                     |   |                            |                 |
|-------------------------------------|---|----------------------------|-----------------|
| LATERAL<br>RAISES<br>(SEATED)       | MORNING<br>WALK   | SIT TO<br>STAND            | C-GRIP          |
| SIDE<br>STEPS                       | <br><b>Free Space</b><br><i>Every movement counts.<br/>So, stretch, take a stroll,<br/>or use a commercial break<br/>as a chance to <b>move!</b></i> |                            | SIDE<br>FLEXION |
| REAR HIP<br>EXTENSION<br>(STANDING) |   |                            | SKIER           |
| THUMB TO<br>FINGERS                 | CRUNCHES<br>(SEATED)  | SINGLE<br>ARM<br>CROSSOVER | HEEL<br>RAISES  |



# EXERCISE-ONLY: TAKE HOME CARD, WEEK 4

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Date: \_\_\_\_\_


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|                       |   |                            |                 |
|-----------------------|---|----------------------------|-----------------|
| STAGGERED<br>STANCE   | GOOD<br>MORNING<br>(SEATED)   | C-GRIP                     | SIT TO<br>STAND |
| SIDE<br>STEPS         | <br><b>Free Space</b><br><i>Every movement counts.<br/>So, stretch, take a stroll,<br/>or use a commercial break<br/>as a chance to <b>move!</b></i> |                            | SIDE<br>FLEXION |
| REAR HIP<br>EXTENSION |   |                            | SKIER           |
| THUMB TO<br>FINGERS   | CRUNCHES<br>(SEATED)  | SINGLE<br>ARM<br>CROSSOVER | HEEL<br>RAISES  |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 5

Name: \_\_\_\_\_

Date: \_\_\_\_\_


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



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|                               |   |             |  |
|-------------------------------|---|-------------|--|
| STAGGERED<br>STANCE           | GOOD<br>MORNING<br>(SEATED)   | C-GRIP      | SIT TO<br>STAND                            |
| SINGLE<br>LEG CURL            | <br><b>Free Space</b><br><i>Every movement counts.<br/>So, stretch, take a stroll,<br/>or use a commercial break<br/>as a chance to <b>move!</b></i> |             | BALANCE<br>EXERCISE<br>(SEATED)<br>#1 + #2 |
| GRAPEVINE                     |   |             | HEEL<br>RAISES                             |
| OBLIQUE<br>CRUNCH<br>(SEATED) | MORNING<br>WALK   | ARM<br>CURL | THUMB TO<br>FINGERS                        |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 6

Name: \_\_\_\_\_

Date: \_\_\_\_\_


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



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|                            |   |              |                       |
|----------------------------|---|--------------|-----------------------|
| MORNING WALK               | ARM CURLS   | POWER GRIP   | CHEST PRESS           |
| SINGLE LEG CURL            | <br><b>Free Space</b><br><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to <b>move!</b></i> |              | HEEL RAISES           |
| THUMB TO FINGERS           |   |              | GOOD MORNING (SEATED) |
| CRUNCHES ROTATION (SEATED) | STAGGERED STANCE  | SIT TO STAND | GRAPEVINE             |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 7

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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|                  |   |                |                       |
|------------------|---|----------------|-----------------------|
| POWER GRIP       | ARM CURLS   | HEEL RAISES    | MORNING WALK          |
| STAGGERED STANCE | <br><b>Free Space</b><br><i>Every movement counts. So, stretch, take a stroll, or use a commercial break as a chance to <b>move!</b></i> |                | GOOD MORNING (SEATED) |
| CHEST PRESS      |   |                | STATIC BALANCE        |
| THUMB TO FINGERS | GRAPEVINE   | TRUNK ROTATION | TABLE ROLL            |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 8

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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|                 |   |                     |                             |
|-----------------|---|---------------------|-----------------------------|
| CALF<br>STRETCH | SKIER   | THUMB TO<br>FINGERS | TRUNK<br>ROTATION           |
| GRAPEVINE       | <br><b>Free Space</b><br><i>Every movement counts.<br/>So, stretch, take a stroll,<br/>or use a commercial break<br/>as a chance to <b>move!</b></i> |                     | SIT TO<br>STAND             |
| ARM<br>CURL     |   |                     | HEEL<br>RAISES              |
| MORNING<br>WALK | POWER<br>GRIP   | SIDE<br>STEPS       | GOOD<br>MORNING<br>(SEATED) |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 9

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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|                            |   |                |                             |
|----------------------------|---|----------------|-----------------------------|
| SINGLE<br>ARM<br>CROSSOVER | ALTERNATE<br>FOOT<br>BALANCE  | POWER<br>GRIP  | GOOD<br>MORNING<br>(SEATED) |
| MORNING<br>WALK            | <br><b>Free Space</b><br><i>Every movement counts.<br/>So, stretch, take a stroll,<br/>or use a commercial break<br/>as a chance to <b>move!</b></i> |                | GRAPEVINE                   |
| C-GRIP                     |   |                | LATERAL<br>RAISES           |
| SIT TO<br>STAND            | SKIER   | HEEL<br>RAISES | THUMB TO<br>FINGERS         |

# EXERCISE-ONLY: TAKE HOME CARD, WEEK 10

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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|                     |   |                             |                 |
|---------------------|---|-----------------------------|-----------------|
| STATIC<br>BALANCE   | LATERAL<br>RAISES   | GOOD<br>MORNING<br>(SEATED) | SIDE<br>FLEXION |
| THUMB TO<br>FINGERS | <br><b>Free Space</b><br><i>Every movement counts.<br/>So, stretch, take a stroll,<br/>or use a commercial break<br/>as a chance to <b>move!</b></i> |                             | SKIER           |
| HEEL<br>RAISES      |   |                             | POWER<br>GRIP   |
| STAGGERED<br>STANCE | SINGLE<br>ARM<br>CROSSOVER  | TOES TO<br>THE SKY          | MORNING<br>WALK |