

# EXERCISE ONLY - SESSION 1 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 1) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

Over our next several weeks, we will have fun <u>playing</u> Bingocize<sup>®</sup>. We'll play bingo and do a few simple exercises that will improve your mental and physical health. 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.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Being more physically active will make you feel better!!

Source: National Institute on Aging, 2019

**BINGO ROLLS (3)** 

 Morning Walk
 30 seconds

 • While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

 • To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

 Tricep Extensions
 30 seconds

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

Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You

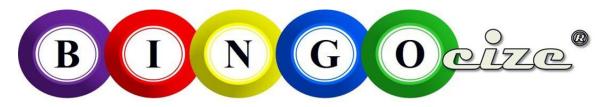
can also use the arms of a chair to lift yourself up and lower yourself down slowly. BINGO ROLLS (3) Top Shelf Reach 30 seconds Scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your back straight. Place one • hand on the side of the chair for support. Breathe in, and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side. Trunk Rotation 30 seconds Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder • blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left. • You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle. **BINGO ROLLS (3)** 30 seconds Toes to the Sky Begin with your back straight and with good posture, eyes facing forward, palms on your thighs. Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot. Sit to Stand 30 seconds Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, • start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise. • To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture. BINGO ROLLS (3) 30 seconds Hip Raises • Shift weight to the right hip and lift left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.

	30 seconds
• Stand with eyes focused forward, and one leg elevated to about ankle level without touching	
the support leg. Hold, now repeat with the other leg. You can increase the difficulty by	
standing your feet closer together, lifting your leg higher, lifting your arms, cros	sing them at
your chest, or closing your eyes.	
BINGO ROLLS (3)	
Morning Walk	30 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quid walking. If you can, on every step raise the knee so that the hip and knee both redegrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigg the more difficult the exercise.</li> </ul>	each near 90
Side Steps	30 seconds
<ul> <li>Begin in a seated position keep feet together and hands on your thighs. Raise your</li> </ul>	our right foot off
the ground and step as far to the right as you can without leaving your chair. Bri together. Now repeat with the left foot out as far as you can and come back tog	ng your feet back
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs your thumb across your palm, touching the tip of your thumb to the bottom of you can't make your thumb touch, just stretch as far as you can. Return your th position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger</li> </ul>	your small finger. If umb to the starting
Ankle Flex	30 seconds
<ul> <li>Ankle Flex</li> <li>In a seated or standing position with feet hip-width apart, raise one leg off the g</li> </ul>	
	ground,
<ul> <li>In a seated or standing position with feet hip-width apart, raise one leg off the g</li> </ul>	ground,
<ul> <li>In a seated or standing position with feet hip-width apart, raise one leg off the g keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot t</li> </ul>	ground,
<ul> <li>In a seated or standing position with feet hip-width apart, raise one leg off the generating the knee at a 90-degree angle. Move only the ankle of your lifted foot tword (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	ground,
<ul> <li>In a seated or standing position with feet hip-width apart, raise one leg off the g keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot t word (such as your name or the alphabet). Repeat with the opposite leg.</li> <li>BINGO ROLLS (3)</li> </ul>	ground, o spell a 30 seconds e your shoulder hile still squeezing ntly further three hter, then repeat to

<ul> <li>Sit on the edge of your chair. Straighten your back with head high. Perform a freestyl Lift your arms overhead, alternating arms going forward in a scooping motion. Pull sl and back while squeezing shoulder blades together. Add difficulty by shifting your we balancing.</li> </ul>	noulders down	
BINGO ROLLS (3)		
Head Turns	30 seconds	
• With straight posture, slowly and gently turn your head to the left. Hold for a few with the right side. Do not hyperextend your head!	seconds. Repeat	
Goodbye, Neighbor! Standing/Hi, Neighbor! Standing	30 seconds	
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the same</li> </ul>	-	

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



### EXERCISE ONLY - SESSION 2 (Leader) BINGO ROLLS (3)

## Read aloud to the participants:

*The takeaway message from our first session was <u>exercise can improve your health</u>. Our time together will be centered on four types of exercise: endurance, strength, balance, and flexibility exercises.* 

- 1. <u>Endurance exercise</u> builds up your energy storage so you can have a greater capacity to do daily tasks.
- 2. <u>Strength exercises</u> 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.
- 3. <u>Balancing exercises</u> have a hand in preventing falls, helping you stand with more confidence, and helping you walk with less assistance.
- 4. <u>Flexibility and range of motion exercises</u> will aid you in moving around more freely, and with less pain or stiffness.

We will learn more about each of these four types of exercise over the next few weeks.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

As we dive into these exercises, it is important to push yourself, but make sure to find a pace that makes you "feel good". Our main goal is to have fun!

Source: National Council on Aging, 2017

**BINGO ROLLS (3)** Morning Walk 30 seconds While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise. **Tricep Extensions** 30 seconds Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible, keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly. BINGO ROLLS (3) Top Shelf Reach 30 seconds • Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep your back straight. Place one hand on the side of the chair for support. Breathe in and sweep the opposite arm out to the side and up overhead. Breathe out as you continue the motion, moving through full range and finally into a side bend. Pause, breathe in, and return back to the starting position. Repeat on the opposite side.

Repeat on the opposite side.	
Trunk Rotation	30 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Sque blades slightly together. Reach your arms out to the sides, as if making a "T", your shoulder blades together. Twist your upper body to the right and pulse,</li> </ul>	while still squeezing
<ul> <li>further three times into spinal rotation. Exhale out with each twist. Inhale in a then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to refer to the spinal rotation.</li> </ul>	
even your ankle.	cuention your knee of
BINGO ROLLS (3)	
Toes to the Sky	30 seconds
<ul> <li>Begin with your back straight and with good posture, eyes facing forward, pal seated and hands on your hips or balanced with a chair if standing. Feet hip-v and lift your right foot with toes flexed and pointed up to the sky. Point your slowly return to starting position. Repeat with your left foot.</li> </ul>	width apart. Extend
Sit to Stand	30 seconds
<ul> <li>under your hips and your bottom back and knees over your ankles at 90 degrestraight and tall extend your legs to stand all the way up, move only the hip, k as you stand. Pause and then return to starting position. Keep shoulders down bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands Push up with hands on the seat or arms of a wheelchair. Or use a cane or wa you sit to stand make sure to keep good posture.</li> </ul>	nee, and ankle joints on and knees from s. If unable to stand,
BINGO ROLLS (3)	
Hip Raises	30 seconds
<ul> <li>Shift weight to the right hip and lift left hip off of the chair. Shift your weight t lift your right hip off of the chair.</li> </ul>	o the left hip, and
Static Balance	30 seconds
<ul> <li>Stand with eyes focused forward, and one leg elevated to about ankle level v the support leg. Hold, now repeat with the other leg. You can increase the di standing your feet closer together, lifting your leg higher, lifting your arms, c your chest, or closing your eyes.</li> </ul>	fficulty by
BINGO ROLLS (3)	
Morning Walk	30 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little of walking. If you can, on every step, raise the knee so that the hip and knee both degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the big</li> </ul>	n reach near 90
the more difficult the exercise.	
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Side Steps	30 seconds
<ul> <li>Begin in a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can and come back together.</li> </ul>	
BINGO ROLLS (3)	
Thumb to Fingers	30 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs strai your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	small finger. If to the starting
Ankle Flex	30 seconds
<ul> <li>In a seated or standing position with feet hip-width apart, raise one leg off the ground, keeping the knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (such as your name or the alphabet). Repeat with the opposite leg.</li> </ul>	
BINGO ROLLS (3)	
Trunk Rotation Seated	30 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze yo blades slightly together. Reach your arms out to the sides, as if making a "T", while s your shoulder blades together. Twist your upper body to the right and pulse, gently further three times into spinal rotation. Exhale out with each twist. Inhale in and retu then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach fo even your ankle.</li> </ul>	till squeezing pushing ırn to center,
Freestyle Stroke Seated	30 seconds
• Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.	
BINGO ROLLS (3)	
Low Row	30 seconds
<ul> <li>From the starting position, begin by drawing your hands straight back towards your armpits. While drawing your arms back, your elbows will bend. Make sure they stay sides. During the exercise, squeeze the muscles together in the mid-back to help dra resistance band. Imagine there is a tennis ball between your shoulder blades, and y hold it there using only your back muscles. Once the resistance band handles reach body, begin slowly lowering the resistance band back to the starting position.</li> </ul>	r tight near your aw in the ou are trying to
Hi, Neighbor!	30 seconds
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the sam</li> </ul>	-

\*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



# EXERCISE ONLY - SESSION 3 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 2) to give to each participant after the session today!!\*\*

**Read aloud to the participants:** 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.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

You may feel a little sore from last week... But that's perfectly normal! Your body is already starting to adjust and get stronger. We will now begin to increase the amount of time we exercise. Although it is good to push yourself, you should do so at a pace that makes you "feel good". Now, let's have some fun!

BINGO ROLLS (3)	
Morning Walk	35 seconds
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker If you can, on every step, raise the knee so that the hip and knee both reach near 90 increase difficulty, pump your arms back and forth. The faster you go and the biggen the more difficult the exercise.</li> </ul>	0 degrees. To
Lateral Raises	35 seconds
<ul> <li>While seated or standing, place the resistance band beneath both feet, or use light with the top of the head high. With hands gripping handles, slowly raise both arms to parallel with the floor. Hold for a few seconds, then slowly release to starting position this exercise easier, alternate raising each arm.</li> <li>BINGO ROLLS (3)</li> </ul>	to the side until
Top Shelf Reach	35 seconds
<ul> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep you Place one hand on the side of the chair for support. Breathe in, and sweep the oppo the side and up overhead. Breathe out as you continue the motion, moving through finally into a side bend. Pause, breathe in, and return back to the starting position. F opposite side.</li> </ul>	osite arm out to n full range and

Trunk Rotation	35 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze blades slightly together. Reach your arms out to the sides, as if making a "T", whi your shoulder blades together. Twist your upper body to the right and pulse, gen further three times into spinal rotation. Exhale out with each twist. Inhale in and then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach even your ankle.</li> </ul>	le still squeezing tly pushing return to center,
BINGO ROLLS (3)	
Cueing Drill	35 seconds
face the opposite direction. Turn around to the starting position. Crouch down wi bent. Place your hands on your knees. Stand up tall and clap your hands ten times right foot up, and hold. Stand with your left foot up, and hold. Step your right foo reach up with your left arm. Step with your left foot forward, and reach with your your feet back together, and your arms to your sides. Raise up on your toes. And head to the right. Return to the center. Turn your head to the left. And return to	s. Stand with your t forward, and r right arm. Bring lower. Turn your
t to Stand	35 seconds
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width aparts start in a squat position like you are sitting on an imaginary chair with your feet flunder your hips and your bottom back and knees over your ankles at 90 degrees. straight and tall extend your legs to stand all the way up, move only the hip, knee as you stand. Pause and then return to starting position. Keep shoulders down an bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. you sit to stand make sure to keep good posture.</li> </ul>	at on the ground With your back , and ankle joints of knees from unable to stand,
BINGO ROLLS (3)	
Chest Press	35 seconds
<ul> <li>Hold the resistance band handles, with the resistance band behind your upper baresistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands together, while also maintain slight bend in the arms. Once both of your hands come in contact, slowly return t position. To increase difficulty, do a pushup on the floor.</li> </ul>	d parallel to the ing the same
Alternate Foot Balance	35 seconds

lifted foot and standing independently without holding onto anything. Increasing speed. **BINGO ROLLS (3)** Morning Walk 35 seconds While in the seated position, begin walking in place. The pace will be a little quicker than • walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise. Side Steps 35 seconds • Begin in a seated position with feet together and hands on your thighs. Raise your right foot off the ground, and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together. BINGO ROLLS (3) Thumb to Fingers 35 seconds • Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. 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. Return your thumb to the starting position. Repeat multiple times with each hand. • To add more difficulty, jump your feet out and back in together with each finger tap. Calf Stretch 35 seconds • If seated, raise both feet towards the sky keeping both legs straight, flexing your feet up and down if you want. Lower both feet back to the starting position. If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg. **BINGO ROLLS (3)** Trunk Rotation 35 seconds Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left. • You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle. Freestyle Stroke 35 seconds

• Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.

**BINGO ROLLS (3)** 

Side Flexion	35 seconds	
<ul> <li>In a standing or seated position, bend at the waist to the left to bring your left el the outside of your left hip. Come back to the center and repeat on the right. Y increase the difficulty by extending your arm straight and reaching further down side of your knee or holding weights</li> </ul>	'ou can	
Hi, Neighbor!	35 seconds	
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



# EXERCISE ONLY - SESSION 4 (Leader)

**BINGO ROLLS (3)** 

### Read aloud to the participants:

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

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Council on Aging, 2018		
BINGO ROLLS (3)		
Morning Walk 35 seco		
<ul> <li>While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>		
Oblique Crunch	35 seconds	
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>		
BINGO ROLLS (3)		
Top Shelf Reach	35 seconds	
<ul> <li>Begin by sitting on the edge of the chair, feet hip-width apart on the floor. Keep you Place one hand on the side of the chair for support. Breathe in, and sweep the oppo the side and up overhead. Breathe out as you continue the motion, moving through finally into a side bend. Pause, breathe in, and return back to the starting position. opposite side.</li> </ul>	osite arm out to n full range and	

Trunk Rotation	35 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze ye blades slightly together. Reach your arms out to the sides, as if making a "T", while your shoulder blades together. Twist your upper body to the right and pulse, gently three times into spinal rotation. Exhale out with each twist. Inhale in and return to a repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach f even your ankle.</li> </ul>	still squeezing / pushing further center, then
Cueing Drill	35 seconds
• Begin in the standing position. Take one step forward. Take one step backward. Tur the opposite direction. Turn around to the starting position. Crouch down with you your hands on your knees. Stand up tall and clap your hands ten times. Stand with y and hold. Stand with your left foot up, and hold. Step your right foot forward, and reft arm. Step with your left foot forward, and reach with your right arm. Bring you together, and your arms to your sides. Raise up on your toes. And lower. Turn your Return to the center. Turn your head to the left. And return to thecenter.	r knees bent. Place our right foot up, reach up with your r feet back
it to Stand	35 seconds
<ul> <li>hips and your bottom back and knees over your ankles at 90 degrees. With your ba extend your legs to stand all the way up, move only the hip, knee, and ankle joints a and then return to starting position. Keep shoulders down and knees from bending throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If ur Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. W sit to stand make sure to keep good posture.</li> </ul>	as you stand. Pause past your toes nable to stand,
<ul> <li>extend your legs to stand all the way up, move only the hip, knee, and ankle joints a and then return to starting position. Keep shoulders down and knees from bending throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If ur Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. We have a cane or walker.</li> </ul>	as you stand. Pause past your toes nable to stand,
<ul> <li>extend your legs to stand all the way up, move only the hip, knee, and ankle joints a and then return to starting position. Keep shoulders down and knees from bending throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If ur Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. We sit to stand make sure to keep good posture.</li> </ul>	as you stand. Pause past your toes nable to stand,
<ul> <li>extend your legs to stand all the way up, move only the hip, knee, and ankle joints a and then return to starting position. Keep shoulders down and knees from bending throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If ur Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. We sit to stand make sure to keep good posture.</li> </ul>	as you stand. Pause past your toes hable to stand, /hatever way you 35 seconds For more parallel to the g the same
<ul> <li>extend your legs to stand all the way up, move only the hip, knee, and ankle joints a and then return to starting position. Keep shoulders down and knees from bending throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If ur Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. W sit to stand make sure to keep good posture.</li> <li>BINGO ROLLS (3)</li> <li>Chest Press</li> <li>Hold the resistance band handles, with the resistance band behind your upper back resistance, grab the resistance band itself. Position your arms out to your side and ground, with a slight bend. Slowly bring your hands come in contact, slowly return to</li> </ul>	as you stand. Pause past your toes hable to stand, /hatever way you 35 seconds For more parallel to the g the same

	BINGO ROLLS (3)	
Mornir	ng Walk	35 seconds
	While in the seated position, begin walking in place. The pace will be a little quicker the walking. If you can, on every step, raise the knee so that the hip and knee both reach r degrees. To increase difficulty, pump arms back and forth. The faster you go and the bigger the more difficult the exercise.	near 90
Side St	eps	35 seconds
•	Begin in a seated position, keep feet together and hands on your thighs. Raise your rig off the ground and step as far to the right as you can without leaving your chair. Bring feet back together. Now repeat with the left foot out as far as you can, and come back together.	your
	BINGO ROLLS (3)	
Thumb	to Fingers	JE cocondc
•	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s	
•	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s you can't make your thumb touch, just stretch as far as you can. Return your thumb t position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap.	htened. Bend mall finger. If o the starting
• Iead Tu	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s you can't make your thumb touch, just stretch as far as you can. Return your thumb t position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap.	htened. Bend mall finger. If o the starting 35 seconds
• ead Tu	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s you can't make your thumb touch, just stretch as far as you can. Return your thumb t position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap.	htened. Bend mall finger. If o the starting 35 seconds
• ead Tu	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s you can't make your thumb touch, just stretch as far as you can. Return your thumb t position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap. Irns With straight posture, slowly and gently turn your head toward the left. Hold for a few	htened. Bend mall finger. If o the starting 35 seconds
• Head Tu •	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s you can't make your thumb touch, just stretch as far as you can. Return your thumb t position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap. Irns With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head!	htened. Bend mall finger. If o the starting 35 seconds
• Head Tu • Trunk F	Start with your hand in a neutral, relaxed position with your fingers and thumbs straig your thumb across your palm, touching the tip of your thumb to the bottom of your s you can't make your thumb touch, just stretch as far as you can. Return your thumb t position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap. Irrns With straight posture, slowly and gently turn your head toward the left. Hold for a few seconds. Repeat with the right side. Do not hyperextend your head! BINGO ROLLS (3)	htened. Bend small finger. If o the starting 35 seconds v 35 seconds r shoulder Il squeezing ushing in to center,

 Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing.

BINGO ROLLS (3)		
Toes to the Sky	35 seconds	
<ul> <li>Begin with your back straight and with good posture, eyes facing forward, palms on your thighs if seated and hands on your hips or balanced with a chair if standing.</li> <li>Feet hip-width apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Point your toes straight and slowly return to starting position. Repeat with your left foot</li> </ul>		
Hi, Neighbor!	35 seconds	
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



# EXERCISE ONLY - SESSION 5 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 3) to give to each participant after the session today!!\*\*

<u>Read aloud to the participants</u>: So we've learned that endurance helps your heart and lungs—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<sup>®</sup>, you'll find that your muscles will be able to perform tasks like these with more ease.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

Source: National Institutes on Aging, 2018

### **BINGO ROLLS (3)**

Morning Walk 35 seconds • Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump your arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise. Reverse Fly 35 seconds Hold the resistance band directly in front of your chest. Arms should be extended away from your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, 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. BINGO ROLLS (3)

Good Morning!

35 seconds

• Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.

Ankle Flex	35 seconds	
<ul> <li>In a seated or standing position with feet hip-width apart. Raise one leg off the grour knee at a 90-degree angle. Move only the ankle of your lifted foot to spell a word (su or the alphabet). Repeat with the opposite leg.</li> </ul>	nd, keeping the	
BINGO ROLLS (3)		
Grapevine 35 seconds		
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in fro left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now and cross your right leg behind your left leg. Continue to step sideways, un-crossing t Stand behind a chair for support if needed. If seated, do the same crossing and uncro motion with your arms as you twist your upper body as comfortably as you can go in direction, then grapevine walk your hands all the way to the other side.</li> </ul>	w reverse, the left leg. ossing	
Sit to Stand	35 seconds	
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. It start in a squat position like you are sitting on an imaginary chair with your feet flat or ground under your hips and your bottom back and knees over your ankles at 90 degr your back straight and tall extend your legs to stand all the way up, move only the hip ankle joints as you stand. Pause and then return to starting position. Keep shoulders knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If una stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walk Whatever way you sit to stand make sure to keep good posture.</li> </ul>	on the rees. With p, knee, and down and ble to	
BINGO ROLLS (3)		
Arm Curl	35 seconds	
In a seated position, place the resistance band beneath both feet, or use light weights	. Sit tall	
with the top of the head high. Hands should be gripping band handles or weights with	ı palms up.	
While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.		
Arm Extensions	35 seconds	
<ul> <li>Extend and straighten your right arm straight up, palm facing forward. Bend your right elbow, letting your hand bend down behind your head as if you were patting yourself on the back. Place your left hand on your right elbow. Gently pull until you feel a stretch down the back of your upper arm. Repeat with your left arm.</li> </ul>		
BINGO ROLLS (3)		
Morning Walk	35 seconds	

Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise. Side Steps 35 seconds • If starting in a seated position, keep feet together and hands on your thighs. Raise your right foot off the ground and step as far to the right as you can without leaving your chair. Bring your feet back together. Now repeat with the left foot out as far as you can, and come back together. **BINGO ROLLS (3)** Thumb to Fingers 35 seconds Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. 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. Return your thumb to the starting position. Repeat multiple times with each hand. • To add more difficulty, jump your feet out and back in together with each finger tap. Tricep Extension 35 seconds Seated or standing, raise your arm as if showing your arm muscle. Your right palm should be facing your ear. Grab the resistance band with your left hand. Extend your left arm as far as possible keep the right arm still. Do this several times and then repeat with the opposite arm. Grabbing the resistance band closer to the upper hand makes this exercise more difficult. You can also use the arms of a chair to lift yourself up and lower yourself down slowly. **BINGO ROLLS (3)** Trunk Rotation 35 seconds • Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left. You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle. Freestyle Stroke Standing 35 seconds • Standing with your feet apart, or if sitting scoot to the edge of your chair. Straighten your back with head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating arms going forward in a scooping motion. Pull shoulders down and back while squeezing shoulder blades together. Add difficulty by shifting your weight and balancing. BINGO ROLLS (3) Calf Stretch 35 seconds Stand behind a chair, and place both hands on the back of the chair, keeping back leg straight • lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.

• Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!

BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

\*\*Remember to give your participants their Bingocize<sup>®</sup> Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



#### EXERCISE ONLY - SESSION 6 (Leader)

#### **BINGO ROLLS (3)**

**Read aloud to the participants:** 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<sup>®</sup>. You can also 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.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Source: National Institutes on Aging, 2018

**BINGO ROLLS (3)** 

 Morning Walk
 35 seconds

 • Stand up and begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.

• To increase difficulty pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

Side Flexion	35 seconds
<ul> <li>In a standing or seated position, bend at the waist to the left to bring your left elboroutside of your left hip. Come back to center and repeat on the right. You can incre difficulty by extending your arm straight and reaching further down for the side of y holding light weights.</li> </ul>	ase the
BINGO ROLLS (3)	
Good Morning!	35 seconds
<ul> <li>Begin in the seated position, with your legs wider than shoulder-width apart. Keep y and extended. Slowly bend forward at the hips until your torso is parallel to the floo and neck are flat. Then slowly bend back up, again keeping your spine straight and into the seated position.</li> </ul>	or and your back
Head Turns	35 seconds
<ul> <li>With straight posture, slowly and gently turn your head toward the left. Hold for a fe Repeat with the right side. Do not hyperextend your head!</li> </ul>	ew seconds.

# BINGO ROLLS (3)

Grapevine	35 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in a left foot with your right leg. Continue to step sideways, un-crossing the right leg. N and cross your right leg behind your left leg. Continue to step sideways, un-crossing Stand behind a chair for support if needed. If seated, do the same crossing and un motion with your arms as you twist your upper body as comfortably as you can go direction, then grapevine walk your hands all the way to the other side.</li> <li>t to Stand</li> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart</li> </ul>	Now reverse, ng the left leg. crossing in one 35 seconds
<ul> <li>start in a squat position like you are sitting on an imaginary chair with your feet flaground under your hips and your bottom back and knees over your ankles at 90 do your back straight and tall extend your legs to stand all the way up, move only the ankle joints as you stand. Pause and then return to starting position. Keep should knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. You sit to stand make sure to keep good posture.</li> </ul>	at on the egrees. With hip, knee, and ers down and mable to stand,
BINGO ROLLS (3)	
Arm Curl	35 seconds
<ul> <li>Arm Extensions</li> <li>Extend and straighten your right arm straight up, palm facing forward. Bend your letting your hand bend down behind your head as if you were patting yourself on your left hand on your right elbow. Gently pull until you feel a stretch down the baarm. Repeat with your left arm.</li> </ul>	the back. Place
BINGO ROLLS (3)	
Morning Walk	35 seconds
• Stand up and begin walking in place. The pace will be a little quicker than walking.	If you can, on
<ul> <li>every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the more difficult the exercise.</li> </ul>	
• To increase difficulty, pump arms back and forth. The faster you go and the bigger the more difficult the exercise.	
• To increase difficulty, pump arms back and forth. The faster you go and the bigger	the motions, 35 seconds right foot off your feet back
<ul> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the more difficult the exercise.</li> <li>Side Steps</li> <li>Begin in a seated position with feet together and hands on your thighs. Raise your the ground, and step as far to the right as you can without leaving your chair Bring</li> </ul>	the motions, 35 seconds right foot off your feet back
<ul> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the more difficult the exercise.</li> <li>Side Steps</li> <li>Begin in a seated position with feet together and hands on your thighs. Raise your the ground, and step as far to the right as you can without leaving your chair Bring together. Now repeat with the left foot out as far as you can, and come back together.</li> </ul>	the motions, 35 seconds right foot off your feet back
<ul> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the more difficult the exercise.</li> <li>de Steps</li> <li>Begin in a seated position with feet together and hands on your thighs. Raise your the ground, and step as far to the right as you can without leaving your chair Bring together. Now repeat with the left foot out as far as you can, and come back toget</li> </ul>	the motions, 35 seconds right foot off your feet back ther.

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<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs so your thumb across your palm, touching the tip of your thumb to the bottom of yo you can't make your thumb touch, just stretch as far as you can. Return your thum position. Repeat multiple times with each hand.</li> </ul>	our small finger. If nb to the starting
<ul> <li>To add more difficulty, jump your feet out and back in together with each finger tagget</li> </ul>	ap.
	2E secondo
Hip Raises	35 seconds
<ul> <li>Shift weight to the right hip and lift the left hip off the chair. Shift your weight to t and lift your right hip off the chair.</li> </ul>	he left hip:
BINGO ROLLS (3)	
Trunk Rotation	35 seconds
• Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze	
<ul> <li>your shoulder blades together. Twist your upper body to the right and pulse, gent further three times into spinal rotation. Exhale out with each twist. Inhale in and rothen repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach even your ankle.</li> </ul>	eturn to center,
Freestyle Stroke	35 seconds
<ul> <li>Standing with your feet apart, or if sitting scoot to the edge of your chair. Straight head high. Perform a freestyle swim stroke. Lift your arms overhead, alternating a in a scooping motion. Pull shoulders down and back while squeezing shoulder blac difficulty by shifting your weight and balancing.</li> </ul>	rms going forward
BINGO ROLLS (3)	
	25
Calf Stretch	35 seconds
<ul> <li>Stand behind a chair, and place both hands on the back of the chair, keeping back straight lean into the chair, heels stay on the floor. If standing, straighten one leg a the toes up towards your body to feel a stretch in the calf. To deepen the stretch l down towards your flexed toes. Repeat on the other leg.</li> </ul>	and flex
Hi, Neighbor!	35 seconds
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand five, fist bump or give them a big hug! Make sure you and your neighbor both war same thing!</li> </ul>	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



# EXERCISE ONLY - SESSION 7 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 4) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

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.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

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

BINGO ROLLS (3)	
Morning Walk	35 seconds
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>	
Good Morning!	35 seconds
<ul> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>	
BINGO ROLLS (3)	
Hip Raises	35 seconds
<ul> <li>Shift weight to the right hip and lift the left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li> </ul>	

Obliqu	ue Crunch	35 seconds
٠	While standing or seated, slowly raise one knee up while simultaneously curl down. Twist your torso so that the knee of the leg you are raising, and the elbow touch together. Hold for one second, then return to the starting position. Repeat	of the opposite side
	BINGO ROLLS (3)	
Skier		35 seconds
•	From a standing position, sidestep in one direction and tap the other foot behind farther back you tap the more difficult the skier exercise. Repeat this movement of the arms swing naturally side to-side in the movement of the stepped direction. If do the skier by tapping your foot up and out in one direction and tapping the other foot behind. Then repeat the movement on the other side. Swing your arms naturallegs. The bigger the motion, the more difficult the exercise.	on the other side. Let seated, you can still er
it to Sta		35 seconds
	hips and your bottom back and knees over your ankles at 90 degrees. With your b extend your legs to stand all the way up, move only the hip, knee, and ankle joints and then return to starting position. Keep shoulders down and knees from bendin throughout the exercise.	as you stand. Pause g past your toes
•	To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. sit to stand make sure to keep good posture.	
•	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker.	
	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. I sit to stand make sure to keep good posture.	
	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. It is stand make sure to keep good posture. BINGO ROLLS (3)	Whatever way you 35 seconds at weights. Sit tall with the side until parallel
Latera •	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Y sit to stand make sure to keep good posture. BINGO ROLLS (3) al Raises While seated or standing, place the resistance band beneath both feet, or use ligh the top of the head high. With hands gripping handles, slowly raise both arms to with the floor. Hold for a few seconds, then slowly release to starting position. easier, alternate raising each arm.	Whatever way you 35 seconds at weights. Sit tall with the side until paralle
Latera	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Y sit to stand make sure to keep good posture. BINGO ROLLS (3) al Raises While seated or standing, place the resistance band beneath both feet, or use ligh the top of the head high. With hands gripping handles, slowly raise both arms to with the floor. Hold for a few seconds, then slowly release to starting position. easier, alternate raising each arm.	Whatever way you 35 seconds at weights. Sit tall with the side until parallel To make this exercise 35 seconds ur sides, near the ay in tight near your draw in the you are trying to
Latera • Low Re	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Yes it to stand make sure to keep good posture. BINGO ROLLS (3) Al Raises While seated or standing, place the resistance band beneath both feet, or use light the top of the head high. With hands gripping handles, slowly raise both arms to with the floor. Hold for a few seconds, then slowly release to starting position. easier, alternate raising each arm. ow From the starting position, begin by drawing your hands straight back towards you armpits. While drawing your arms back, your elbows will bend. Make sure they starsides. During the exercise, squeeze the muscles together in the mid-back to help or resistance band. Imagine there is a tennis ball between your shoulder blades and whold it there using only your back muscles. Once the resistance band handles reac	Whatever way you 35 seconds at weights. Sit tall with the side until parallel To make this exercise 35 seconds ur sides, near the ay in tight near your draw in the you are trying to
Latera • Low Ro	Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. It is it to stand make sure to keep good posture. BINGO ROLLS (3) al Raises While seated or standing, place the resistance band beneath both feet, or use light the top of the head high. With hands gripping handles, slowly raise both arms to with the floor. Hold for a few seconds, then slowly release to starting position. easier, alternate raising each arm. ow From the starting position, begin by drawing your hands straight back towards your armpits. While drawing your arms back, your elbows will bend. Make sure they starsides. During the exercise, squeeze the muscles together in the mid-back to help or resistance band. Imagine there is a tennis ball between your shoulder blades and hold it there using only your back muscles. Once the resistance band handles react body, begin slowly lowering the resistance band back to the starting Position.	Whatever way you 35 seconds at weights. Sit tall with the side until parallel To make this exercise 35 seconds ur sides, near the ay in tight near your draw in the you are trying to

Side Steps	35 seconds
<ul> <li>If standing, bring your feet together and arms at your sides. Take one step to feet back together. Ensure that both feet face forward while stepping. Now left and then coming back together. Add a side shoulder raise with the arm Relax arm down when feet are brought together.</li> </ul>	repeat by stepping to the
BINGO ROLLS (3)	
Heel Raises	35 seconds
<ul> <li>From a seated position, begin with your feet hip-width apart and eyes facir feet off the ground while keeping your knees straight. Slowly lower your he ground.</li> </ul>	•
Single Leg Hamstring Curl	35 seconds
• Stand behind your chair and hold onto the back for support. With one leg c	on the ground, begin to
bend at the knee with the other leg as far as you can or until the heel of yo	ur foot touches your
bottom. Slowly extend the leg back to the standing position. Repeat on the	e opposite side. Add a
balance challenge by hovering your hands over the back of the chair and/o	r closing your eyes.
<ul> <li>If unable to stand you can do this exercise by scooting to the edge of your of</li> </ul>	chair, sitting up tall. With one
foot on the ground, bend at the knee with the other leg lifting your heel as	high as you can. Repeat on th
other side.	
BINGO ROLLS (3)	
Ballerina	35 seconds
<ul> <li>Breathe in and raise your arms, balance still and tall as you hold your breath Slowly release your arms and come back to standing on your flat feet as you chair close by for balance as needed. Add a level of difficulty by rising on the your tip toes.</li> </ul>	u breathe out. Keep a
Single Arm Crossover	35 seconds
Gently pull one arm across your chest, below the chin. Hold, and repeat wit	h the opposite arm.
BINGO ROLLS (3)	
Charleston Flapper Dance	35 seconds
• Place hands on knees and cross knees back and forth. This exercise can be c	done seated or standing.
Hi, Neighbor!	35 seconds
• Stand if you can. Then turn to the person on each side of you and shake the bump or give them a big hug! Make sure you and your neighbor both want	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain

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that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



EXERCISE ONLY - SESSION 8 (Leader)

BINGO ROLLS (3)

### Read aloud to the participants:

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

Reminder: During the exercise portion of the program, it is important to push yourself, but make sure to find a pace that makes you "feel good".

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

**BINGO ROLLS (3)** 

35 seconds

35 seconds

- While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
- To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

Good Morning!

Morning Walk

• Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.

## BINGO ROLLS (3)

Heel Raises
 While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

Oblique Crunch

- 35 seconds
- While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.

BINGO ROLLS (3)

Three Dot Step	35 seconds
<ul> <li>Begin by standing with your feet together and arms down to the sides. During this eropposite foot should never leave the ground. Take a step lunge forward about two to During this step lunge reach the arms out in front, away from the body. Now return starting position. With the same foot, step out to the side about two to three feet. It step, reach your arms out in the same direction as the step to the side. Return to the position. Now step backwards about two to three feet, while allowing the arms to or backwards into a horizontal reach. During the backwards step, the front knee will be back leg will remain straight. Return to the starting position.</li> <li>To increase difficulty instead of sliding or stepping your feet in the three steps, you or your feet apart. Feet jumping front and back, together, out side-to-side, together, a opposite foot front and back and together.</li> </ul>	to three feet. to the During the e starting pen end, and the can jump
Sit to Stand	35 seconds
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. start in a squat position like you are sitting on an imaginary chair with your feet flat ground under your hips and your bottom back and knees over your ankles at 90 deg your back straight and tall extend your legs to stand all the way up, move only the h ankle joints as you stand. Pause and then return to starting position. Keep shoulders knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If una stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or wal Whatever way you sit to stand make sure to keep good posture.</li> </ul>	on the grees. With ip, knee, and s down and able to
BINGO ROLLS (3)	
Lateral Raises	35 seconds
<ul> <li>While seated or standing, place the resistance band beneath both feet, or use light tall with the top of the head high. With hands gripping handles, slowly raise both ar side until parallel with the floor. Hold for a few seconds, then slowly release to start To make this exercise easier, alternate raising each arm.</li> </ul>	ms to the
Low Row	35 seconds
<ul> <li>From the starting position, begin by drawing your hands straight back towards your the armpits. While drawing your arms back, your elbows will bend. Make sure they near your sides. During the exercise, squeeze the muscles together in the mid-back to in the resistance band. Imagine there is a tennis ball between your shoulder blades trying to hold it there using only your back muscles. Once the resistance band handl side of the body, begin slowly lowering the resistance band back to the starting posi BINGO ROLLS (3)</li> </ul>	stay in tight to help draw and you are es reach the
Morning Walk 35 seconds	
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking.</li> </ul>	
<ul> <li>While standing, begin waiking in place. The pace will be a little quicker than waiking on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty: pump arms back and forth. The faster you go and the bigger the more difficult the exercise.</li> </ul>	

	If starting in a seated position, keep feet together and hands on your thighs. Raise you the ground and stop as for to the right of your service barries. Bring your shore the right of your service barries are service barries.	our right foot off
	the ground and step as far to the right as you can without leaving your chair. Bring y together. Now repeat with the left foot out as far as you can and come back togethe	
	BINGO ROLLS (3)	
Thumb	to Fingers	35 seconds
	Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap	small finger. If to the starting
Toes to t	he Sky	35 seconds
٠	Begin with your back straight and with good posture, eyes facing forward, palms on	your
	thighs if seated and hands on your hips or balanced with a chair if standing. Feet hip	o-width
	apart. Extend and lift your right foot with toes flexed and pointed up to the sky. Poin	nt your
	toes straight and slowly return to starting position. Repeat with your left foot	
	BINGO ROLLS (3)	
Side Fle	exion	35 seconds
	In a standing or seated position, bend at the waist to the left to bring your left elbow outside of your left hip. Come back to center and repeat on the right. You can increa difficulty by extending your arm straight and reaching further down for the side of y holding light weights.	ase the
Single A	Arm Crossover	35 seconds
•	Gently pull one arm across your chest, below the chin. Hold, and repeat with the op	posite arm.
	BINGO ROLLS (3)	
Rolling-	Disco/John Travolta	35 seconds
	Rotate arms around one another; you can bring your arms high or low; if standing your arms. Do the disco arms, pointing side to side like the "Staying Alive" dance move with it!"	
Hi, Neig	ghbor!	35 seconds
	Stand if you can. Then turn to the person on each side of you and shake their hand, bump or give them a big hug! Make sure you and your neighbor both want the same	<b>U</b>
	BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

\*\*Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week\*\*



# EXERCISE ONLY - SESSION 9 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 5) to give to each participant after the session today!!\*\*

### Read aloud to the participants:

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
- Helping your joints reach their full potential with less pain

Before we get started today, remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

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

### **BINGO ROLLS (3)**

 Morning Walk
 While in the seated position, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees.
 To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.

Single Leg Hamstring Curl

35 seconds

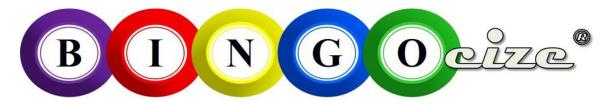
- Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.
- If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. With one foot on the ground, bend at the

BINGO ROLLS (3)	
Staggered Stance	35 seconds
<ul> <li>Begin with feet together and hands at sides. Step forward with your right foot. Hold to 10 seconds. Step back to feet together and then alternate stepping the other foot in increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
Oblique Crunch	35 seconds
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the down. Twist your torso so that the knee of the leg you are raising, and the elbow of t side touch together. Hold for one second, then return to the starting position. Repea other knee.</li> </ul>	he opposite
BINGO ROLLS (3)	
Grapevine	35 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in from foot with your right leg. Continue to step sideways, un-crossing the right leg. Now re- cross your right leg behind your left leg. Continue to step sideways, un-crossing the l behind a chair for support if needed. If seated, do the same crossing and uncrossing your arms as you twist your upper body as comfortably as you can go in one direction grapevine walk your hands all the way to the other side.</li> </ul>	verse, and eft leg. Stand motion with
t to Stand	35 seconds
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If in a squat position like you are sitting on an imaginary chair with your feet flat on the your hips and your bottom back and knees over your ankles at 90 degrees. With your and tall extend your legs to stand all the way up, move only the hip, knee, and ankle stand. Pause and then return to starting position. Keep shoulders down and knees fripast your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whyou sit to stand make sure to keep good posture.</li> </ul>	e ground under r back straight joints as you om bending ble to stand,
BINGO ROLLS (3)	
Chest Press	35 seconds
<ul> <li>If seated or standing, Hold the resistance band handles, with the resistance band beh back. For more resistance, grab the resistance band itself. Position your arms out to parallel to the ground, with a slight bend. Slowly bring your hands together, while als the same slight bend in the arms. Once both of your hands come in contact, slowly restarting position. To increase difficulty, do a pushup on the floor.</li> </ul>	your side and so maintaining

Arm Curl 35 seconds In a seated or standing position place the resistance band beneath both feet, or use light weights. ۲ Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position. **BINGO ROLLS (3)** Morning Walk 35 seconds • While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty, pump arms back and forth. . The faster you go and the bigger the motions, • the more difficult the exercise. **Heel Raises** 35 seconds • While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes. **BINGO ROLLS (3)** Thumb to Fingers 35 seconds Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. • 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. Return your thumb to the starting position. Repeat multiple times with each hand. • To add more difficulty, jump your feet out and back in together with each finger tap. Reverse Fly 35 seconds Hold the resistance band directly in front of your chest. Arms should be extended away from ۲ your body and straight. While holding the rubber portion of the band, slowly pull your arms away from your center. Allowing the band to stretch across your chest. Once the band has been fully extended, 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. **BINGO ROLLS (3)** Alternate Foot Balance 35 seconds Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra • support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed. Ballerina 35 seconds

<ul> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for seven Slowly release your arms and come back to standing on your flat feet as you breathe chair close by for balance as needed. Add a level of difficulty by rising on the balls of your tip toes.</li> </ul>	out. Keep a		
BINGO ROLLS (3)			
Rolling-Disco/John Travolta	35 seconds		
<ul> <li>Rotate arms around one another; you can bring your arms high or low; if standing your or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move it!"</li> </ul>			
Hi, Neighbor!	35 seconds		
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the same</li> </ul>	•		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)			

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



# EXERCISE ONLY - SESSION 10 (Leader) BINGO ROLLS (3)

### Read aloud to the participants:

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. Feel free to try the Bingocize<sup>®</sup> flexibility and range of motion exercises at home. Remember, you can do these every day!

Before we get started, though, don't forget to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

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

**BINGO ROLLS (3)** 

35 seconds an walking. degrees. motions, 35 seconds
degrees. motions, 35 seconds
35 seconds
ad bagin to
nd, begin to uches your side. Add a our eyes. ng up tall. nigh as you
2E cocondo
35 seconds
his position in front. To

)blique Crunch	35 seconds
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling t down. Twist your torso so that the knee of the leg you are raising, and the elbow of side touch together. Hold for one second, then return to the starting position. Re other knee.</li> </ul>	of the opposite
BINGO ROLLS (3)	
Grapevine	35 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in foot with your right leg. Continue to step sideways, un-crossing the right leg. Now cross your right leg behind your left leg. Continue to step sideways, un-crossing the behind a chair for support if needed. If seated, do the same crossing and uncross your arms as you twist your upper body as comfortably as you can go in one dire grapevine walk your hands all the way to the other side.</li> </ul>	w reverse, and he left leg. Stand sing motion with
Sit to Stand	35 seconds
start in a squat position like you are sitting on an imaginary chair with your feet flue under your hips and your bottom back and knees over your ankles at 90 degrees	-
<ul> <li>straight and tall extend your legs to stand all the way up, move only the hip, knee, as you stand. Pause and then return to starting position. Keep shoulders down are bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker you sit to stand make sure to keep good posture.</li> </ul>	and ankle joints nd knees from unable to stand,
<ul> <li>straight and tall extend your legs to stand all the way up, move only the hip, knee, as you stand. Pause and then return to starting position. Keep shoulders down are bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker, you sit to stand make sure to keep good posture.</li> </ul>	and ankle joints nd knees from unable to stand, . Whatever way
<ul> <li>straight and tall extend your legs to stand all the way up, move only the hip, knee, as you stand. Pause and then return to starting position. Keep shoulders down are bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker you sit to stand make sure to keep good posture.</li> </ul>	and ankle joints nd knees from unable to stand, . Whatever way 35 seconds I behind your ns out to your her, while also
<ul> <li>straight and tall extend your legs to stand all the way up, move only the hip, knee, as you stand. Pause and then return to starting position. Keep shoulders down ar bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker you sit to stand make sure to keep good posture.</li> <li>BINGO ROLLS (3)</li> <li>Chest Press</li> <li>If seated or standing, Hold the resistance band handles, with the resistance band upper back. For more resistance, grab the resistance band itself. Position your arm side and parallel to the ground, with a slight bend. Slowly bring your hands togeth maintaining the same slight bend in the arms. Once both of your hands come in comparison.</li> </ul>	and ankle joints nd knees from unable to stand, . Whatever way 35 seconds I behind your ns out to your her, while also
<ul> <li>straight and tall extend your legs to stand all the way up, move only the hip, knee, as you stand. Pause and then return to starting position. Keep shoulders down are bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If u Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker, you sit to stand make sure to keep good posture.</li> </ul> BINGO ROLLS (3) Chest Press If seated or standing, Hold the resistance band handles, with the resistance band upper back. For more resistance, grab the resistance band itself. Position your arm side and parallel to the ground, with a slight bend. Slowly bring your hands togeth maintaining the same slight bend in the arms. Once both of your hands come in correturn to the starting position. To increase difficulty, do a pushup on the floor.	and ankle joints and knees from unable to stand, . Whatever way 35 seconds I behind your ns out to your her, while also ontact, slowly 35 seconds se light weights. weights with earm should

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Morning Walk	35 seconds
• While standing begin walking in place. The pace will be a little quicker t every step raise the knee so that the hip and knee both reach near 90	degrees.
<ul> <li>To increase difficulty, pump your arms back and forth. The faster you go motions, the more difficult the exercise.</li> </ul>	o and the bigger the
Heel Raises	35 seconds
<ul> <li>While standing, behind a chair for support if needed, raise your heels or your knees straight. Slowly lower heels to the ground. To make this exercise your arms out in front of you, move your feet closer together, or close</li> </ul>	ercise more difficult, raise
BINGO ROLLS (3)	
Thumb to Fingers	35 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and your thumb across your palm, touching the tip of your thumb to the bo you can't make your thumb touch, just stretch as far as you can. Return position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each</li> </ul>	ottom of your small finger. If n your thumb to the starting
Arm Extensions	35 seconds
<ul> <li>Extend and straighten your right arm straight up, palm facing forward.</li> </ul>	
letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st your upper arm. Repeat with your left arm.	yourself on the back.
letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st	yourself on the back.
letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st your upper arm. Repeat with your left arm. BINGO ROLLS (3)	yourself on the back.
letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st your upper arm. Repeat with your left arm. BINGO ROLLS (3)	yourself on the back. Tretch down the back of 35 seconds level without touching the ficulty by standing your feet
<ul> <li>letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st your upper arm. Repeat with your left arm.</li> <li>BINGO ROLLS (3)</li> <li>Static Balance</li> <li>Stand with eyes focused forward and one leg elevated to about ankle support leg. Hold, now repeat with the other leg. You can increase diff closer together, lifting your leg higher, lifting your arms, or crossing th your eyes.</li> </ul>	yourself on the back. Tretch down the back of 35 seconds level without touching the ficulty by standing your feet
<ul> <li>letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st your upper arm. Repeat with your left arm.</li> <li>BINGO ROLLS (3)</li> <li>Static Balance</li> <li>Stand with eyes focused forward and one leg elevated to about ankle support leg. Hold, now repeat with the other leg. You can increase diff closer together, lifting your leg higher, lifting your arms, or crossing th</li> </ul>	yourself on the back. Tretch down the back of 35 seconds level without touching the ficulty by standing your feet em at your chest, or closing 35 seconds oreath for several counts. s you breathe out. Keep a
<ul> <li>letting your hand bend down behind your head as if you were patting Place your left hand on your right elbow. Gently pull until you feel a st your upper arm. Repeat with your left arm.</li> <li>BINGO ROLLS (3)</li> <li>Static Balance</li> <li>Stand with eyes focused forward and one leg elevated to about ankle support leg. Hold, now repeat with the other leg. You can increase diff closer together, lifting your leg higher, lifting your arms, or crossing th your eyes.</li> <li>Ballerina</li> <li>Breathe in and raise your arms, balance still and tall as you hold your k Slowly release your arms and come back to standing on your flat feet a chair close by for balance as needed. Add a level of difficulty by rising on your standards and tall as you hold your standards and come back to standing on your flat feet a chair close by for balance as needed. Add a level of difficulty by rising on your standards and tall as you hold your standards and come back to standing on your flat feet a chair close by for balance as needed. Add a level of difficulty by rising on your standards and tall as you hold your standards and tall as you hold your standards and tall as you hold your to the your close by for balance as needed. Add a level of difficulty by rising on your flat feet a you hold your to your standards and you hold your to your your your your your your your you</li></ul>	yourself on the back. Tretch down the back of 35 seconds level without touching the ficulty by standing your feet em at your chest, or closing 35 seconds oreath for several counts. s you breathe out. Keep a

<ul> <li>Rotate arms around one another; you can bring your arms high or low; if standing yo sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. H</li> </ul>	
Hi, Neighbor!	35 seconds
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the same</li> </ul>	<b>U</b>
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



# EXERCISE ONLY - SESSION 11 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 6) to give to each participant after the session today!!\*\*

# Read aloud to the participants:

Welcome to week six! Time flies when you are having fun playing Bingocize<sup>®</sup>! You're doing great! How are you feeling? (*Allow time for participants to discuss their improvements so far*). 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 we get going today, always remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, National Institute on Aging, 2017

BINGO ROLLS (3)		
Morning Walk	45 seconds	
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking. on every step, raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the the more difficult the exercise.</li> </ul>		
Single Leg Hamstring Curl	45 seconds	

• Stand behind your chair and hold onto the back for support. With one leg on the ground, begin to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes.

• If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. 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.

BINGO ROLLS (3)	
Staggered Stance	45 seconds
<ul> <li>Begin with feet together and hands at sides. Step forward with your right foot. Hold for 10 seconds. Step back to feet together and then alternate stepping the other foot increase the difficulty, jump your feet out instead of stepping.</li> </ul>	
Oblique Crunch	45 seconds
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the u down. Twist your torso so that the knee of the leg you are raising, and the elbow of the side touch together. Hold for one second, then return to the starting position. Repea other knee.</li> </ul>	he opposite
BINGO ROLLS (3)	
Grapevine	45 seconds
left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now and cross your right leg behind your left leg. Continue to step sideways, un-crossing t Stand behind a chair for support if needed. If seated, do the same crossing and uncro motion with your arms as you twist your upper body as comfortably as you can go in direction, then grapevine walk your hands all the way to the other side.	he left leg. ossing
it to Stand	45 seconds
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If start in a squat position like you are sitting on an imaginary chair with your feet flat or ground under your hips and your bottom back and knees over your ankles at 90 degr your back straight and tall extend your legs to stand all the way up, move only the hip ankle joints as you stand. Pause and then return to starting position. Keep shoulders knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Why you sit to stand make sure to keep good posture.</li> </ul>	on the rees. With o, knee, and down and ble to stand,
BINGO ROLLS (3)	
Chest Press Standing	45 seconds
<ul> <li>If seated or standing, Hold the resistance band handles, with the resistance band ber upper back. For more resistance, grab the resistance band itself. Position your arms of side and parallel to the ground, with a slight bend. Slowly bring your hands together, maintaining the same slight bend in the arms. Once both of your hands come in conta- return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	out to your while also

Arm Curl Standing	45 seconds
<ul> <li>In a seated or standing position place the resistance band beneath both feet,</li> </ul>	, or use light
weights. Sit tall with the top of the head high. Hands should be gripping band	d handles or
weights with palms up. While holding the upper arm still, curl your lower arn	n up. Only the
forearm should move. Curl as far as possible, and slowly bring your hands ba	ck to the starting
position.	
BINGO ROLLS (3)	
Morning Walk	45 seconds
<ul> <li>While standing begin walking in place. The pace will be a little quicker than w on every step raise the knee so that the hip and knee both reach near 90 deg</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the k the more difficult the exercise.</li> </ul>	grees.
Heel Raises	45 seconds
<ul> <li>While standing, behind a chair for support if needed, raise your heels off the</li> </ul>	floor while keeping
your knees straight. Slowly lower heels to the ground. To make this exercise	more difficult, raise
your arms out in front of you, move your feet closer together, or close your e	eyes.
BINGO ROLLS (3)	
Thumb to Fingers	45 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thun</li> </ul>	nbs straightened.
Bend your thumb across your palm, touching the tip of your thumb to the bo	ottom of your small
finger. If you can't make your thumb touch, just stretch as far as you can. Ret	urn your thumb to
the starting position. Repeat multiple times with each hand.	
• To add more difficulty, jump your feet out and back in together with each fin	ger tap.
Toes to the Sky	45 seconds
<ul> <li>Begin with your back straight and with good posture, eyes facing forward, pa</li> </ul>	alms on your
thighs if seated and hands on your hips or balanced with a chair if standing. F	eet hip-width
apart. Extend and lift your right foot with toes flexed and pointed up to the s	ky. Point your
toes straight and slowly return to starting position. Repeat with your left foo	t
BINGO ROLLS (3)	
Alternate Foot Balance	45 seconds
<ul> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if support. Alternate lifting your right and left foot in the air or tapping your foo or pillow.</li> </ul>	•
• If standing, Balance on one foot at a time, increasing the difficulty by raising to foot and standing independently without holding onto anything, increasing s	• ·
Ballerina	45 seconds

S c	Breathe in and raise your arms, balance still and tall as you hold your breath for seve Slowly release your arms and come back to standing on your flat feet as you breathe Chair close by for balance as needed. Add a level of difficulty by rising on the balls of Your tip toes.	e out. Keep a
L	BINGO ROLLS (3)	
Rolling-D	Disco/John Travolta	45 seconds
o it	Rotate arms around one another; you can bring your arms high or low; if standing yo or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move t!"	
Hi, Neigh	ibor!	45 seconds
	stand if you can. Then turn to the person on each side of you and shake their hand, I pump or give them a big hug! Make sure you and your neighbor both want the same	-
	BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

\*\*Remember to give your participants their Bingocize<sup>®</sup> Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



# EXERCISE ONLY - SESSION 12 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

We are over halfway through the Bingocize<sup>®</sup> program and you are all doing so well! 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.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

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

**BINGO ROLLS (3)** 45 seconds Morning Walk • While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise. Single Leg Hamstring Curl 45 seconds Stand behind your chair and hold onto the back for support. With one leg on the ground, begin • to bend at the knee with the other leg as far as you can or until the heel of your foot touches your bottom. Slowly extend the leg back to the standing position. Repeat on the opposite side. Add a balance challenge by hovering your hands over the back of the chair and/or closing your eyes. If unable to stand you can do this exercise by scooting to the edge of your chair, sitting up tall. 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. **BINGO ROLLS (3)** Staggered Stance 45 seconds Begin with feet together and hands at sides. Step forward with your right foot. Hold this position • for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.

Jplidr	ie Crunch	45 seconds
•	While standing or seated, slowly raise one knee up while simultaneously curling the down. Twist your torso so that the knee of the leg you are raising, and the elbow of t side touch together. Hold for one second, then return to the starting position. Repeat other knee.	the opposite
	BINGO ROLLS (3)	
Grape	vine	45 seconds
•	Begin by standing with your arms at your sides with feet together. Step across, in from left foot with your right leg. Continue to step sideways, un-crossing the right leg. No and cross your right leg behind your left leg. Continue to step sideways, un-crossing Stand behind a chair for support if needed. If seated, do the same crossing and uncre- motion with your arms as you twist your upper body as comfortably as you can go in direction, then grapevine walk your hands all the way to the other side.	w reverse, the left leg. ossing
it to S	tand	45 seconds
•	Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. I start in a squat position like you are sitting on an imaginary chair with your feet flat ground under your hips and your bottom back and knees over your ankles at 90 deg your back straight and tall extend your legs to stand all the way up, move only the hi	on the rees. With
•	ankle joints as you stand. Pause and then return to starting position. Keep shoulders knees from bending past your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Why you sit to stand make sure to keep good posture.	down and able to stand,
•	knees from bending past your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. W	down and able to stand,
• Chest	knees from bending past your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Why you sit to stand make sure to keep good posture. BINGO ROLLS (3)	down and able to stand, hatever way
• Chest	knees from bending past your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Why you sit to stand make sure to keep good posture. BINGO ROLLS (3)	able to stand, hatever way 45 seconds hind your out to your ; while also
• Chest • Arm C	knees from bending past your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. We you sit to stand make sure to keep good posture. BINGO ROLLS (3) Press If seated or standing, Hold the resistance band handles, with the resistance band be upper back. For more resistance, grab the resistance band itself. Position your arms side and parallel to the ground, with a slight bend. Slowly bring your hands together maintaining the same slight bend in the arms. Once both of your hands come in cont return to the starting position. To increase difficulty, do a pushup on the floor.	able to stand, hatever way 45 seconds hind your out to your , while also

BINGO ROLLS (3)		
Morning Walk	45 seconds	
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>		
Heel Raises	45 seconds	
<ul> <li>While standing, behind a chair for support if needed, raise your heels off the floor v your knees straight. Slowly lower heels to the ground. To make this exercise more of your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>		
BINGO ROLLS (3)	1	
Thumb to Fingers	45 seconds	
• Start with your hand in a neutral, relaxed position with your fingers and thumbs stra	aightened.	
<ul> <li>Bend your thumb across your palm, touching the tip of your thumb to the bottom of finger. If you can't make your thumb touch, just stretch as far as you can. Return you the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap</li> </ul>	ur thumb to	
Hip Raises	45 seconds	
<ul> <li>Shift weight to the right hip and lift left hip off the chair. Shift your weight to the left hip and lift your right hip off the chair.</li> </ul>		
BINGO ROLLS (3)		
Static Balance	45 seconds	
<ul> <li>Stand with eyes focused forward and one leg elevated to about ankle level without the support leg. Hold, now repeat with the other leg. You can increase difficulty by your feet closer together, lifting your leg higher, lifting your arms, or crossing them chest, or closing your eyes.</li> </ul>	standing	
Ballerina	45 seconds	
<ul> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.</li> </ul>		
BINGO ROLLS (3)		
Rolling-Disco/John Travolta	45 seconds	

• Rotate arms around one another; you can bring your arms high or low; if standing you can bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" dance move. Have fun with it!"

### Hi, Neighbor!

45 seconds

• Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!

# BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



#### EXERCISE ONLY - SESSION 13 (Leader)

#### BINGO ROLLS (3)

\*\*Remember to print Exercise Only Take-Home Card (week 7) to give to each participant after the session today!!\*\*

#### Read aloud to the participants:

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 sleep
- Makes you feel more in control

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

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

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

**BINGO ROLLS (3)** 

Morning Walk	45 seconds	
<ul> <li>While standing, begin walking in place. The pace will be a little quicker than walking. If you can, on every step, raise the knee so that the hip and knee both reach near 90 degrees. To increase difficulty pump arms back and forth. The faster you go and the bigger the movements, the more difficult the exercise.</li> </ul>		
Static Balance	45 seconds	
<ul> <li>Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.</li> </ul>		
BINGO ROLLS (3)		
Staggered Stance	45 seconds	
<ul> <li>Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.</li> </ul>		

Last Updated January 2023

Oblique Crunch	45seconds	
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee.</li> </ul>		
BINGO ROLLS (3)		
Grapevine	45 seconds	
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>		
Swimming Dance	45 seconds	
<ul> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy with one arm raised above the head.</li> </ul>		
BINGO ROLLS (3)		
Chest Press	45 seconds	
<ul> <li>If seated or standing, Hold the resistance band handles, with the resistance band behind your upper back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>		
Arm Curl	45 seconds	
<ul> <li>In a seated or standing position place the resistance band beneath both feet, or use light weights. Sit tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.</li> </ul>		
BINGO ROLLS (3)		
Morning Walk	45 seconds	
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the movements, the more difficult the exercise.</li> </ul>		
Heel Raises	45 seconds	
<ul> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>		
BINGO ROLLS (3)		

Thumb to Fingers	45 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thun your thumb across your palm, touching the tip of your thumb to the bottom you can't make your thumb touch, just stretch as far as you can. Return your position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	of your small finger. If thumb to the starting
Top Shelf Reach	45 seconds
• If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Ke	ep your back
straight. Place one hand on the side of the chair for support. Breathe in, and	sweep the
opposite arm out to the side and up overhead. Breathe out as you continue t	he motion,
moving through full range and finally into a side bend. Pause, breathe in, and	l return back to
the starting position. Repeat on the opposite side.	
BINGO ROLLS (3)	
Alternate Foot Balance	45 seconds
<ul> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if support. Alternate lifting your right and left foot in the air or tapping your foor pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the foot and standing independently without holding onto anything, increasing s</li> </ul>	ot on the foam pad the height of your lifted
Ballerina	45 seconds
• Breathe in and raise your arms, balance still and tall as you hold your breath	for several counts.
Slowly release your arms and come back to standing on your flat feet as you	
a chair close by for balance as needed. Add a level of difficulty by rising on th	e balls of your feet
or your tip toes.	
BINGO ROLLS (3)	
Rolling-Disco/John Travolta	45 seconds
Rotate arms around one another; you can bring your arms high or low; if star	ıding you can
bounce or sway. Do the disco arms, pointing side to side like the "Staying Aliv Have fun with it!"	e" dance move.
Hi, Neighbor!	45 seconds
• Stand if you can. Then turn to the person on each side of you and shake their	hand, high five,
fist bump or give them a big hug! Make sure you and your neighbor both war	It the same thing!
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	
**Remember to give your participants their Bingocize® Take-He	ome Cards today

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



EXERCISE ONLY - SESSION 14 (Leader)

#### BINGO ROLLS (3)

# Read aloud to the participants:

You may have trouble finding the time and motivation to exercise. That's understandable. We all have those days. However, there 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.

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

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

# BINGO ROLLS (3) Morning Walk 50 seconds • While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees. • To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise. Static Balance 50 seconds • Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes. BINGO ROLLS (3) Staggered Stance 50 seconds

• Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for 10 seconds. Step back to feet together and then alternate stepping the other foot in front. To increase the difficulty, jump your feet out instead of stepping.

Oblique Crunch	50 seconds
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the down. Twist your torso so that the knee of the leg you are raising, and the elbow of side touch together. Hold for one second, then return to the starting position. Repo other knee.</li> </ul>	f the opposite
BINGO ROLLS (3)	
Grapevine	50 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in for left foot with your right leg. Continue to step sideways, un-crossing the right leg. N and cross your right leg behind your left leg. Continue to step sideways, un-crossing Stand behind a chair for support if needed. If seated, do the same crossing and unce motion with your arms as you twist your upper body as comfortably as you can go direction, then grapevine walk your hands all the way to the other side.</li> </ul>	ow reverse g the left leg. crossing
Swimming Dance	50 seconds
<ul> <li>While standing, move arms in a swimming motion, then plug nose, and shimmy wit raised above the head</li> </ul>	h one arm
BINGO ROLLS (3)	
Chest Press	50 seconds
<ul> <li>If seated or standing, Hold the resistance band handles, with the resistance band b upper back. For more resistance, grab the resistance band itself. Position your arms side and parallel to the ground, with a slight bend. Slowly bring your hands togethe maintaining the same slight bend in the arms. Once both of your hands come in con- return to the starting position. To increase difficulty, do a pushup on the floor.</li> </ul>	s out to your er, while also
Arm Curl	50 seconds
<ul> <li>In a seated or standing position place the resistance band beneath both feet or use weights. Sit tall with the top of the head high. Hands should be gripping band hand with palms up. While holding the upper arm still, curl your lower arm up. Only the should move. Curl as far as possible, and slowly bring your hands back to the starting</li> </ul>	les or weights forearm
BINGO ROLLS (3)	
The Twist	50 seconds
<ul> <li>Begin with feet shoulder-width apart and equal weight on both feet. With knees fle your torso squared evenly with your hips. Move one foot forward. The front foot sl a full length ahead of the back foot, and there should be some overlap between the</li> </ul>	hould not be

Heel F	Raises	30 seconds
•	While standing, behind a chair for support if needed, raise your heels off the floo	r while
	keeping your knees straight. Slowly lower heels to the ground. To make this exerc	cise more
	difficult, raise your arms out in front of you, move your feet closer together, or close your	
	eyes.	
	BINGO ROLLS (3)	
Thum	b to Fingers	50 seconds
•	Start with your hand in a neutral, relaxed position with your fingers and thumbs s Bend your thumb across your palm, touching the tip of your thumb to the bottom finger. If you can't make your thumb touch, just stretch as far as you can. Return the starting position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger t	n of your small your thumb to
Low R	Row	50 seconds
•	From the starting position, begin by drawing your hands straight back towards yo	our sides,
	near the armpits. While drawing your arms back, your elbows will bend. Make su	re they
	stay tight near your sides. During the exercise, squeeze the muscles together in the	•
	back to help draw in the resistance band. Imagine there is a tennis ball between	
	shoulder blades, and you are trying to hold it there using only your back muscles.	
	resistance band handles reach the side of the body, begin slowly lowering the res	
	band back to the starting position.	
	band back to the starting position. BINGO ROLLS (3)	
Altern		50 seconds
Altern •	BINGO ROLLS (3) nate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h	need extra the foam pad neight of your
	BINGO ROLLS (3) nate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing	need extra the foam pad neight of your
•	BINGO ROLLS (3) nate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing	need extra the foam pad neight of your speed. 50 seconds everal counts. the out. Keep a
•	BINGO ROLLS (3) mate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing ina Breathe in and raise your arms, balance still and tall as you hold your breath for s Slowly release your arms and come back to standing on your flat feet as you breat chair close by for balance as needed. Add a level of difficulty by rising on the balls	need extra the foam pad neight of your speed. 50 seconds everal counts. the out. Keep a
• Balleri	BINGO ROLLS (3) nate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing ina Breathe in and raise your arms, balance still and tall as you hold your breath for s Slowly release your arms and come back to standing on your flat feet as you breat chair close by for balance as needed. Add a level of difficulty by rising on the balls your tip toes.	need extra the foam pad neight of your speed. 50 seconds everal counts. the out. Keep a
• Balleri	BINGO ROLLS (3) nate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing ina Breathe in and raise your arms, balance still and tall as you hold your breath for s Slowly release your arms and come back to standing on your flat feet as you breat chair close by for balance as needed. Add a level of difficulty by rising on the balls your tip toes. BINGO ROLLS (3)	need extra the foam pad height of your speed. 50 seconds everal counts. the out. Keep a of your feet or 50 seconds 50 seconds
• Balleri • Rollina	BINGO ROLLS (3) mate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing ina Breathe in and raise your arms, balance still and tall as you hold your breath for s Slowly release your arms and come back to standing on your flat feet as you breat chair close by for balance as needed. Add a level of difficulty by rising on the balls your tip toes. BINGO ROLLS (3) g-Disco/John Travolta Rotate arms around one another; you can bring your arms high or low; if standing bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" d	need extra the foam pad height of your speed. 50 seconds everal counts. the out. Keep a of your feet or 50 seconds 50 seconds
• Balleri • Rollina	BINGO ROLLS (3) mate Foot Balance Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you support. Alternate lifting your right and left foot in the air or tapping your foot on or pillow. If standing, Balance on one foot at a time, increasing the difficulty by raising the h lifted foot and standing independently without holding onto anything, increasing ina Breathe in and raise your arms, balance still and tall as you hold your breath for s Slowly release your arms and come back to standing on your flat feet as you breat chair close by for balance as needed. Add a level of difficulty by rising on the balls your tip toes. BINGO ROLLS (3) g-Disco/John Travolta Rotate arms around one another; you can bring your arms high or low; if standing bounce or sway. Do the disco arms, pointing side to side like the "Staying Alive" d Have fun with it!"	need extra the foam pad height of your speed. 50 seconds everal counts. the out. Keep a of your feet or 50 seconds g you can ance move. 50 seconds d, high five, fist

\*\*Remind your participants to keep working on their Bingocize® Take-Home Cards to bring back next week\*\*



# EXERCISE ONLY - SESSION 15 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 8) to give to each participant after the session today!!\*\*

# Read aloud to the participants:

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.

Before we get started, though, don't forget to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Council on Aging, 2017

**BINGO ROLLS (3)** 

Grapevine	50 seconds
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in from foot with your right leg. Continue to step sideways, un-crossing the right leg. Now recross your right leg behind your left leg. Continue to step sideways, un-crossing the behind a chair for support if needed. If seated, do the same crossing and uncrossing your arms as you twist your upper body as comfortably as you can go in one direction grapevine walk your hands all the way to the other side.</li> </ul>	everse and left leg. Stand motion with
Heel Raises	50 seconds
<ul> <li>While standing, behind a chair for support if needed, raise your heels off the floor w your knees straight. Slowly lower heels to the ground. To make this exercise more d your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>	
BINGO ROLLS (3)	
Calf Stretch	50 seconds
<ul> <li>If seated, raise both feet towards the sky keeping both legs straight, flexing your fee if you want. Lower both feet back to the starting position. If standing with a chair, pl hands on the back of the chair, keeping back leg straight lean into the chair, heels sta If standing, straighten one leg and flex the toes up towards your body to feel a strete To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>	ace both ay on the floor. ch in the calf.

Last Updated January 2023

Top Sł	helf Reach	50 seconds
•	If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep your Place one hand on the side of the chair for support. Breathe in and sweep the oppos the side and up overhead. Breathe out as you continue the motion, moving through finally into a side bend. Pause, breathe in, and return back to the starting position. R opposite side.	ite arm out to full range and
	BINGO ROLLS (3)	
Skier		50 seconds
•	From a standing position, sidestep in one direction and tap the other foot behind the The farther back you tap the more difficult the skier exercise. Repeat this movement side. Let the arms swing naturally side to-side in the movement of the stepped direct you can still do the skier by tapping your foot up and out in one direction and tappin foot behind. Then repeat the movement on the other side. Swing your arms naturally your legs. The bigger the motion, the more difficult the exercise.	on the other ion. If seated, g the other
Sit to S	tand	50 seconds
•	under your hips and your bottom back and knees over your ankles at 90 degrees. Wi straight and tall extend your legs to stand all the way up, move only the hip, knee, ar as you stand. Pause and then return to starting position. Keep shoulders down and k bending past your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If una Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Wh you sit to stand make sure to keep good posture.	id ankle joints nees from ble to stand,
	BINGO ROLLS (3)	
Cuein	g Drill	50 seconds
•	Begin in the standing position. Take one step forward. Take one step backward. Turn face the opposite direction. Turn around to the starting position. Crouch down with Place your hands on your knees. Stand up tall and clap your hands ten times. Stand w foot up, and hold. Stand with your left foot up, and hold. Step your right foot forward with your left arm. Step with your left foot forward, and reach with your right arm. E back together, and your arms to your sides. Raise up on your toes. And lower. Turn y right. Return to the center. Turn your head to the left. And return to the center.	your knees bent vith your right d, and reach up ring your feet
Arm C		50 seconds
•	In a seated or standing position place the resistance band beneath both feet or use li Sit tall with the top of the head high. Hands should be gripping band handles or weig palms up. While holding the upper arm still, curl your lower arm up. Only the forear	hts with

BINGO ROLLS (3)			
Morning Walk	50 seconds		
<ul> <li>While standing begin walking in place. The pace will be a little quicker than walking. If you can, on every step raise the knee so that the hip and knee both reach near 90 degrees.</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the bigger the motions, the more difficult the exercise.</li> </ul>			
Side Steps	50 seconds		
• If standing, bring your feet together and arms at your sides. Take one step to the right	ht. Bring		
your feet back together. Ensure that both feet face forward while stepping. Now rep	eat by		
stepping to the left and then coming back together. Add a side shoulder raise with th	ne arm of		
the stepped direction. Relax arm down when feet are brought together.			
BINGO ROLLS (3)			
Thumb to Fingers	50 seconds		
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs straightened. 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. Return your thumb to the starting position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>			
Triceps Extension	50 seconds		
• Seated or standing, raise your arm as if showing your arm muscle. Your right palm sh	ould be		
facing your ear. Grab the resistance band with your left hand. Extend your left arm a	s far as		
possible, keep the right arm still. Do this several times and then repeat with the oppo	osite		
arm. Grabbing the resistance band closer to the upper hand makes this exercise mor	e		
difficult. You can also use the arms of a chair to lift yourself up and lower yourself do slowly.	own		
BINGO ROLLS (3)			
Trunk Rotation	50 seconds		
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Squeeze your shoulder blades slightly together. Reach your arms out to the sides, as if making a "T", while still squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return to center, then repeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reach for your knee or even your ankle.</li> </ul>			
Ballerina	50 seconds		
	I		

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<ul> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for sever release your arms and come back to standing on your flat feet as you breathe out. Ke by for balance as needed. Add a level of difficulty by rising on the balls of your feet o</li> </ul>	eep a chair close
BINGO ROLLS (3)	
Oblique Crunch	50 seconds
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the down. Twist your torso so that the knee of the leg you are raising, and the elbow of side touch together. Hold for one second, then return to the starting position. Rep other knee.</li> </ul>	the opposite
Hi, Neighbor!	50 seconds
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the same</li> </ul>	-
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



# EXERCISE ONLY - SESSION 16 (Leader)

**BINGO ROLLS (3)** 

#### Read aloud to the participants:

As we wrap up the 8<sup>th</sup> week of Bingocize<sup>®</sup>, 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.
- Feeling happier and less anxious

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

Source: National Council on Aging, 2017

#### BINGO ROLLS (3)

Grapevine	50 seconds		
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>			
Heel Raises	50 seconds		
<ul> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>			
BINGO ROLLS (3)			
Calf Stretch	50 seconds		
<ul> <li>If standing with a chair, place both hands on the back of the chair, keeping back leg straight lean into the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up towards your body to feel a stretch in the calf. To deepen the stretch lean down towards your flexed toes. Repeat on the other leg.</li> </ul>			

op Shelf Reach	50 seconds
<ul> <li>If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep Place one hand on the side of the chair for support. Breathe in and sweep the op the side and up overhead. Breathe out as you continue the motion, moving thro finally into a side bend. Pause, breathe in, and return back to the starting positio opposite side.</li> </ul>	oposite arm out to ugh full range and
BINGO ROLLS (3)	
kier	50 seconds
• From a standing position, sidestep in one direction and tap the other foot behind The farther back you tap the more difficult the skier exercise. Repeat this moven side. Let the arms swing naturally side to-side in the movement of the stepped d you can still do the skier by tapping your foot up and out in one direction and tap behind. Then repeat the movement on the other side. Swing your arms naturally legs. The bigger the motion, the more difficult the exercise.	nent on the other lirection. If seated, oping the other foo
to Stand	50 seconds
<ul> <li>in a squat position like you are sitting on an imaginary chair with your feet flat or your hips and your bottom back and knees over your ankles at 90 degrees. With and tall extend your legs to stand all the way up, move only the hip, knee, and an stand. Pause and then return to starting position. Keep shoulders down and knee your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker sit to stand make sure to keep good posture.</li> </ul>	your back straight nkle joints as you es from bending pa f unable to stand,
BINGO ROLLS (3)	
rm Extensions	50 seconds
<ul> <li>Extend and straighten your right arm straight up, palm facing forward. Bend you your hand bend down behind your head as if you were patting yourself on the b hand on your right elbow. Gently pull until you feel a stretch down the back of yo Repeat with your left arm.</li> </ul>	ack. Place your left
rm Curl	50 seconds
<ul> <li>In a seated or standing position place the resistance band beneath both feet or used of the seated bigh. Hands should be gripping band handles or palms up. While holding the upper arm still, curl your lower arm up. Only the formation of the seated be and seated by the seated be arm up.</li> </ul>	weights with earm should
move. Curl as far as possible, and slowly bring your hands back to the starting po	

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Morning Walk	50 seconds
<ul> <li>While standing begin walking in place. The pace will be a little quicker tha on every step raise the knee so that the hip and knee both reach near 90</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the the mene difficult the superior.</li> </ul>	degrees.
the more difficult the exercise.	
Side Steps	50 seconds
<ul> <li>Begin with feet together and arms at your side. Take one step to the right together. Ensure that both feet face forward while stepping. Now repeat then coming back together. Add a side shoulder raise with the arm of the arm down when feet are brought together.</li> </ul>	by stepping to the left and
BINGO ROLLS (3)	
Thumb to Fingers	50 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and the your thumb across your palm, touching the tip of your thumb to the bottor you can't make your thumb touch, just stretch as far as you can. Return you position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each</li> </ul>	om of your small finger. If our thumb to the starting
Alternate Foot Balance	50 seconds
• Sitting in a chair, or standing, place a foam pad or pillow in front of the fe	et if you need extra
support. Alternate lifting your right and left foot in the air or tapping your	foot on the foam
pad or pillow.	
<ul> <li>If standing, Balance on one foot at a time, increasing the difficulty by raisi</li> </ul>	ing the height of your lifte
foot and standing independently without holding onto anything, increasing	ng speed.
BINGO ROLLS (3)	
runk Rotation	50 seconds
• Sit on the edge of the chair, with feet on the floor shoulder-width apart. S	queeze your shoulder
blades slightly together. Reach your arms out to the sides, as if making a "	'T", while still
squeezing your shoulder blades together. Twist your upper body to the rig	ght and pulse, gently
pushing further three times into spinal rotation. Exhale out with each twis	t. Inhale in and return
to center, then repeat to the left.	
	to roach for your knoo
<ul> <li>You can increase difficulty by swinging your arms and bending your torso or even your ankle.</li> </ul>	

• Breathe in and raise your arms, balance still and tall as you hold your breath for several counts. Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep a chair close by for balance as needed. Add a level of difficulty by rising on the balls of your feet or your tip toes.

### BINGO ROLLS (3)

Oblique Crunch	50 seconds
<ul> <li>While standing or seated, slowly raise one knee up while simultaneously curling the upper body down. Twist your torso so that the knee of the leg you are raising, and the elbow of the opposite side touch together. Hold for one second, then return to the starting position. Repeat with the other knee</li> </ul>	
Hi, Neighbor!	50 seconds
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>	
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



# EXERCISE ONLY - SESSION 17 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 9) to give to each participant after the session today!!\*\*

**Read aloud to the participants:** 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
- Feeling more limber
- Improving your brain health

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: https://go4life.nia.nih.gov/how-exercise-can-help-you/

BINGO ROLLS (3)

60 seconds

• Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.

**Heel Raises** 

Grapevine

60 seconds

• While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.

BINGO ROLLS (3)

Calf St	tretch	60 seconds
•	If standing with a chair, place both hands on the back of the chair, keeping back leg the chair, heels stay on the floor. If standing, straighten one leg and flex the toes up body to feel a stretch in the calf. To deepen the stretch lean down towards your flex on the other leg.	towards your
Top Sł	helf Reach	60 seconds
•	If seated, scoot to the edge of the chair. Feet hip-width apart on the floor. Keep you Place one hand on the side of the chair for support. Breathe in and sweep the opport the side and up overhead. Breathe out as you continue the motion, moving through finally into a side bend. Pause, breathe in, and return back to the starting position. F opposite side.	site arm out to full range and
	BINGO ROLLS (3)	
Skier		60 seconds
•	From a standing position, sidestep in one direction and tap the other foot behind th The farther back you tap the more difficult the skier exercise. Repeat this movemen side. Let the arms swing naturally side to-side in the movement of the stepped direc you can still do the skier by tapping your foot up and out in one direction and tappin behind. Then repeat the movement on the other side. Swing your arms naturally as legs. The bigger the motion, the more difficult the exercise.	t on the other ction. If seated, g the other foot
Sit to S	Stand	60 seconds
•	Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. in a squat position like you are sitting on an imaginary chair with your feet flat on th your hips and your bottom back and knees over your ankles at 90 degrees. With you and tall extend your legs to stand all the way up, move only the hip, knee, and ankle stand. Pause and then return to starting position. Keep shoulders down and knees for your toes throughout the exercise. To increase difficulty- Cross arms at chest or Hold weight between your hands. If un Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. W sit to stand make sure to keep good posture.	e ground under ur back straight e joints as you rom bending past able to stand,
	BINGO ROLLS (3)	
Charle	eston Flapper Dance	60 seconds
•	Place hands on knees and cross knees back and forth. This exercise can be done sea	ted or standing.

Arm Curl Standing	60 seconds
In a seated or standing position place the resistance band beneath both fe	et, or use light
weights. Sit tall with the top of the head high. Hands should be gripping ba	nd handles or
weights with palms up. While holding the upper arm still, curl your lower a	rm up. Only the
forearm should move. Curl as far as possible, and slowly bring your hands b	back to the starting
position.	
BINGO ROLLS (3)	
Morning Walk	60 seconds
While standing begin walking in place. The pace will be a little quicker than	walking. If you can,
on every step raise the knee so that the hip and knee both reach near 90 d	-
• To increase difficulty, pump arms back and forth. The faster you go and th	e bigger the motions,
the more difficult the exercise.	
Side Steps	60 seconds
• If standing, bring your feet together and arms at your sides. Take one step	to the right. Bring
your feet back together. Ensure that both feet face forward while stepping	. Now repeat by
stepping to the left and then coming back together. Add a side shoulder ra	ise with the arm of
the stepped direction. Relax arm down when feet are brought together.	
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and the</li> </ul>	-
your thumb across your palm, touching the tip of your thumb to the botto	
you can't make your thumb touch, just stretch as far as you can. Return yo position. Repeat multiple times with each hand.	ur thumb to the starting
<ul> <li>To add more difficulty, jump your feet out and back in together with each f</li> </ul>	finger tan
The Twist	60 seconds
• Begin with feet shoulder-width apart and equal weight on both feet. With	knees flexible,
keep your torso squared evenly with your hips. Move one foot forward. Th	e front foot
should not be a full length ahead of the back foot, and there should be son	ne overlap
between them. Hold your arms outward away from the body bent slightly	at the elbow
following the movement of your hips. To keep balance, the other arm shou	uld move upward
and forward as you Twist and swing your hips from side to side, your waist	-
also twist or rotate from side to side.	-
<ul> <li>As you rock from side to side, shift your weight so that it is supported by the</li> </ul>	
<ul> <li>As you rock from side to side, shift your weight so that it is supported by the Alternate from foot to foot, placing your weight over one foot as you twist</li> </ul>	•
<ul> <li>As you rock from side to side, shift your weight so that it is supported by the Alternate from foot to foot, placing your weight over one foot as you twist the other foot as you twist back. To increase difficulty, lift your feet as you</li> </ul>	to that side and over to

Trunk Rotation	60 seconds	
• Sit on the edge of the chair, with feet on the floor shoulder-width apart.	Squeeze your shoulder	
blades slightly together. Reach your arms out to the sides, as if making a "T", while still		
squeezing your shoulder blades together. Twist your upper body to the right and pulse, gently		
pushing further three times into spinal rotation. Exhale out with each twist. Inhale in and return		
to center, then repeat to the left.		
<ul> <li>You can increase difficulty by swinging your arms and bending your torso</li> </ul>	to reach for your knee	
or even your ankle		
Ballerina	60 seconds	
Breathe in and raise your arms, balance still and tall as you hold your bre	eath for several counts.	
Slowly release your arms and come back to standing on your flat feet as you breathe out. Keep		
a chair close by for balance as needed. Add a level of difficulty by rising o	n the balls of your feet	
or your tip toes.		
BINGO ROLLS (3)		
Oblique Crunch		
<ul> <li>While seated, slowly raise one knee towards your chest. While simultane body to meet your knee. Hold for one second, then return to the seated opposite leg.</li> </ul>		
	<b>60</b>	
li, Neighbor!	60 seconds	
<ul> <li>Neighbor!</li> <li>Stand if you can. Then turn to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person on each side of you and shake to the person of the per</li></ul>	60 seconds heir hand, high five,	
<ul> <li>Hi, Neighbor!</li> <li>Stand if you can. Then turn to the person on each side of you and shake the fist bump or give them a big hug! Make sure you and your neighbor both</li> </ul>	heir hand, high five,	

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they should work on completing the task(s) and exercises this week and return next week for a prize\*\*



#### EXERCISE ONLY - SESSION 18 (Leader)

BINGO ROLLS (3)

### Read aloud to the participants:

In a previous session, we discussed some of the benefits of exercise for brain health. Remember, exercise goes beyond just physical well-being. It can help support emotional and mental health as well. Physical activity can:

- Improve sleep quality and quantity
- Increase your energy level
- Reduce feelings of depression and stress
- Improve your mood and overall emotional well-being

Before we get started, though, here are some important things to keep in mind as you exercise:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't
  raise your arm over shoulder height, etc.

National Institutes of Health, 2019

BINGO ROLLS (3)

Alternate Foot Balance	60 seconds	
<ul> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> </ul>		
Sit to Stand	60 seconds	
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width apart. If standing, start in a squat position like you are sitting on an imaginary chair with your feet flat on the ground under your hips and your bottom back and knees over your ankles at 90 degrees. With your back straight and tall extend your legs to stand all the way up, move only the hip, knee, and ankle joints as you stand. Pause and then return to starting position. Keep shoulders down and knees from bending past your toes throughout the exercise.</li> <li>To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.</li> </ul>		
BINGO ROLLS (3)		
Heel Raises	60 seconds	
<ul> <li>While standing, behind a chair for support if needed, raise your heels off the floor w knees straight. Slowly lower heels to the ground. To make this exercise more difficul out in front of you, move your feet closer together, or close your eyes.</li> </ul>		

Top Sł	helf Reach	60 seconds	
•	• Feet hip-width apart on the floor. Keep your back straight. Place one hand on the side of the chair		
	for support. Breathe in, and sweep the opposite arm out to the side and up overhea		
	as you continue the motion, moving through full range and finally into a side bend.		
	in, and return back to the starting position. Repeat on the opposite side.	·	
	BINGO ROLLS (3)		
Skier		60 seconds	
•	From a standing position, sidestep in one direction and tap the other foot behind th	e stepped leg.	
	The farther back you tap the more difficult the skier exercise. Repeat this movemen		
	side. Let the arms swing naturally side to-side in the movement of the stepped direc		
	you can still do the skier by tapping your foot up and out in one direction and tapping		
	behind. Then repeat the movement on the other side. Swing your arms naturally as	-	
	legs. The bigger the motion, the more difficult the exercise.		
Cueing	Drill	60 seconds	
•	Begin in the standing position. Take one step forward. Take one step backward. Tur	n around and	
	face the opposite direction. Turn around to the starting position. Crouch down with		
	bent. Place your hands on your knees. Stand up tall and clap your hands ten times. S	•	
	right foot up, and hold. Stand with your left foot up, and hold. Step your right foot fo	•	
	reach up with your left arm. Step with your left foot forward, and reach with your ri		
	your feet back together, and your arms to your sides. Raise up on your toes. And low	ver. Turn your	
	head to the right. Return to the center. Turn your head to the left. And return to the	e center.	
	BINGO ROLLS (3)		
Chest	Press	60 seconds	
•	Hold the resistance band handles, with the resistance band behind your upper back	. For more	
	resistance, grab the resistance band itself. Position your arms out to your side and p	arallel to the	
	ground, with a slight bend. Slowly bring your hands together, while also maintaining	g the same	
	slight bend in the arms. Once both of your hands come in contact, slowly return to the starting		
	position. To increase difficulty, do a pushup on the floor.		
	Lateral Raises	60 seconds	
•	While standing, place the resistance band beneath both feet, or use light weights.	Sit tall with	
	the top of the head high. With hands gripping handles, slowly raise both arms to the	ne side until	
	parallel with the floor. Hold for a few seconds, then slowly release to starting position. To make		
	this exercise easier, alternate raising each arm.		
BINGO ROLLS (3)			
	Morning Walk	60 seconds	
•	While standing begin walking in place. The pace will be a little quicker than walking.	If you can,	
	on every step raise the knee so that the hip and knee both reach near 90 degrees.		
•	To increase difficulty, pump arms back and forth. The faster you go and the bigger th	ne motions,	
	the more difficult the exercise.		

Toes t	to the Sky Seated	60 seconds
•	Begin with your back straight and with good posture, eyes facing forward, palms on seated and hands on your hips or balanced with a chair if standing. Feet hip-width a lift your right foot with toes flexed and pointed up to the sky. Point your toes straigh return to starting position. Repeat with your left foot.	part. Extend and
	BINGO ROLLS (3)	
Thum	b to Fingers	60 seconds
•	Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand. To add more difficulty, jump your feet out and back in together with each finger tap	small finger. If to the starting
Side F	lexion	60 seconds
•	In a standing or seated position, bend at the waist to the left to bring your left elbow	v to the outside
•	of your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of y holding light weights.	our knee or
	BINGO ROLLS (3)	
Single	Arm Crossover	60 seconds
٠	Gently pull one arm across your chest, below the chin. Hold, and repeat with the op	oosite arm.
Balleri	ina	60 seconds
•	Breathe in and raise your arms, balance still and tall as you hold your breath for seve Slowly release your arms and come back to standing on your flat feet as you breathe chair close by for balance as needed. Add a level of difficulty by rising on the balls of your tip toes.	out. Keep a
	BINGO ROLLS (3)	
jood	Morning!	60 seconds
•	Begin in the seated position or standing, with your legs wider than shoulder-width a back straight and extended. Slowly bend forward at the hips until your torso is paral and your back and neck are flat. Then slowly bend back up, again keeping your spine extended, back into the seated position.	lel to the floor
Hi, Ne	ighbor!	60 seconds
•	Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the same	•
	BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)	

# \*\*Remind your participants to keep working on their Bingocize<sup>®</sup> Take-Home Cards to bring back next week<sup>\*\*</sup>



# EXERCISE ONLY - SESSION 19 (Leader)

**BINGO ROLLS (3)** 

\*\*Remember to print Exercise Only Take-Home Card (week 10) to give to each participant after the session today!!\*\*

**<u>Read aloud to the participants</u>** It's the final week of Bingocize<sup>®</sup>! 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

And as always, as you exercise, remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modifications are available for most of the exercises if you have special circumstances, such as you can't raise your arm over shoulder height, etc.

Source: National Institutes of Health, 2019

Alternate Foot Balance

### BINGO ROLLS (3)

60 seconds

- Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.
- If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.

Sit to Stand 60 seconds		
<ul> <li>Begin in a seated position, good posture, eyes facing forward, feet hip-width a</li> </ul>	apart. If standing,	
start in a squat position like you are sitting on an imaginary chair with your fee	et flat on the ground	
under your hips and your bottom back and knees over your ankles at 90 degree	ees. With your back	
straight and tall extend your legs to stand all the way up, move only the hip, ki	nee, and ankle joints	
as you stand. Pause and then return to starting position. Keep shoulders dowr	and knees from	
bending past your toes throughout the exercise.		
• To increase difficulty- Cross arms at chest or Hold weight between your hands	. If unable to stand,	

 To increase difficulty- Cross arms at chest or Hold weight between your hands. If unable to stand, Push up with hands on the seat or arms of a wheelchair. Or use a cane or walker. Whatever way you sit to stand make sure to keep good posture.

	BINGO ROLLS (3)	
Heel Raises		60 seconds
your knees straight. Slowly lowe	for support if needed, raise your heels off the floor we ber heels to the ground. To make this exercise more d hove your feet closer together, or close your eyes.	
op Shelf Reach		60 seconds
Place one hand on the side of the side and up overhead. Break	he chair. Feet hip-width apart on the floor. Keep you he chair for support. Breathe in, and sweep the oppos the out as you continue the motion, moving through preathe in, and return back to the starting position. R	site arm out to full range and
	BINGO ROLLS (3)	
Skier		60 seconds
The farther back you tap the mo side. Let the arms swing natural you can still do the skier by tapp	ep in one direction and tap the other foot behind the ore difficult the skier exercise. Repeat this movement lly side to-side in the movement of the stepped direct oing your foot up and out in one direction and tappin ment on the other side. Swing your arms naturally as a more difficult the exercise.	t on the other tion. If seated, g the other foo
ueing Drill		60 seconds
face the opposite direction. Tur bent. Place your hands on your right foot up, and hold. Stand w reach up with your left arm. Ste your feet back together, and yo	Take one step forward. Take one step backward. Turr n around to the starting position. Crouch down with knees. Stand up tall and clap your hands ten times. S with your left foot up, and hold. Step your right foot for p with your left foot forward, and reach with your rig ur arms to your sides. Raise up on your toes. And low center. Turn your head to the left. And return to the	your knees tand with your orward, and ght arm. Bring ver. Turn your
	BINGO ROLLS (3)	
Chest Press		60 seconds
resistance, grab the resistance b ground, with a slight bend. Slow	es, with the resistance band behind your upper back. band itself. Position your arms out to your side and pa ly bring your hands together, while also maintaining oth of your hands come in contact, slowly return to t do a pushup on the floor.	arallel to the the same

Lateral Raises	60 seconds
<ul> <li>While seated or standing, place the resistance band beneath both feet, or us with the top of the head high. With hands gripping handles, slowly raise both parallel with the floor. Hold for a few seconds, then slowly release to starting exercise easier, alternate raising each arm.</li> </ul>	h arms to the side until
BINGO ROLLS (3)	
Morning Walk	60 seconds
<ul> <li>While standing begin walking in place. The pace will be a little quicker than w on every step raise the knee so that the hip and knee both reach near 90 deg</li> <li>To increase difficulty, pump arms back and forth. The faster you go and the b more difficult the exercise.</li> </ul>	rees.
Toes to the Sky	60 seconds
<ul> <li>Begin with your back straight and with good posture, eyes facing forward, pa seated and hands on your hips or balanced with a chair if standing. Feet hip-w lift your right foot with toes flexed and pointed up to the sky. Point your toes return to starting position. Repeat with your left foot</li> </ul>	width apart. Extend and
BINGO ROLLS (3)	
Thumb to Fingers	60 seconds
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thur your thumb across your palm, touching the tip of your thumb to the bottom you can't make your thumb touch, just stretch as far as you can. Return your position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger.</li> </ul>	of your small finger. If thumb to the starting
Trunk Rotation	60 seconds
<ul> <li>Sit on the edge of the chair, with feet on the floor shoulder-width apart. Sque blades slightly together. Reach your arms out to the sides, as if making a "T", your shoulder blades together. Twist your upper body to the right and pulse, three times into spinal rotation. Exhale out with each twist. Inhale in and returepeat to the left.</li> <li>You can increase difficulty by swinging your arms and bending your torso to reven your ankle.</li> </ul>	while still squeezing gently pushing further urn to the center, then
BINGO ROLLS (3)	
Single Arm Crossover	60 seconds
• Gently pull one arm across your chest, below the chin. Hold, and repeat with	the opposite arm.

<ul> <li>Breathe in and raise your arms, balance still and tall a Slowly release your arms and come back to standing chair close by for balance as needed. Add a level of di your tip toes.</li> </ul>	on your flat feet as you breathe out. Keep a	
BINGO ROLLS (3		
Good Morning!	60 seconds	
<ul> <li>Begin in the seated position or standing, with your legs wider than shoulder-width apart. Keep your back straight and extended. Slowly bend forward at the hips until your torso is parallel to the floor and your back and neck are flat. Then slowly bend back up, again keeping your spine straight and extended, back into the seated position.</li> </ul>		
Hi, Neighbor!	60 seconds	
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, high five, fist bump or give them a big hug! Make sure you and your neighbor both want the same thing!</li> </ul>		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

\*\*Remember to give your participants their Bingocize® Take-Home Cards today and explain that they will only have a few days to complete them this time, as this is the final week, and they will need to return them when they come for their final session. \*\*



EXERCISE ONLY - SESSION 20 (Leader)

BINGO ROLLS (5)

### Read aloud to the participants:

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<sup>®</sup>!

And as you continue to be active on your own, always remember to:

- Maintain correct posture during the exercise
- Stop if you encounter pain (a little discomfort is okay, but pain is NOT)
- Modify when you need to

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

 BINGO ROLLS (5)

 Three Dot Step
 60 seconds

 Begin by standing with your feet together and arms down to the sides. During this exercise, the opposite foot should never leave the ground. Take a step lunge forward about two to three feet. During this step lunge reach the arms out in front, away from the body. Now return to the starting position. With the same foot, step out to the side about two to three feet. During the step, reach your arms out in the same direction as the step to the side. Return to the starting position. Now step backwards about two to three feet, while allowing the arms to open backwards into a horizontal reach. During the backwards step, the front knee will bend, and the back leg will remain straight. Return to the starting position.

 To increase difficulty instead of sliding or stepping your feet in the three steps, you can jump your

• To increase difficulty instead of sliding or stepping your feet in the three steps, you can jump your feet apart. Feet jumping front and back, together, out side-to-side, together, and then opposite foot front and back and together.

 Static Balance
 60 seconds

 • Stand with eyes focused forward and one leg elevated to about ankle level without touching the support leg. Hold, now repeat with the other leg. You can increase difficulty by standing your feet closer together, lifting your leg higher, lifting your arms, or crossing them at your chest, or closing your eyes.

- BINGO ROLLS (5)
- Staggered Stance60 seconds• Begin with feet together and hands at sides. Step forward with your right foot. Hold this position for<br/>10 seconds. Step back to feet together and then alternate stepping the other foot in front. To<br/>increase the difficulty, jump your feet out instead of stepping.

exion	60 seconds	
<ul> <li>In a standing or seated position, bend at the waist to the left to bring your left elbow to the outside or your left hip. Come back to center and repeat on the right. You can increase the difficulty by extending your arm straight and reaching further down for the side of your knee or holding light weights.</li> </ul>		
BINGO ROLLS (5)		
ine	60 seconds	
<ul> <li>Begin by standing with your arms at your sides with feet together. Step across, in front of your left foot with your right leg. Continue to step sideways, un-crossing the right leg. Now reverse, and cross your right leg behind your left leg. Continue to step sideways, un-crossing the left leg. Stand behind a chair for support if needed. If seated, do the same crossing and uncrossing motion with your arms as you twist your upper body as comfortably as you can go in one direction, then grapevine walk your hands all the way to the other side.</li> </ul>		
	60 seconds	
While standing, move arms in a swimming motion, then plug nose, and shimmy with above the head.	n one arm raised	
ress	60 seconds	
back. For more resistance, grab the resistance band itself. Position your arms out to your side and parallel to the ground, with a slight bend. Slowly bring your hands together, while also maintaining the same slight bend in the arms. Once both of your hands come in contact, slowly return to the starting position. To increase difficulty, do a pushup on the floor.Arm Curl60 seconds		
tall with the top of the head high. Hands should be gripping band handles or weights with palms up. While holding the upper arm still, curl your lower arm up. Only the forearm should move. Curl as far as possible, and slowly bring your hands back to the starting position.		
	60 seconds	
<ul> <li>Begin with feet shoulder-width apart and equal weight on both feet. With knees flexible, keep your torso squared evenly with your hips. Move one foot forward. The front foot should not be a full length ahead of the back foot, and there should be some overlap between them. Hold your arms outward away from the body bent slightly at the elbow following the movement of your hips. To keep balance, the other arm should move upward and forward as you Twist and swing your hips from side to side, your waist and legs should also twist or rotate from side to side.</li> <li>As you rock from side to side, shift your weight so that it is supported by the ball of your foot. Alternate from foot to foot, placing your weight over one foot as you twist to that side and over to the other foot as you twist back. To increase difficulty, lift your feet as you twist back and forth.</li> <li>Heel Raises</li> <li>While standing, behind a chair for support if needed, raise your heels off the floor while keeping your knees straight. Slowly lower heels to the ground. To make this exercise more difficult, raise your arms out in front of you, move your feet closer together, or close your eyes.</li> </ul>		
	In a standing or seated position, bend at the waist to the left to bring your left elbo your left hip. Come back to center and repeat on the right. You can increase the diff extending your arm straight and reaching further down for the side of your knee or weights. BINGO ROLLS (5) ne Begin by standing with your arms at your sides with feet together. Step across, in fro foot with your right leg. Continue to step sideways, un-crossing the right leg. Now ro your right leg behind your left leg. Continue to step sideways, un-crossing the left le chair for support if needed. If seated, do the same crossing and uncrossing motion vo you twist your upper body as comfortably as you can go in one direction, then grape hands all the way to the other side. ng Dance While standing, move arms in a swimming motion, then plug nose, and shimmy with above the head. BINGO ROLLS (5) ress If seated or standing, Hold the resistance band handles, with the resistance band be back. For more resistance, grab the resistance band itself. Position your arms out to parallel to the ground, with a slight bend. Slowly bring your hands together, while a the same slight bend in the arms. Once both of your hands come in contact, slowly is starting position. To increase difficulty, do a pushup on the floor. rf In a seated or standing position place the resistance band beneath both feet, or use tall with the top of the head high. Hands should be gripping band handles or weight While holding the upper arm still, curl your lower arm up. Only the forearm should has as possible, and slowly bring your hands back to the starting position. BINGO ROLLS (5) st Begin with feet shoulder-width apart and equal weight on both feet. With knees flex torso squared evenly with your hips. Move one foot forward. The front foot should length ahead of the back foot, and there should be some overlap between them. Ho outward away from the body bent slightly at the elbow following the movement of keep balance, the other arm should move upward and forward as you Twist and sw	

BINGO ROLLS (5)		
Thumb to Fingers	60 seconds	
<ul> <li>Start with your hand in a neutral, relaxed position with your fingers and thumbs stra your thumb across your palm, touching the tip of your thumb to the bottom of your you can't make your thumb touch, just stretch as far as you can. Return your thumb position. Repeat multiple times with each hand.</li> <li>To add more difficulty, jump your feet out and back in together with each finger tap.</li> </ul>	small finger. If to the starting	
Step Ups	60 seconds	
<ul> <li>Begin with your feet together and arms at your side. A balance pad or pillow should the floor directly in front of you. Begin stepping up and down on the balance pad or Try to raise each leg at least 90 degrees with each step.</li> </ul>		
BINGO ROLLS (5)		
Alternate Foot Balance	60 seconds	
<ul> <li>Sitting in a chair, or standing, place a foam pad or pillow in front of the feet if you need extra support. Alternate lifting your right and left foot in the air or tapping your foot on the foam pad or pillow.</li> <li>If standing, Balance on one foot at a time, increasing the difficulty by raising the height of your lifted foot and standing independently without holding onto anything, increasing speed.</li> </ul>		
Ballerina	60 seconds	
<ul> <li>Breathe in and raise your arms, balance still and tall as you hold your breath for seven Slowly release your arms and come back to standing on your flat feet as you breathe chair close by for balance as needed. Add a level of difficulty by rising on the balls of your tip toes.</li> </ul>	out. Keep a	
BINGO ROLLS (5)		
YMCA (play the song "YMCA")	60 seconds	
<ul> <li>Create a Y by extending your arms over your head outstretched at angles away from Make an M by bringing your hands together on top of your head so that the backs of are touching. Bend your wrists as much as you can to make the corners of the top of as possible. Make a C by bringing your arm down by your side and bend it slightly, ke palm open. Curl your other arm over your head and bend to the side at the waist. Ma by bringing your arms back up over your head. Bend your elbows at your ears and br together so that your fingertips touch. Your hands should create a triangle. Have fun</li> </ul>	f your fingers the M as sharp eeping your ake the letter A ring your hands	
Hi, Neighbor!	60 seconds	
<ul> <li>Stand if you can. Then turn to the person on each side of you and shake their hand, h bump or give them a big hug! Make sure you and your neighbor both want the same</li> </ul>	•	
I hope you had fun today! Please continue your healthy lifestyle changes, and look for another round of Bingocize <sup>®</sup> soon!		
BINGO ROLLS (CONTINUE UNTIL FINAL WINNER)		

# \*\*Remember to collect the Take Home Cards today, since this is

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# the last session\*\*