

Presented by Kymberly
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<https://kymberlywilliams-evans.com/>



Better Balance Using Chairs Creatively

*Functional Aging Institute
Virtual Summit June 2025*

Kymerly's Info

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Bio bits:

- Creator of the "Better Balance; Fewer Falls" program
- Creator of "The Ultimate Abs Workout Collection for Older Adults"
- Age Well Collective Graduate (yearlong program)
- FAI certified
- ACE Senior certified
- ACE Group Fitness certified
- 3 Time Finalist IDEA Leader of Year Award

About Me

Allow me to put my PhD, fitness experience and knowledge to use so you can Age Better Than Your Parents!

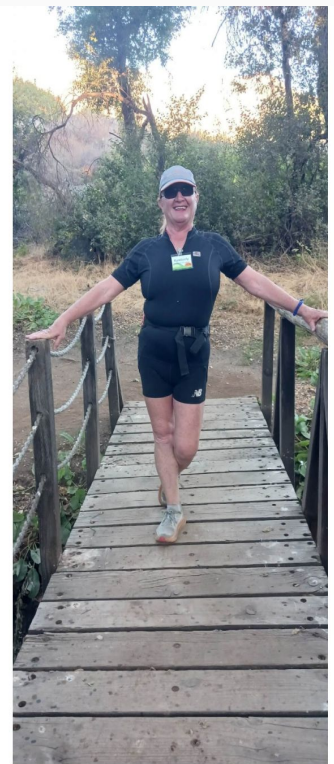
I have taught fitness to more than 40,000 participants on 4 continents in 4 languages. My teaching career spans land, sea, and airwaves and started in the first aerobics studio in Europe – over 44 years ago.

Former faculty at University of California Santa Barbara in both the Department of Exercise and Sports Studies and English, I specialize in baby boomer and older adult group exercise. Additional qualifications include:

- Age Well Collective Graduate (yearlong program)
- Functional Aging Institute certified
- ACE Group Fitness certified
- 3 Time Finalist IDEA Director of Year Award
- 44 years in the fitness industry
- Regular Guest Instructor for Rancho la Puerta Fitness Resort, Tecate, Mexico



Called an "edu-tainer," based on rumors that I bring humor to my classes, I am also a prolific fitness writer, three-time finalist as Fitness Director of the Year for the international professional association IDEA, and three-time National Aerobic Championship Regional Gold Medalist. When not developing the programs you see on this website or teaching classes in my hometown of Santa Barbara, CA you can find me at Rancho la Puerta Fitness Resort, Mexico, where I have been guest instructing since 1984.



Session Description

- ★ This chair-based balance workout shares loads of exercises you can do besides sit when leading ambulatory older adult classes. Your class participants come to you to MOVE and maintain or increase their function, not to minimize movement. Guide them to improve their balance, posture and coordination, while reducing time parked in their seats.
- ★ Fill your tool box with curriculum that creatively uses chairs in ways that are safe, meaningful, and enjoyable.

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Who is this webinar for?

Primary Audience

- Those who work with *ambulatory* older adults - NOT focused on chair bound people
- Group Fitness Leaders
- Personal Trainers
- Retirement Community Leaders

Secondary Audience

- Older Adults who want to improve their ability to move quickly and safely
- Consumers/ Exercisers

Webinar Objectives

- ★ Design and teach meaningful chair-assisted workouts that improve dynamic balance, enhance coordination, and reduce fall risk
- ★
- ★ Lead group classes with older adults of various abilities using safe and fun moves that maximize safety and minimize sitting
- ★
- ★ Offer and cue options and progressions that accommodate the various skill levels inherent in group classes
- ★
- ★ Add to your professional repertoire of functional, dynamic balance moves that use chairs in creative, practical ways.

Chairs as Reference Points

Walk around chairs

- clock and
- counterclockwise

Step touch around chairs

- Facing in
- Facing Out

Step touch half turn around chairs

Walk around chair on heels, with toes up, pelvis in alignment (not sending hips back)



The Chair as Another Reference Point

Note Insert relevant video here

Toe Taps

Top of Chair

(17" standard height)

Legs of Chair

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Cognitive Chair Challenges with Cups or Small Equipment

Seated

Use 4 different colored cups

Progress to 5 cups

Cue colors to tap

OR - place different available objects on floor

Cue color, object name, adjective, associated term

Repeat *Standing* w/chair to the side for optional support



Chairs Placed Facing Front Support Only

Stand behind chair

Hip extension, gluteal contraction

Tap leg behind self crossing midline slightly side to side in back

Abduction Leg Lift

Step out side lunges

Side squats

Chairs Placed Side-Facing Support Only

Stand with chair first to one side, then the other (or have participants turn around)

Curb Step Overs - Step/ Lunge forward and back, one leg at a time. Sagittal plane. One set on R leg, then one set on L

Standing figure 8's

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Strength-Posture-Balance Tasks

Discs on head

Sit on cue, keeping disc on head

Repeat performing X number of sit-to-stand squats, then walk to a different chair



Squat to Rise or Jump - From a Chair - with or without a Ball



More Games using Chairs Placed around room

Kick discs through chair legs moving around room

Add a challenge to knock out another disc

Participants must pay attention to obstacles - both in-place and moving

- Cue to alternate kicking leg
- Watch for head position (leaning back)



Chairs as an Obstacle Course



Simply walk around
room maneuvering
around chairs

Line up chairs and
weave through

Repeat making the gaps
between chairs smaller

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Chairs in Rows Facing Inward With a Partner

Seated Partner Disc Game

Kick disc to partner
Alternate kicking
leg

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Another Partner Pass Game Chairs Facing Inward



Partner Pass Disc
through Chairs

Standing

Chairs in Rows Facing Inward



Partner Game

1. Stand
2. Power Pass or Toss
3. Sit

Send squishy ball to partner

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Special Pricing for
FAI webinar
attendees who
purchase “Better
Balance; Fewer Falls”
by July 1, 2025

Save 25% off the regular price of \$149 – a savings of more than \$37 (still a great value!) This offer valid until July 1, 2025 for live and replay listeners.

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THANK YOU for wanting to add to your Balance Training skills and knowledge base!

See whether my website might be right for you or your clients:

<https://kymberlywilliams-evans.com/>

To get the “Better Balance; Fewer Falls” program at a 25% discount, enter code **kbwoffer25** at checkout. Get the whole program for \$111.75 and save \$37.25.

If you are ever in Santa Barbara and want to attend one of my Better Balance classes – as my guest – please let me know!

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