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Power Moves for Older Adults *Group and One-on-One*

*MedFit Virtual Conference
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Kymerly's Info

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Bio bits:

- Creator of the "Better Balance; Fewer Falls" program
- Age Well Collective Graduate (yearlong program)
- FAI certified
- ACE Senior certified
- ACE Group Fitness certified
- 3 Time Finalist IDEA Director of Year Award
- 44 years in the fitness industry
- ISSA CEU Provider
- ICAA Program Approved



Session Description

- If you're looking for power workout content for your ambulatory older adult classes or clients, this practical webinar is for you.
- Spark your creativity; match it with your knowledge base and come away with safe, meaningful content galore.
- Discover appropriate lower and upper body power moves using gliders, balloons, chairs, and good ole' gravity. Yes, you can safely teach power moves with groups of varying levels and skills.

Who is this webinar for?

Primary Audience

- Those who work with ambulatory older adults
- Group Fitness Leaders
- Personal Trainers
- Medical Professionals Referring to Fitness Pros
- Retirement Community Leaders

Secondary Audience

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



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Webinar Objectives

This practical webinar will build on and put into action a few of the concepts presented in my online program, *"Better Balance; Fewer Falls"* available through my website

Discover some "whats" and "hows" to safely integrate power moves into your groups and solo sessions

- Get specific movement content and exercise demos galore
- Gain sufficient content to offer classes and sessions laden with power exercises geared to ambulatory older adults.
- Learn effective, efficient cues and set-ups to encompass a range of participant abilities

Definition of Power



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What is Power?

1. $\text{Power} = \text{Force} \times \text{Velocity (Speed)}$
2. You can address one factor at a time. Key example = get participants to move more quickly

How quickly can your clients move?

Why add Power Training to your Older Adult Classes or Sessions?

1. Balance, Posture, Strength, and Cognition are integrated. If you affect one aspect, you affect all.
2. *"POWER is a better predictor than strength of whole body physical fitness and self-reported function."* Dr. Evan Osar
3. To retain speed we need to train for it. If we train solely slowly, we slow down.

More reasons to add Power Training to your Older Adult Sessions

As Paul Holbrook shared in his presentation "*Move Faster, Live Longer: The Speed Advantage for Older Adults*,"* maximal speed training triggers a multitude of internal adjustments that are crucial for reducing falls. This is a result of interplay between biomechanics and neuromuscular control. The central nervous system creates strategies that counteract destabilizing forces, thus making people stabler overall as they work to maintain equilibrium while moving quickly.

* Webinar hosted by the Functional Aging Institute July 2025

Power Workout Objectives

1. To have participants move quickly - primary goal
2. To preclude moving more slowly with time and age - secondary goal

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Photo credit: Alexandra Williams

Class Management Choices and Decisions

Intersperse a few power moves per class
or

Devote an entire session/ class to power

Assess participants' abilities, equipment, spacing, class numbers to determine safety and exercise feasibility

Ex: I can add foam roller balloon putting golf but not foam roller softball

Offer non-valued cues

Ex: Option one, two, three vs beginning, intermediate, advanced

Ex: If you want more thinking time, come to this area; if you feel safe pushing your speed limits, go to that area

Remind them that "fast" is relative and is subordinate to "safe"

Power Challenges across the floor - Lower body



Power Kicking Disc across the floor -

- Form rows
- Alternate kicking foot
- Cue arm and leg to work in opposition
- Keep head above or in front of hips/ shoulder (not leaning back)

Power Challenges across the floor - Upper body



- Form rows
 - Alternate tossing hand
 - Keep head above or in front of hips/ shoulder (not leaning back)
1. Power Throwing balloons across the floor
 2. Power Hitting Balloons across Floor - A and B

More Power Moves using Discs



Photo credit: Alexandra Williams

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

- Cue to alternate kicking leg
 - Watch for head position
1. Kick discs around the room
 2. Kick discs to knock out other discs
 3. Power Disc Kicks through chairs
(Shown in video)



Disc Drive - Glutes and Ab/ Adductors



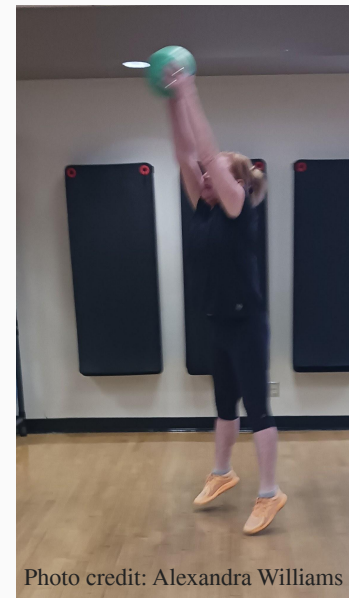
Offer stability options -

- Holding barre
- Holding chair
- Touching wall
- Free standing

1. Power Disc Slides - Glutes
2. Power Discs Lateral Glide



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



Fast feet - Taps on cup or free weight



- Alternating taps - with or without impact
- Reciprocating taps - impact
- Have barres or chairs or wall nearby as safety option



Faster Feet my Friends



Cue Options -

- NSEW
- FBRL
- 1234
- Landmarks - pool, mirror, clock, door

Keep goal of speed in mind as you add cognitive challenges



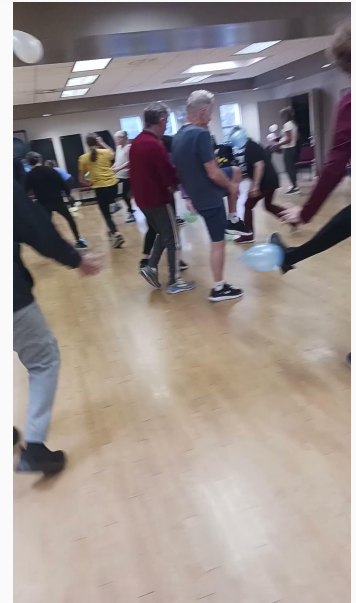
- Lateral Shuffles
- Teacher cued R2, L1
- Self determined

Teacher cued has a cognitive challenge; self-cued allows for more speed

Bonus Fun Stuff



1. Power Smacking Balloon w/ Disc
2. Balloon Juggling - any body part
3. Balloon Juggling - Legs only



Partner Power Ball Tosses



- Squat to ball toss to partner
- Power ball pass to partner straight from chest (minimize arc, maximize speed)

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More Partner Power Progressions

Squat to partner pass
with a rise or jump
using a squishy ball

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Yup, Another Partner Power Pass

Hit balloon to partner
with disc

- Overhand
- Underhand

Hit balloon to partner
(or trainer) with foam
roller

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Our Last Partner Power Game

Double Ball Toss

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Make Your Power Move

Power training in older adults can improve muscle power, functional capacity, and reduce fall risk



Special Pricing for MedFit webinar attendees who purchase "Better Balance; Fewer Falls" by November 15 2025

Save 25% off the regular price of \$149 – a savings of more than \$37 (still a great value!) This offer valid until November 15, 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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