

WELCOME TO THE PLAYGROUND

THE JOY OF TEACHING SENIOR FITNESS

COURSE OBJECTIVES

1. DO'S AND DON'TS OF TEACHING THE SENIOR POPULATION
2. TWO IMPORTANT FACTORS WHEN TEACHING SENIORS
3. LEARN A BASIC TEMPLATE FOR TEACHING A SENIOR FITNESS CLASS

Teaching fitness to the older population involves patience, understanding their unique needs and ensuring safety, effectiveness, and motivation.

Assessment and Screening: Evaluate their health status, medical history

Individualized Programming: Tailor exercises considering fitness level, health conditions, and personal goals. Focus on functional movements that improve daily living skills.

Safety First: Emphasize proper warm-up and cool-down. Monitor intensity and response to exercise, avoiding overstressing joints or cardiovascular system.

Types of Exercise: Progression and Adaptation: Gradually increase intensity and complexity. Adjust based on progress and feedback.

Motivation and Engagement: Create a supportive environment. BE PATIENT

Inclusive and Accessible Environment: Ensure facilities are accessible and modifications are available for various physical abilities.

Education and Empowerment: Teach about the benefits of regular activity and proper techniques to promote independence and confidence.

Monitoring and Reevaluation: Regularly assess progress and adapt programs accordingly.

Professional Collaboration: Work with healthcare providers when necessary, especially for individuals with chronic conditions.

TYPES OF EXERCISE

- **Aerobic:** Low-impact activities like walking, cycling, or swimming to improve cardiovascular health.
- **Strength:** Resistance exercises using body weight, resistance bands, or light weights to maintain muscle mass and bone density.
- **Flexibility:** Stretching routines to enhance range of motion.
- **Balance and Coordination:** Activities like tai chi or balance drills to prevent falls.

DOs

- Prioritize safety first
 - Emphasize balance and stability and functional movement
 - Encourage proper warm-up and cool-down
 - Use clear, simple cues
 - Select proper music and music tempo
 - Adapt for individual needs, modify
- Encourage hydration and rest

DON'Ts

- Don't skip the warm-up or cool-down
- Don't push past pain
- Don't assume all older adults are fragile
- Don't overload with complex choreography
- Don't ignore posture and alignment
- Don't rely only on high-impact moves
- Don't neglect rest between sets
- Don't make it only about exercise

TWO FACTORS WHEN TEACHING SENIORS

SOCIAL CONNECTION-FUN FORMATS TO KEEP THEM ENGAGED, ICE BREAKERS TO HELP THEM MEET NEW PEOPLE

QUALITY OF LIFE-FOCUS ON MOVEMENTS THAT HELP IMPROVE THEIR DAILY LIVING MENTALLY AND PHYSICALLY

SENIOR FIT CLASS TEMPLATE

WARM-UP 10 MINUTES

RHYTHMIC MOVEMENT–March in place, heel taps, toe taps, knee lifts, side steps
(seated or standing)

JOINT MOBILITY–should rolls, head rolls, hip circles, wrists and ankles, finger to
palm taps

STRETCHING–hug and expand, side bends, hamstrings

LOW IMPACT CARDIO 10-20 MINUTES

MARCH IN PLACE, ADD ARMS

TRAVELING FORWARD

TRAVELING SIDE TO SIDE(GRAPEVINE)

STEP TOUCHES

MAMBO

KNEE LIFTS, LOW KICKS

PUNCHING

STRENGTH 10-20 MINUTES

10 EXERCISES 2 SETS OF 15 REPS WITH LIGHT DUMBELLS

DOUBLE THE WEIGHT

SAME 10 EXERCISES 2 SETS OF 10

OTHER PIECES OF EQUIPMENT YOU CAN USE ARE SMALL BALLS, AND BANDS

BREATHE AND STRETCH 10MINUTES

CHEST OPENER, HIP FLEXOR, HANDS

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UNLEASH'D FITNESS

YOU DO NOT STOP PLAYING
BECAUSE YOU GET OLD....

YOU GET OLD BECAUSE YOU
STOP PLAYING