

Senior Wellness

2 Week Sample

Daily Training For Senior
Care Centers

Presented by **WODSTAR®**



ABOUT THE PROGRAM

The WODStar Senior Fitness Program is designed for our baby boomer population looking to stay active and healthy in the later years of life. The program is focused around general conditioning for cardiovascular health, balance and fall prevention, stretching for flexibility and basic strength training exercises for mobility and overall upper and lower body strength.

These initial two weeks specifically target mobility & flexibility for the spine, shoulders & hips with an intermix of balance and core strengthening. The workouts are centered around time vs an assigned number of reps to allow individuals to move at a pace they feel confident and keep everyone together during the workout.

The workouts can be completed without any equipment or when available exercise bands, light dumbbells or even small water bottles can be used for added resistance during strength training portions.

When weights or props are not available there is still benefit to simply using one's body weight and performing the exercises as if one is holding weights or a band. Ultimately the workouts are intended to be fun and provide variation without overwhelming or exhausting clients. Duration of workouts are 30 minutes.

**EACH MOVEMENT LISTED CONTAINS A
HYPERLINK TO A VIDEO DEMONSTRATION.**

Perfect for all ability levels where beginners can use a chair to perform all exercises to intermediate and advanced levels.



CONTENTS

- 2 week Exercise Plan
- Importance of Boosting Immunity
- Importance of Drinking Water
- Importance of Getting Sleep
- Importance of Stress Management

WEEK 1 DAY 1

WARM UP

2 Sets: (2 min instruction + 5 min movement = 7 min)

ALL GROUPS

- Neck Circles 30 sec (15 sec each direction)
 - Shoulder Circles 30 sec (15 sec each direction)
 - Hip Circles 30 sec (15 sec each direction)
-

SET A.

2 Sets: (2 min instruction + 4 min movement = 13 min)

ALL GROUPS

- Paused March 30 sec; Rest 30 sec
 - Sway 30 sec; Rest 30 sec
-

SET B.

2 Sets: (2 min instruction + 4 min movement = 19 min)

ALL GROUPS

- Spinal Lateral Flexion 20 sec; Rest 10 sec
 - Spinal Rotation 20 sec; Rest 10 sec
 - Jefferson Curl 20 sec; Rest 40 sec
-

SET C.

2 Sets: (2 min instruction + 2 min movement = 23 min)

ALL GROUPS

- Alternating Hamstring Stretch 20 sec; Rest 10 sec
- Overhead Press Alternating 20 sec; Rest 10 sec

COOL DOWN

2 Sets: (2 min instruction + 4 min movement = 29 min)

ALL GROUPS

- Elongation Stretch with Lateral Flexion 30 sec; Rest 10 sec
- Swimmers 30 sec (15 sec Front & Back Stroke); Rest 10 sec
- Seated or Standing Cross Body Shoulder Stretch 30 sec (15 sec each side); Rest 10 sec

WEEK 1 DAY 2

WARM UP

2 Sets: (2 min instruction + 8 min movement = 10 min)

CHAIR

- Front Swimmers 20 sec; Rest 20 sec Seated Back Swimmers 20 sec; Rest 20 sec
- Shoulder Circles 20 sec (10 sec each direction); Rest 20 sec
- Hip Circles 20 sec (10 sec each direction); Rest 20 sec
- Spinal Lateral Flexion 20 sec; Rest 20 sec
- Spinal Rotation 20 sec; Rest 20 sec

INT/ADV.

- Monster Walk Forward 20 sec (20 sec rest or alternate w/partner)
- Monster Walk Backward 20 sec (20 sec rest or alternate w/partner)
- Hip Rock Forward & Backward 20 sec (20 sec rest or alternate w/partner)
- Hip Rock Side to Side 20 sec (20 sec rest or alternate w/partner)
- Lateral Walk Left 20 sec (20 sec rest or alternate w/partner)
- Lateral Walk Right 20 sec (20 sec rest or alternate w/partner)

SET A.

2 Sets: (2 min instruction + 6 min movement = 18 min)

CHAIR

- Glute Stretch x 20 sec each leg Rest 10 sec b/w legs Rest 30 sec
- Hip External Rotation x 20 sec each leg Rest 10 sec b/w legs
- Rest & Breathe 30 sec

INT/ADV.

- Banded Hip Extension x 20 sec each leg Rest 10 sec b/w legs Rest 30 sec
 - Banded Lateral Leg Lifts x 20 sec each leg Rest 10 sec b/w legs
 - Rest & Breathe 30 sec
-

SET B.

2 Sets: (2 min instruction + 4 min movement = 24 min)

CHAIR

- Elongation Stretch With Rotation 30 sec; Rest 30 sec
- Pull Aparts 30 sec; Rest 30 sec

INT/ADV.

- Air Squat 30 sec; Rest 30 sec
 - Pull Aparts 30 sec; Rest 30 sec
-

COOL DOWN

2 Sets: (2 min instruction + 4 min movement = 30 min)

ALL GROUPS

- Alternating Hamstring Stretch 20 sec each side with 10 sec rest b/w sides;
- Seated/Supine Figure 4 Hip Stretch 20 sec each side with 10 sec rest b/w sides

WEEK 2 DAY 1

WARM UP

2 Sets: (2 min instruction + 5 min movement = 7 min)

ALL GROUPS

- Power Jack 30 sec
- Elongation with Lateral Flexion 30 sec
- Hip Circles 30 sec (15 sec each direction)
- Sway 30 sec
- Rest 30 sec

SET A.

2 Sets: (2 min instruction + 9 min movement = 19 min)

CHAIR

- Cross Body Shoulder Stretch 30 sec (15 sec each side); Rest 10 sec
- Left arm Shoulder Rotation with Seated Spinal Rotation 20 sec; Rest 10 sec
- Right arm Shoulder Rotation with Seated Spinal Rotation 20 sec; Rest 10 sec
- Jefferson Curl 20 sec; Rest 10 sec
- Spinal Extension 20 sec
- Rest & Breathe 40 sec

INT/ADV.

- Cross Body Stagger Stretch 30 sec (15 sec each side); Rest 10 sec
- Left Leg Quad Stretch 20 sec; Rest 10 sec
- Right Leg Quad Stretch 20 sec; Rest 10 sec
- Left Leg Tandem Stance 20 sec (Increase difficulty by closing eyes); Rest 10 sec
- Right Leg Tandem Stance 20 sec
- Rest & Breathe 40 sec

SET B

2 Sets: (2 min instruction + 3 min movement = 24 min)

ALL GROUPS

- Thoracic Extension 20 sec; Rest 10 sec
 - Left Tricep Stretch 20 sec; Rest 10 sec
 - Right Tricep Stretch 20 sec; Rest 10 sec
-

COOL DOWN

2 Sets: (2 min instruction + 4 min movement = 30 min)

ALL GROUPS

- Elongation Stretch with Lateral Flexion 30 sec; Rest & Breathe 30 sec
 - Seated or Standing Left Pec Stretch 20 sec; Rest 10 sec b/w sides
 - Seated or Standing Right Pec Stretch 20 sec; Rest 10 sec
-

WEEK 2 DAY 2

WARM UP

2 Sets: (2 min instruction + 5 min movement = 7 min)

CHAIR

- Front Raise 30 sec
- Hip Rock Forward/Back 30 sec
- Lateral Raise 30 sec
- Hip Rock Lateral 30 sec
- Rest & Breathe 30 sec

INT/ADV.

- Left Tandem Stance 30 sec
- Hip Rock Forward/Back 30 sec
- Right Tandem Stance 30 sec
- Hip Rock Lateral 30 sec
- Rest & Breathe 30 sec

SET A.

2 Sets: (2 min instruction + 4 min movement = 13 min)

ALL GROUPS

- March and Punch 30 sec
 - Rest & Breathe 30 sec
 - Left Tricep Stretch 20 sec
 - Rest 10 sec b/w arms
 - Right Tricep Stretch 20 sec Rest 10 sec
-

SET B.

2 Sets: (2 min instruction + 5 min movement = 20 min)

ALL GROUPS

- Knee To Elbow 30 sec - alternating sides; Rest 15 sec
 - Banded Overhead Press Alternating 30 sec; Rest 15 sec
 - Alternating Hamstring Stretch 30 sec
 - Rest & Breathe 30 sec
-

SET C.

2 Sets: (2 min instruction + 4 min movement = 26 min)

ALL GROUPS

- Double Arm Row 30 sec
 - Rest & Breathe 30 sec
 - Seated Alternating Hamstring Stretch 30 sec
 - Rest & Breathe 30 sec
-

COOL DOWN

2 Sets: (2 min instruction + 2 min movement = 30 min)

ALL GROUPS

- Seated or Standing Cross Body Shoulder Stretch 30 sec (15 sec each side)
- Hip Circles 30 sec (15 sec each direction)

SET A.

2 Sets: (2 min instruction + 4 min movement = 13 min)

ALL GROUPS

- March and Punch 30 sec
 - Rest & Breathe 30 sec
 - Left Tricep Stretch 20 sec
 - Rest 10 sec b/w arms
 - Right Tricep Stretch 20 sec Rest 10 sec
-

SET B.

2 Sets: (2 min instruction + 5 min movement = 20 min)

ALL GROUPS

- Knee To Elbow 30 sec - alternating sides; Rest 15 sec
 - Banded Overhead Press Alternating 30 sec; Rest 15 sec
 - Alternating Hamstring Stretch 30 sec
 - Rest & Breathe 30 sec
-

SET C.

2 Sets: (2 min instruction + 4 min movement = 26 min)

ALL GROUPS

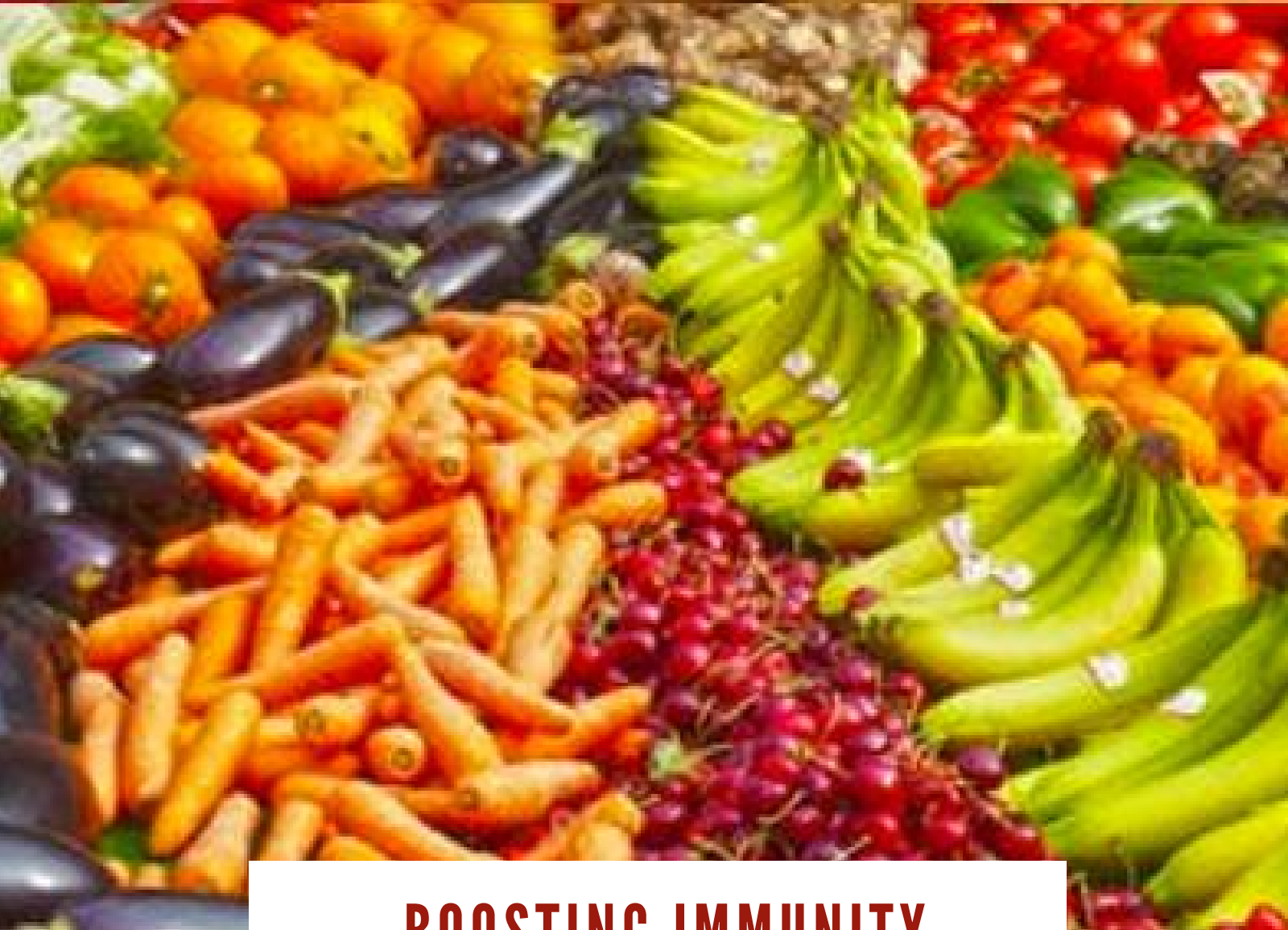
- Double Arm Row 30 sec
 - Rest & Breathe 30 sec
 - Seated Alternating Hamstring Stretch 30 sec
 - Rest & Breathe 30 sec
-

COOL DOWN

2 Sets: (2 min instruction + 2 min movement = 30 min)

ALL GROUPS

- Seated or Standing Cross Body Shoulder Stretch 30 sec (15 sec each side)
- Rest & Breathe 30 sec
- Hip Circles 30 sec (15 sec each direction)
- Rest & Breathe 30 sec

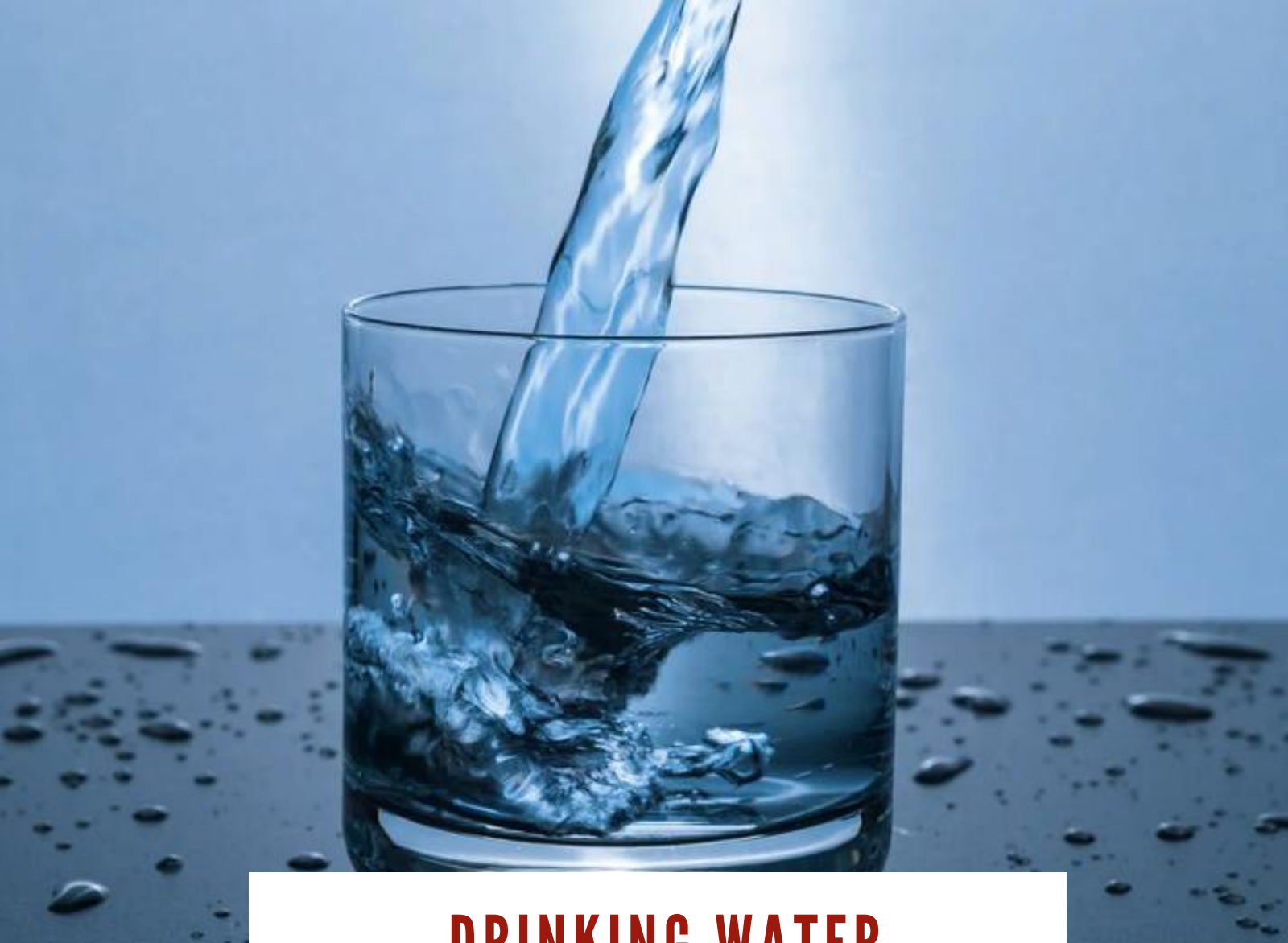


BOOSTING IMMUNITY

Food is our body's fuel and our body requires food rich in nutrients to stay healthy. Focus on eating nutrient-dense foods like vegetables & fruit at each meal.

Look to include leafy green veggies such as spinach and broccoli, vegetables and fruit high in vitamins A & C such as carrots, sweet potatoes, oranges and pineapple.

This is also a great time to cut back on foods high in sugar that can weaken the body's immune response.



DRINKING WATER

In addition to eating foods high in nutrients, keep your body healthy by staying hydrated.

Drinking water keeps your body healthy by maintaining proper hydration levels of your cells that allow them to fight off risk of disease.

The amount of water will change based upon body weight, but as a minimum, look to follow the “**8x8 rule**” or eight, 8 oz glasses of water.

HYDRATION TIP:

A great way to stay hydrated and support the body with less conventional measures is to use lemon, ginger and apple cider vinegar.

- Adding fresh squeezed lemon to water first thing in the morning and throughout the day helps our body's cells detox.
- Ginger tea reduces our body's inflammation and is a great source of antioxidants.
- Apple Cider Vinegar is created by fermenting the sugar from apples turning it into acetic acid which has numerous health benefits, including the ability to kill harmful bacteria and pathogens in our body

TIP: Add 1 Tbsp Apple Cider Vinegar to 8 oz of water and take up to three times daily.



ULTIMATE COLD BUSTER

Ingredients:

- 2 Tbsp Apple Cider Vinegar
- Juice from 2 lemons
- 1 teaspoon freshly grated ginger
- 1 clove crushed garlic
- 1/8 tsp cayenne pepper

Instructions:

1. Mix all ingredients together and take as a shot, or pour in a 16 oz glass and top off with filtered water.
2. Drink twice daily.

Reference: <https://betsylife.com/ultimate-cold-buster-drink/>

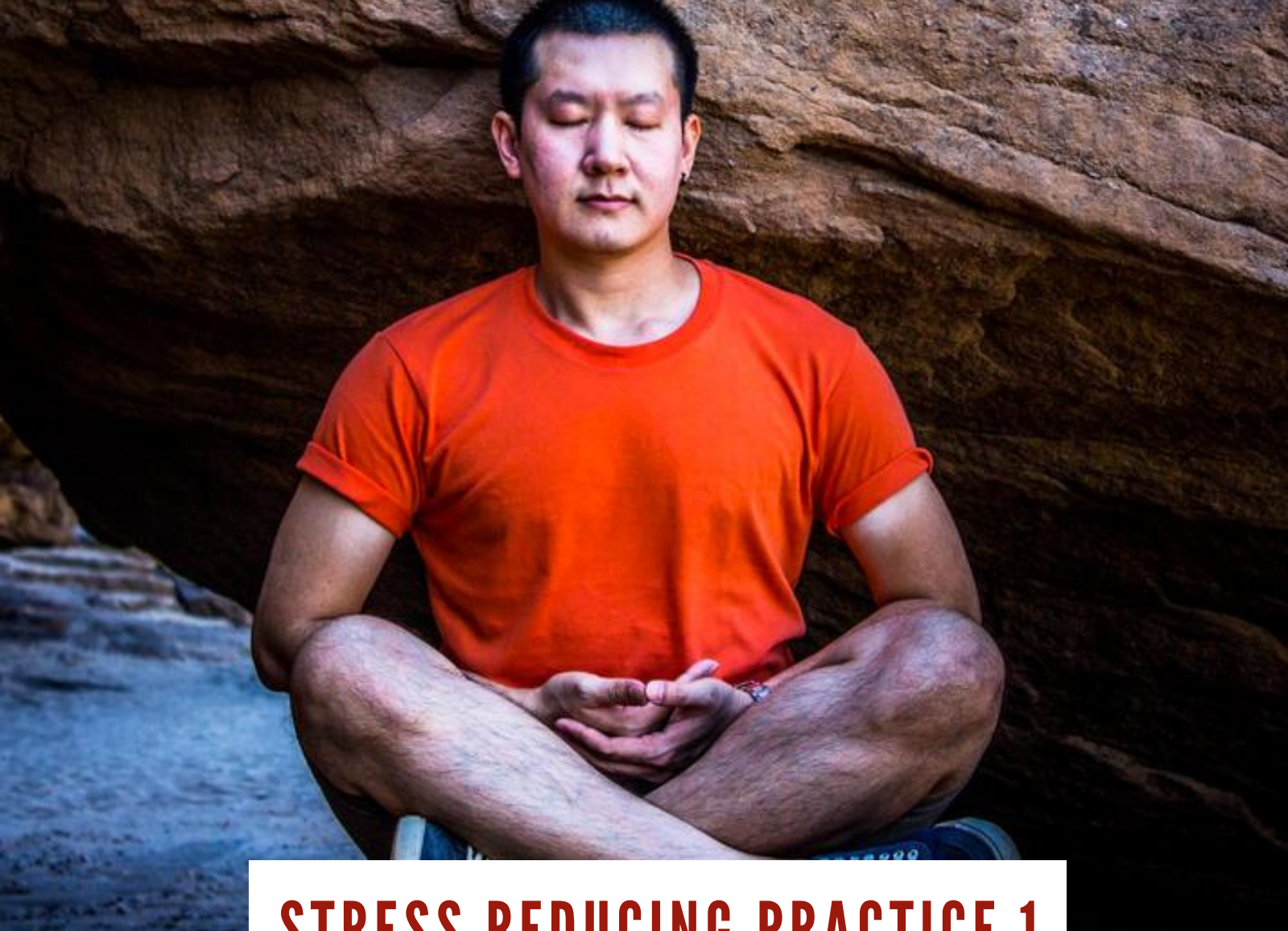


GETTING ENOUGH SLEEP

Sleep is a key area to support our immune system, as the more rest our body gets, the better prepared our body is to fight off illness and bacteria or viruses that we may come into contact.

The National Sleep Foundation recommends a minimum of 7-8 hours of sleep per night for a healthy immune system.

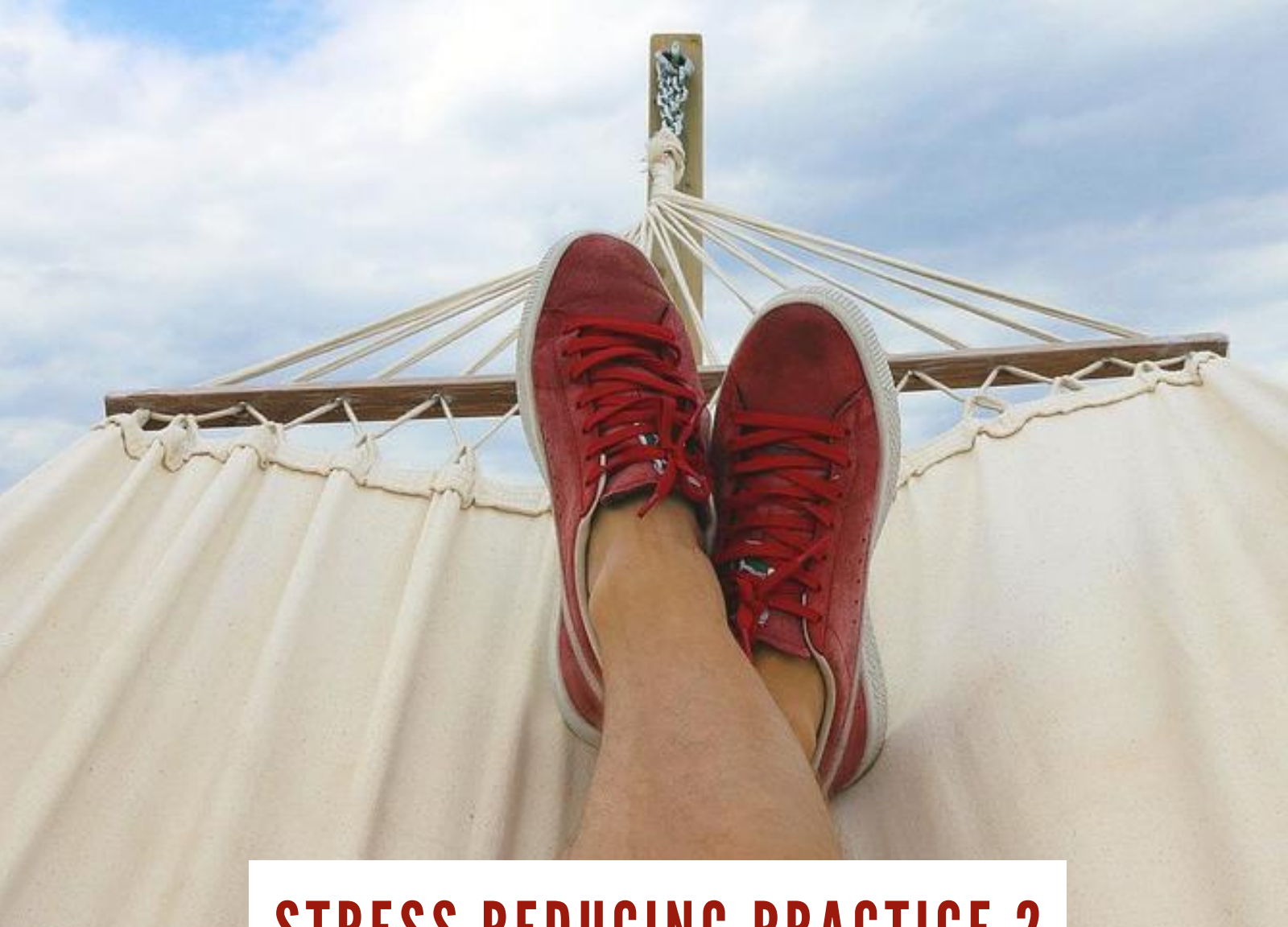
If you find yourself tired during the day do your best to give your body what it's asking for with a morning &/or afternoon nap to keep your immune system operating at its best.



STRESS REDUCING PRACTICE 1

Seated Posture:

- Turn off electronics & consider setting a timer for 5-10 minutes
- Sit upright in a comfortable position
- Close eyes
- Begin to breathe slowly in for four seconds and out for four seconds
- Focus to clear mind and notice the rise and fall of chest
- As thoughts enter your mind, refocus on the sensation of breathing slowly in and out
- Continue until the timer ends
- Repeat morning and evening or when you notice tension in your body.



STRESS REDUCING PRACTICE 2

Lying Posture

- Lay on back with pillows under head and back of knees for comfort.
- Adjust head, neck, and shoulders to be aligned with spine and splay arms and legs out to sides with palms up.
- Close eyes and begin to focus on breath and sensations of body.
- Bring awareness to fully relaxing body by taking deep inhalations and allow the body to deepen into relaxation with each exhale.
- With each breath, allow the body to become heavier, sinking into the surface.

PRACTICE 2 CONTINUED...

- Begin to shift awareness to different areas of the body with each breath. Breathe in with focus on the fingers of the right hand and deepen the relaxation of this area on the exhale.
- With each breath, move through the right side of the body-fingers, palm, wrist, elbow, shoulder, armpit & neck then repeat on left.
- Move into the right leg, starting from right waist and moving down into right hip, thigh, knee, calf, ankle, arch of foot, toes, repeat on left.
- Take attention into areas of the face - eyes, forehead, nose, tip of nose, nostrils, lips, chin, jaw, and throat.
- Continue to focus on breath and focus to feel the heartbeat, relax your stomach and continue to focus on breath. Feel the pulse of your whole body and relax any areas of tension with each breath.

REDUCING STRESS

Strengthen your immune system by reducing your overall stress with mindfulness practices.

While it's great to stay informed with the daily news, there comes a time when it's important to turn off the news reports that tend to elevate stress & worry in order to get centered and grounded as a way to keep your mind & immune system strong.

Stress increases risk for disease as it reduces the function of the immune system.

To reduce stress:

- Reflect on a memory that brings you joy
- Light a candle & be still for five minutes
- Play calming or playful music to boost mood, or Perform one of the following meditation practices to support a sense of peace & calm...



QUESTIONS?

Ask us about our Senior Wellness Programming! You can find us at www.wodstar.com & media@wodstar.com