

***My Activity Book:
6 Weeks of Learning and Fun!***



Week 5

Let's Move!

INTRODUCTION FOR CAREGIVERS

The HCQU has designed 6 activity books to help people learn and grow in various ways. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, encouraging the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Ensure any necessary materials are available.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and encouragement along the way, especially when the person is making an effort to participate.

MOVING KEEPS YOU HEALTHY



When your mind is healthy you can make better food choices, connect with the people you love, and do all the things you enjoy. Another thing you can do when your mind is healthy is choose fun activities to keep your body strong and healthy. During this week's activities, you will learn why moving is good for you and will have fun by practicing different ways to move. Let's get started!

Exercise Disclaimer: When participating in any exercise or exercise program, there is the possibility of physical injury. By engaging in any of these exercises you agree to do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Acentra Health from any and all claims or causes of action, known or unknown, arising out of this participation. It is further understood by participants these exercises are not to be done without prior doctor consent.

Note to caregiver: This week's topic includes simple terms and concepts on what movement or physical activity is and how the body can benefit from it. Participants are encouraged to engage in fun, easy-to-learn exercises that will help to increase their level of physical activity and promote good health. Items you may need to purchase for this week's challenge are pool noodles, a 1 pound can or a full 16-ounce water bottle, hula hoops, and a beach ball or another ball similar in size.

TRACK YOUR PROGRESS

The next page has a chart you can use to keep track of how much you are moving each day. Fill in the dates of the week at the top of the page. In the spaces below each day, write or draw a pictures of all the exercise activities you did that day. Anything that makes you move counts, even going up and down steps or using the vacuum cleaner in your house. At the end of the week, you will see how much you moved. You might want to make a goal to move more the next week! You can challenge your roommates to see which one of you can move the most during the week.

Have fun!



MOVEMENT CHART

Week of: _____

MON	TUES	WED	THURS	FRI	SAT	SUN

DAY 1: EXERCISE WITH POOL NOODLES

Note to Caregiver: Please read through the activities below. Cut pool noodles into the various sizes needed for the different activities. Inspire participants to play!

Pool Noodle Terminology

Noodle - standard length noodle

Demi-roni - half-noodle

Noodlette - small piece of noodle
(2-3 inches long)



Noodle Hockey (2 players or 2 teams, plus a “referee”)

Equipment: 2 goal markers (ex: hula hoops), 1 noodle per player, several noodlettes

1. Use hula hoops or other markers to identify goals at both ends of the playing area.
2. Choose a person to be the “referee.”
3. Have each player select a noodle (or demi-roni for shorter players) to use as a hockey stick.
4. Position players/teams opposite each other, facing their opponent’s goals, with noodlettes on the ground between them.
5. When referee says, “Go”, players use their hockey stick noodles to move noodlettes to the opposite side of the playing area and into their opponent’s goal.

Face-off version: Players hit noodlettes to team members to try for a goal!

EXERCISE WITH POOL NOODLES (continued)

Noodle Batting Practice (2 or more players)

Equipment: 1 demi-roni, 1 bucket, 8 noodlettes

1. Place bucket near one end of the playing area.
2. The player starting as pitcher stands near other end of the playing area, facing bucket.
3. The batter stands slightly in front of bucket, facing pitcher.
4. The pitcher tosses noodlettes underhanded, one at a time, trying to toss them into bucket.
5. The batter tries to hit noodlettes with demi-roni to keep them out of bucket.
6. When all noodlettes have been tossed, players switch positions and the game continues.



DAY 2: PASS THE BEACH BALL

(2 or more players, preferably more)

Equipment: 1 beach ball



1. Ask participants to line up, one in front of the other, all facing the same direction.
2. Instruct participants to do their best not to move their feet (or the position of their hips, if seated) throughout the game.
3. Starting with the person at the front of the line, participants pass the ball backward over their head to the person behind them.
4. When the last person in line receives the ball, they pass it to the person in front of them by tossing it over that person's head.
5. When the ball reaches the person at the front of the line, participants pass the ball to the person behind them by twisting to one side and passing the ball sideways. (All participants are to twist to the same side.)
6. When the last person in line receives the ball, they pass it forward by having the person in front of them twist to the other side.
7. Ask participants if they can think of other ways to move the ball up and down the line.

Note to caregiver: This activity helps increase flexibility and improve balance. To make the activity more fun, try writing a question in each section of the beachball. When a person catches the ball, ask them to answer the question their hand is touching.

DAY 3: MOVE YOUR UPPER BODY!

Upper Body Exercises



Do all these exercises slowly. Do not hold your breath and remember to breathe out as you do the "work" part of each exercise.

If you feel any unusual pain in your joints or muscles while you exercise, do not continue the exercise.

You will need a firm chair and hand held weights or wrist weights for these exercises.

Do each exercise _____ times.

Do these exercises _____ times each week.

Chest press

1. Sit in a chair with your head up and your back straight.
2. Start with your elbows bent holding the weights at your chest.
3. Push the weight straight out in front of you until your arms are straight.
4. Pull the weights back slowly to the start position.



Chest pulls

1. Sit in a chair with your head up and your back straight.
2. Bring the weights to the center of your chest, about shoulder height.
3. Pull your elbows back, bringing the weights out to your shoulders.
4. Return to the start position and repeat.



DAY 4: EXERCISE OUTSIDE!



If the weather is nice, put on your shoes and exercise outside.

- Take a walk, or use your wheelchair, on a walking trail at your local park. Walk or wheel with a friend or caregiver at a steady pace for 20 minutes. If you become tired, stop and rest for a few minutes.
- March in place on your porch, in your backyard, or on your sidewalk. March with a friend or caregiver at a steady pace for 20 minutes. If you become tired, stop and rest for a few minutes. If marching while sitting in a wheelchair, be sure the brakes are locked.

If the weather is less than perfect, you can march in place in your living room to your favorite music or have a dance party with your friends!

DAY 5: TIME TO STRETCH

Stretch your body!

Stretching can make it easier for you to move. It is good to stretch before and after your regularly scheduled exercise activity.

Things to remember:

- Breathe while stretching.
- Stretching should not hurt. If it hurts, you are stretching too far.
- You can stretch while standing, sitting, or lying down.
- Hold each stretch for 15-60 seconds.

***Go to the next pages for easy stretching exercises for you to try.
You might add these to your everyday workout.***

Note to caregiver: Demonstrate and assist participants with the stretches on the following pages. The seated stretches may be done while sitting in a wheelchair or a sturdy, straight chair. Encourage participants to repeat each exercise 4 times, unless otherwise specified.

Stretching Exercises for Wheelchair Users



❑ Stretch 1

Hold left elbow with right hand. Gently pull elbow behind your head until an easy stretch is felt in the shoulder or back of your upper arm (triceps). Repeat exercise for other arm.



❑ Stretch 2

Begin with Stretch 1, and gently pull your elbow behind your head until an easy stretch is felt. Gently lean sideways from your hips to stretch along the side of your upper body.

Caution: Trunk weakness may require you to use a safety strap or for someone to watch you to prevent falls during this stretch.



❑ Stretch 3

Interlace your fingers from one hand with those of your opposite hand. Raise your arms above your head with your palms facing up. Push your arms slightly back and up. Feel the stretch in your arms, shoulders, and upper back.



❑ Stretch 4

Keeping your hips straight ahead in the chair, turn your upper body to the right and then to the left. Turn so you are looking over your shoulder. This exercise will create a stretch in your back and sides.

Caution: Persons with spine-stabilizing hardware, such as Harrington Rods, may be restricted in twisting. Persons with chest or back injuries should have their doctor's approval before doing this exercise.



❑ Stretch 5

Interlace your fingers with your palms facing out and your arms extended at shoulder height in front of you. Extend your arms forward to stretch your shoulders, mid-upper back, arms, hand, fingers, and wrists.



❑ Stretch 6

Another stretch for the shoulder and mid-upper back is to pull your elbow gently across your chest toward the opposite shoulder until a comfortable stretch is reached.



❑ Stretch 7

- Bend forward to stretch the areas from the neck through the lower back. This is also a good weight shift position and may be done with a pillow on your lap.
- Find a comfortable position and hold it for about 1 - 2 minutes.
- To sit up, put your hand on your thighs and push your upper body to an upright position.



❑ Stretch 8

Start with your arms straight, palms flat on the chair seat, and your thumbs on the outside with your fingers pointed back. In this position, slowly lean back to stretch the forearm, keeping your palms flat.

Caution: This exercise is not recommended for quadriplegics who have a tenodesis grip. This stretch may reduce the function of the grip by stretching out the fingers.



Leg and Arm Stretches

High Knees Taps

1. Stand (or sit) tall, with your back straight.
2. Hold your hands in front of you.
3. One at a time, lift your knees up as high as you can toward your hands.
4. Alternate legs.
5. Do this exercise for 30 to 60 seconds.

Squats

1. Stand straight, with your feet shoulder-width apart.
2. Sit your bottom backward as you bend your knees. This is similar to sitting into a chair.
3. Keep your knees in line with your toes and your back in line with your shins.
4. Squat until your legs look like the corner of a square, or until you cannot hold the proper form.
5. Repeat 10 to 20 times.

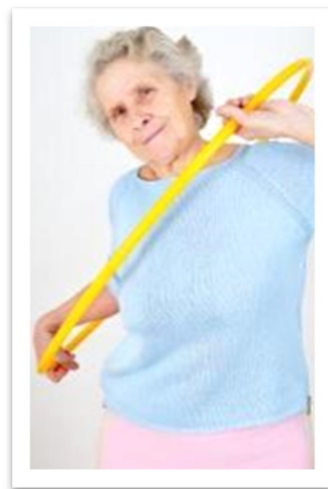
Arm Circles

1. Stand straight, stretching your arms out to your sides as far as you can.
2. Pull your shoulders back.
3. Move your arms forward in small circles for 30 seconds.
4. Move your arms backward in small circles for 30 seconds.

(Godwin,2019)

DAY 6: EXERCISE WITH A HULA HOOP

You can use hula hoop stretching exercises to warm up your body before a workout, to cool down after a workout, or to start or end your day with a good stretch. Repeat each exercise for 20 to 30 seconds. The goal is to relax and loosen your back.



Trunk Twists

1. Stand with feet shoulder-width apart.
2. Hold the hula hoop with arms stretched forward.
3. Twist your upper body right then left trying not to move your lower body.

Trunk Side Bends

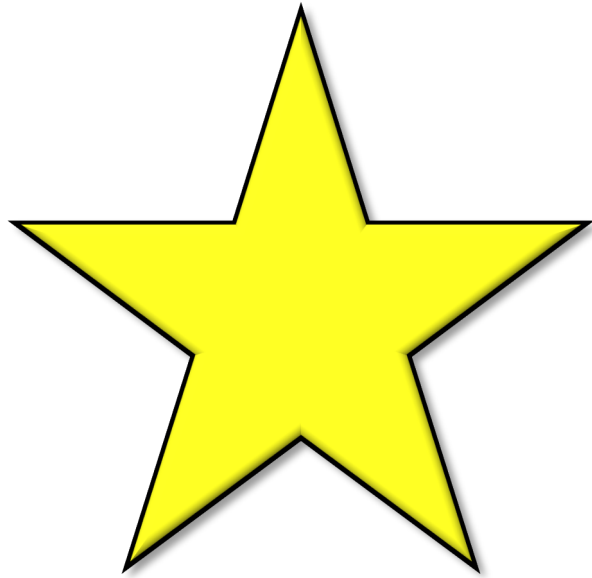
1. Stand with feet shoulder-width apart, holding the hula hoop high above your head.
2. Lean your upper body to the right, then stand straight.
3. Lean your upper body to the left, then stand straight.

Upper Body Circles

1. Stand straight, holding the hula hoop high above your head.
2. Move your upper body in a big circle one direction.
3. Move your upper body in a big circle the other direction.

Note to caregiver: People with spinal injuries or spine stabilizing hardware may be restricted in twisting and should consult their doctor prior to doing this exercise.

DAY 7: CELEBRATE YOU!



YOU ARE A STAR!

Think about all of the activities you did this week.
Choose the ones you liked and do them often.

KEEP YOUR BODY MOVING!

FOR MORE EXERCISE IDEAS TO KEEP YOUR BODY MOVING

Click on the links below to find more exercise activities you can try.

- **National Center on Health, Physical Activity and Disability**

Strength Training Video for People with Intellectual Disabilities: Lower Body Exercises

<https://www.nchpad.org/263/1694/Strength~Training~Video~for~People~with~Intellectual~Disabilities~~Upper~Body~Exercises>

Strength Training Video for People with Intellectual Disabilities: Lower Body Exercises

<https://www.nchpad.org/334/1985/Strength~Training~Video~for~People~with~Intellectual~Disabilities~~Lower~Body~Exercises>

- **IvanaExercise**

Beginner exercise video for kids, adults, and people with disabilities (Parts 1, 2 and 3)

https://www.youtube.com/channel/UCPXE-jqHLk40lYltj_qX4dQ

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For additional information regarding this activity book or
any of our physical or behavioral health trainings,
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