



# Advancing and Adapting your Senior Fitness Programming

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# COMMON MYTHS ABOUT AGING AND EXERCISE

## AGE

"My residents are too old to exercise. "

## LIMITATIONS

"My residents have pain and chronic conditions."

## RISK

"I don't want to hurt them"



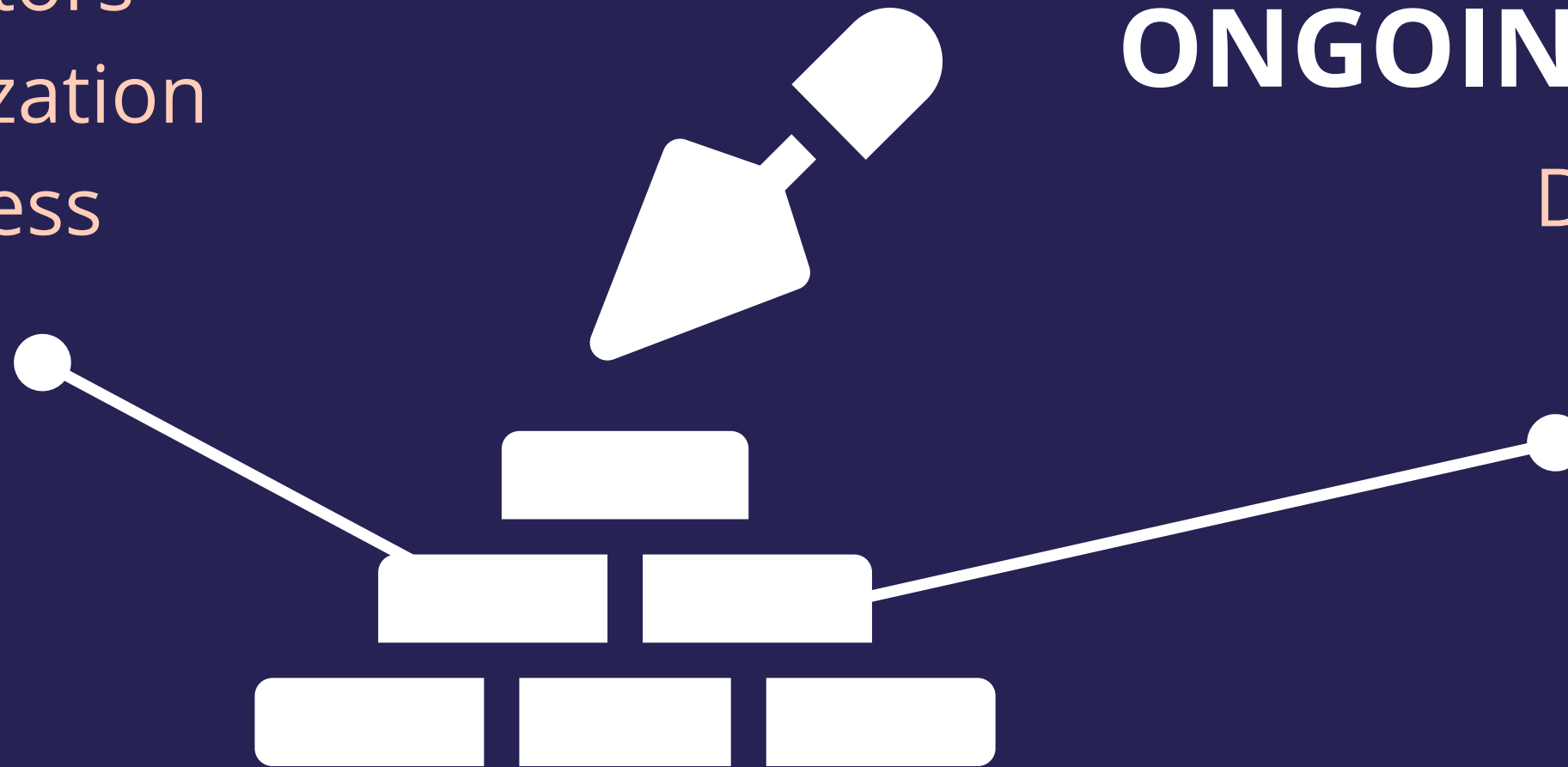


# EDUCATION/ CERTIFICATION

Have you or the instructors  
teaching at your organization  
completed a senior fitness  
course/ certification?

# ONGOING LEARNING

Do you take part in  
annual continuing  
education?



# FOUNDATION

## CARDIO

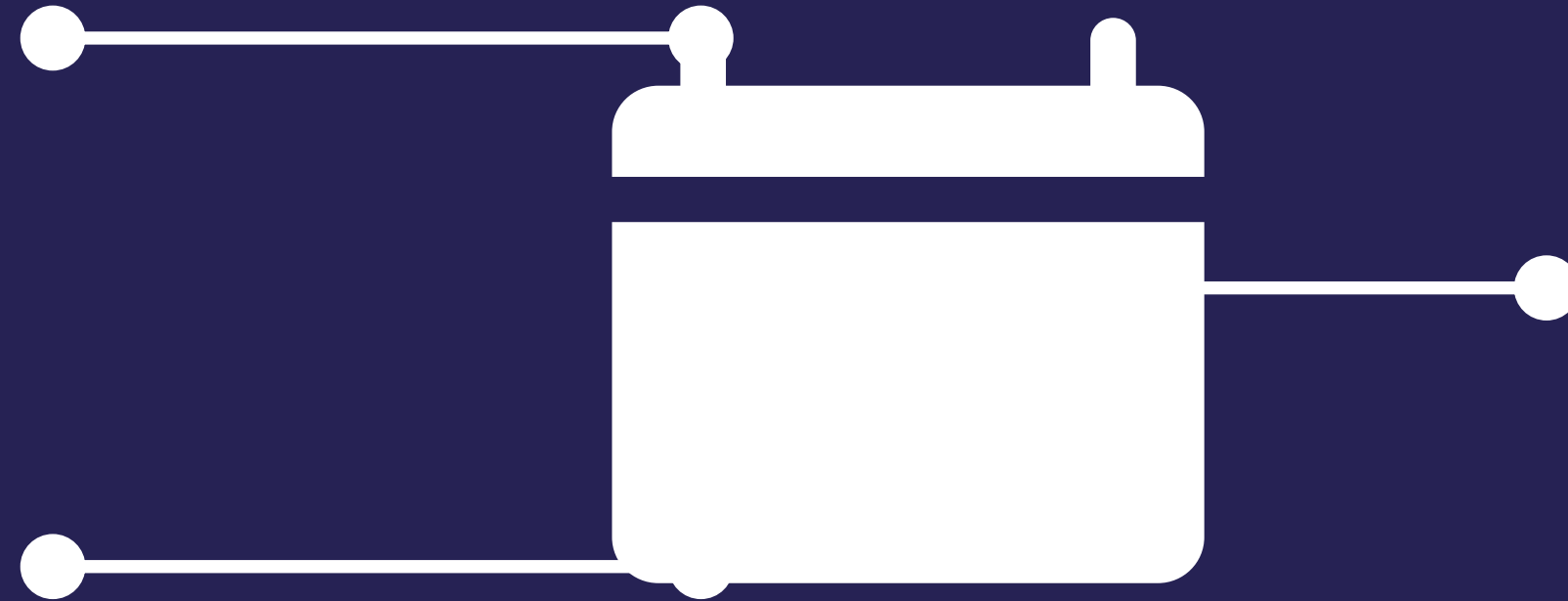
At least 150 minutes of moderate to vigorous intensity aerobic activity per week.

## BALANCE

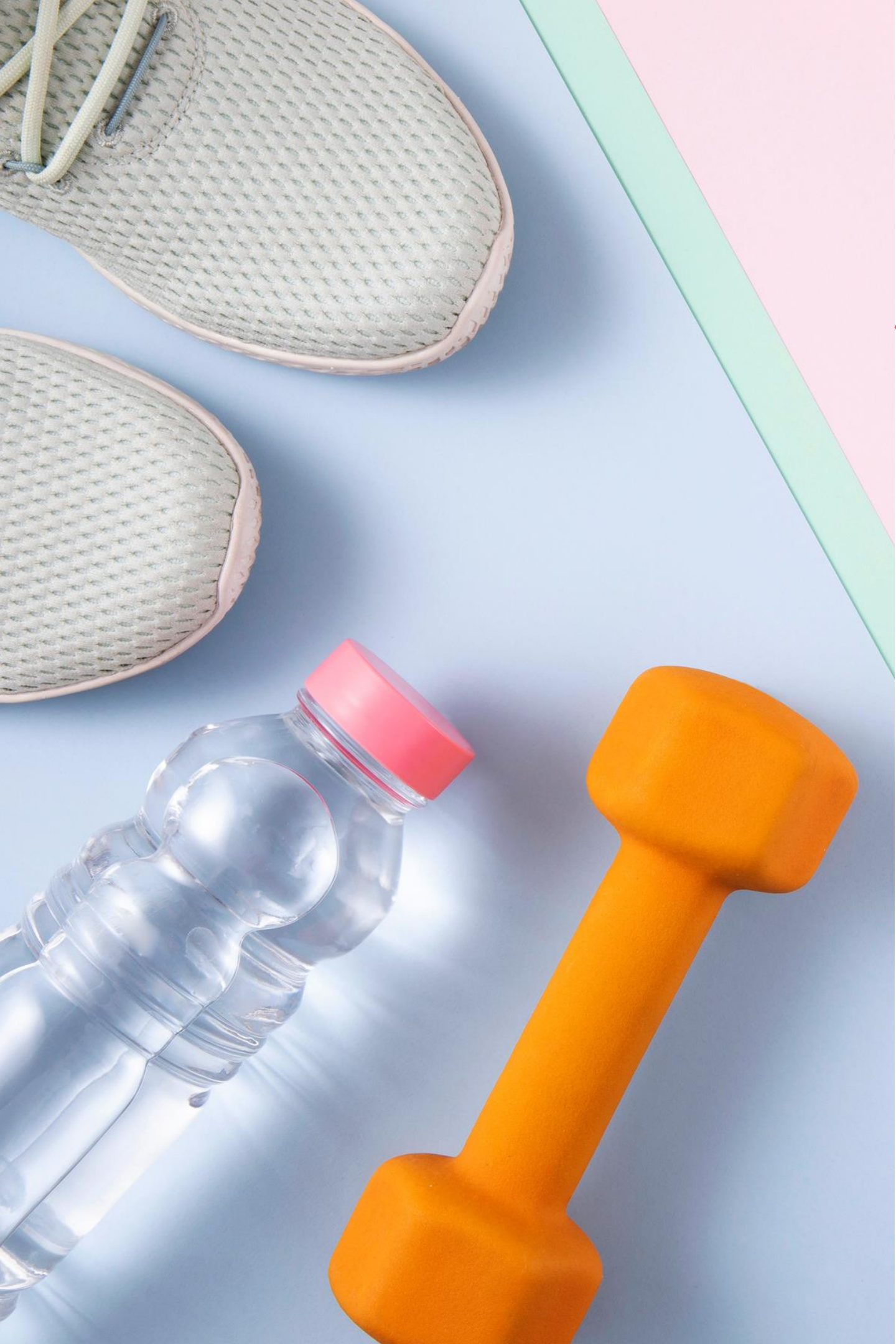
Programming to prevent falls and enhance balance.

## STRENGTH

At least 2 days per week of muscle and bone strengthening exercises for all the major muscle groups.



# SCHEDULE



# FITT PRINCIPLE

- ✓ FREQUENCY
- ✓ INTENSITY
- ✓ TIME
- ✓ TYPE

# **CARDIO:** 150 MINUTES OF MODERATE-TO-VIGOROUS AEROBIC ACTIVITY PER WEEK, IN BOUTS OF 10 MINUTES OR MORE



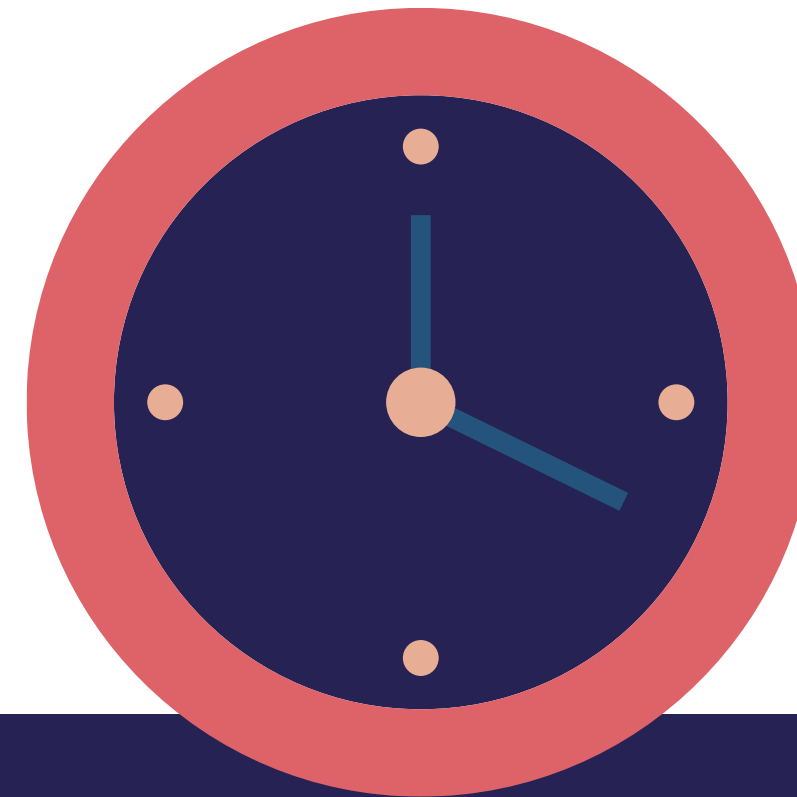
## **FREQUENCY**

5 days per week



## **INTENSITY**

Moderate-to-vigorous: 5-7 on a scale from 1-10, being able to talk, but not sing.



## **TIME**

150 mins per week  
30 mins per day



## **TYPE**

Aerobic Activity:  
aerobics class,  
walking, cycling, etc.

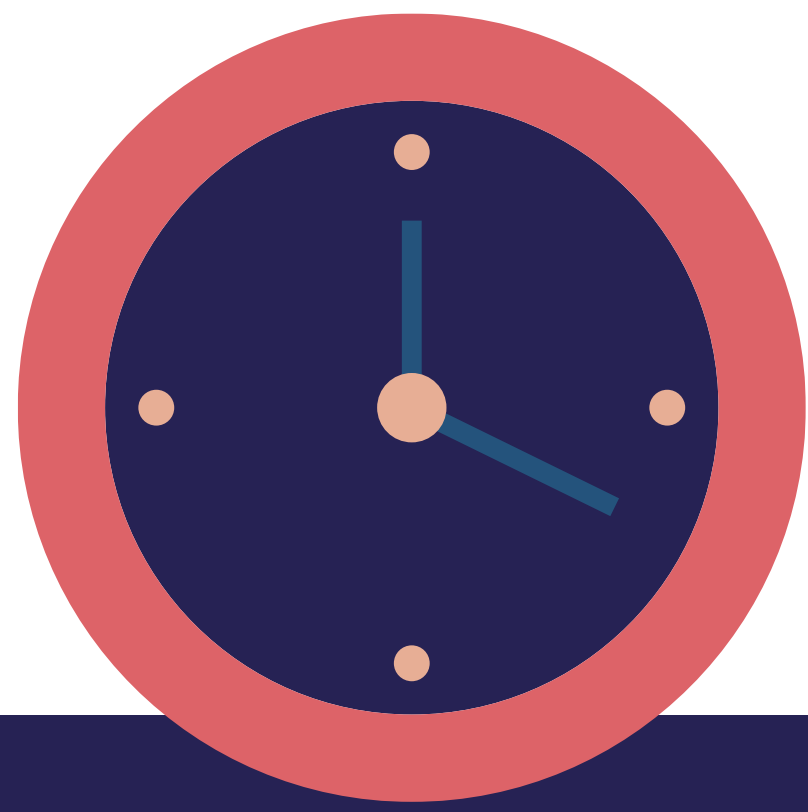
**STRENGTH:** AT LEAST 2 DAYS PER WEEK OF MUSCLE AND BONE STRENGTHENING EXERCISES FOR ALL THE MAJOR MUSCLE GROUPS.



**FREQUENCY**  
2 days per week



**INTENSITY**  
Choose a resistance to complete 8-12 reps with last few reps difficult to complete



**TIME**  
8-12 repetitions



**TYPE**  
Strengthening Exercises: body weight, weights, bands, equipment.  
Major Muscle Groups: Legs, Hips, Back, Abdomen, Chest Shoulders, Arms.



## LEGS



## HIPS



## BACK



## ABDOMINALS



## CHEST



## SHOULDERS



## ARMS





**BALANCE:** PHYSICAL ACTIVITY TO IMPROVE BALANCE AND PREVENT FALLS (WHO RECOMMENDS 3 DAYS PER WEEK).



### **FREQUENCY**

3 days per week



### **INTENSITY**

Include elements of progression and challenge



### **TIME**

Activity dependent



### **TYPE**

Walking, muscular strengthening exercises, activities requiring coordination





**SEATED OR STANDING?**



**DO YOU OFFER...**



**THE DETAIL**



# INTELLECTUAL

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- Brain and memory games:
  - Alphabet Game
  - I'm going on vacation
  - Tongue twisters
  - Counting
  - Recall
- Movement combinations



# SOCIAL

- A common goal
- Laughter
- Partner work and teams





A photograph of an elderly couple laughing joyfully in a kitchen. The woman in the foreground is laughing with her head tilted back, wearing a blue sweater and a patterned scarf. The man behind her is also laughing, wearing a striped shirt. The background shows a kitchen with white cabinets and pendant lights. The entire image is overlaid with a semi-transparent red filter.

# EMOTIONAL

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- Music
- Goal setting
- Mastery



# SPIRITUAL

- Purposeful breathing
- Mindfulness
- Meditation
- Guided relaxation





A photograph of a man with grey hair and glasses, wearing a white t-shirt and yellow gloves, crouching in a grassy field to collect trash into a blue plastic bag. In the background, other people are visible, also engaged in cleanup activities. The scene is set in a park-like area with trees and a warm, golden light.

# VOCATIONAL

- Ambassadors:
  - Chair set up
  - Water
  - Welcoming new participants
  - Program escorts
- Name tags, t-shirts, recognition





# ENVIRONMENTAL

- Outdoor walks and classes
- “Park of the Week”

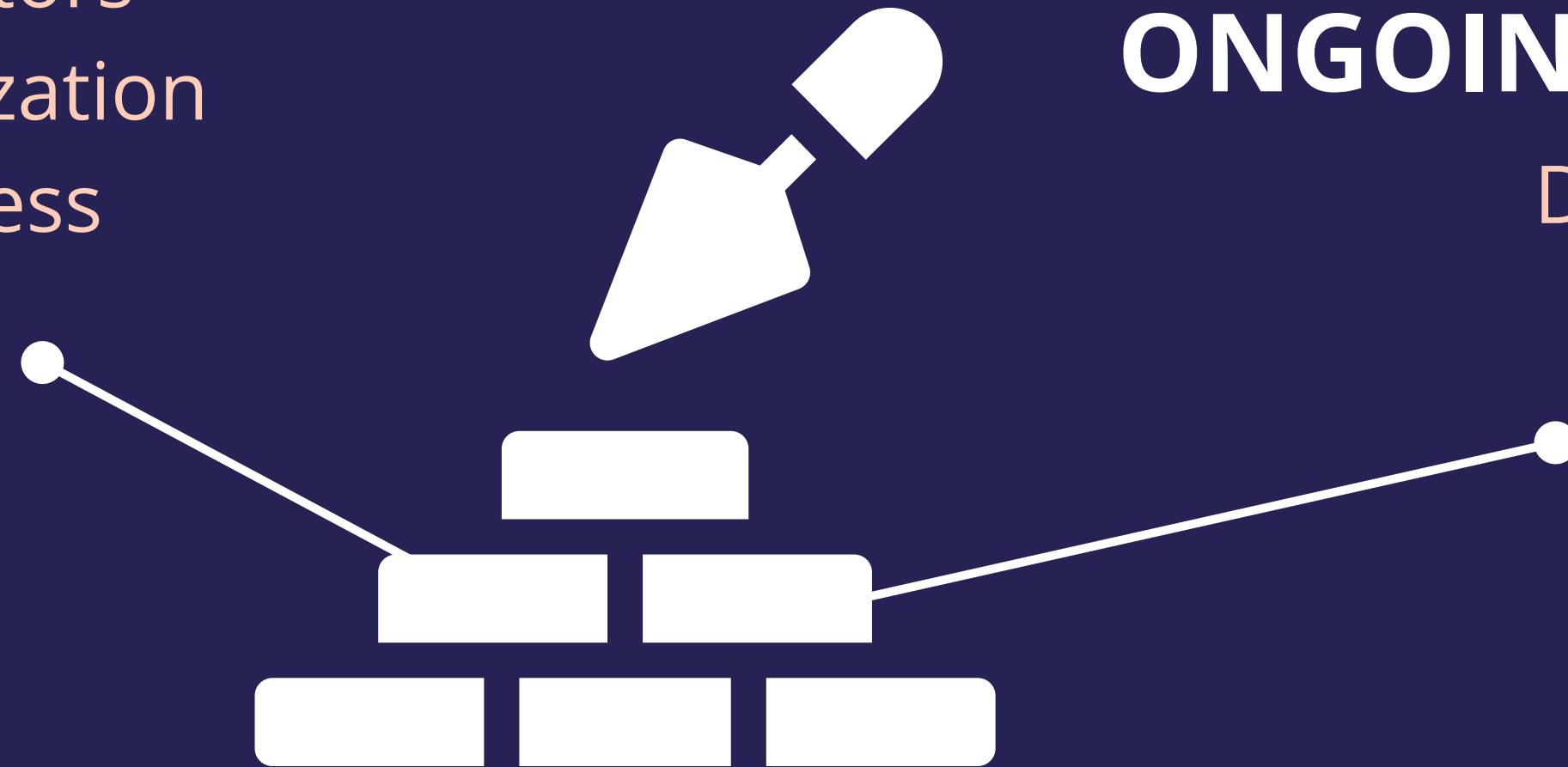


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DO YOU OFFER...



THE DETAIL



**Contact me at**  
[emily@strongerusereniorfitness.com](mailto:emily@strongerusereniorfitness.com)



# ThankU

For Engaging

[www.strongerusereniorfitness.com](http://www.strongerusereniorfitness.com)







**Questions?**