

## Resources mentioned in “How to Create a Home Exercise Program”

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**GOAL: 150 minutes/week of exercise**

**The mantra: M-O-V-E Motivation, to be ON IT, with vision and enthusiasm**

**M** Decide your motivation:

1. Do you just want to move?
2. Are you experiencing pain that would improve with movement?
3. Do you want to lose weight?
4. Do you want to improve your heart health?

**O** Be ON IT, to make a plan. Decide what you will do and it has to be something that you will enjoy:

1. Stretching like Yoga or Pilates
2. Movement like walking or running
3. Dance like Zumba
4. Power like weights
5. Something else?

**V** Visualize your new exercise life by determining cues that work for you:

1. Close the laptop and shut off the TV
2. Focus on your plan for the day
3. Put on clothes that cue exercise
4. Put on music

**E** Decide what would inspire you, what will trigger enthusiasm for you:

1. Are you inspired to get up and move with music?
2. Are you a social athlete? Do you need to grab someone in the house or phone a friend?
3. Are you truly disciplined and if you schedule it, it will get done?
4. Do you need to set an end goal to work towards?

## Links for Rookies:

### Initial workout

This is the 3 minute workout that we did together, from the Holy Cross Hospital Facebook page: <https://www.facebook.com/HolyCrossHospital/videos/1855428364587395/>

I suggest you add these 3 exercises for a full 10 minute workout:

- ★ Seated abdominal crunches -- start with 3 sets of 3, work up to 3 sets of 10
- ★ Sit and stands -- start with 3 sets of 3, work up to 3 sets of 10
- ★ Calf raises -- start with 10 raises on both legs, work up to 10 raises on each leg

Holy Cross Hospital has a number of virtual classes. Check out their schedule, which is updated monthly:

<https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/>

7 minute yoga flow for older adults <https://www.youtube.com/watch?v=NDLad2vOHkU>

15 minute workout for older adults <https://www.youtube.com/watch?v=Ev6yE55kYGw>

60 minute workout for older adults <https://www.youtube.com/watch?v=rkDlpZ3Musw>

## Links for experienced exercisers:

I suggest you add the these 3 exercises to your current routine to enhance your fitness:

- ★ Planks -- start with 1 minute, work up to 4 minutes 20 seconds to meet the current Marine Corp PFT perfect score. Bowflex posted this great demonstration of forms and modifications to prevent injuries:

[https://www.youtube.com/watch?v=ASdvN\\_XEI\\_c](https://www.youtube.com/watch?v=ASdvN_XEI_c)

- ★ Spiderman lunge stretch -- start with 1 minute alternating side, work up to 2 minutes. Leaf Training posted this demonstration for you to check your form:

<https://www.youtube.com/watch?v=1hnb1sb67Eg>

- ★ Burpees -- start with 1 set of 10, work up to 3 sets of 10. Bowflex again demonstrates form to prevent injury:

<https://www.youtube.com/watch?v=dZgVxmf6jkA>

Here are some additional free online workouts if your current gym is not posting anything:

10 minute calisthenic workout <https://www.youtube.com/watch?v=3sEeVJEXTfY>

30 minute cardio no equipment workout <https://www.youtube.com/watch?v=7iSm6rLBt20>

30 minute Barre/Pilates workout <https://www.youtube.com/watch?v=zd8pDgK-HhQ>

30 minute cardio dance workout <https://www.youtube.com/watch?v=8TOIWNAVADw>

Yoga <https://www.youtube.com/user/yogawithadriene>

## Stretches for Teleworkers

*Begin seated firmly on sit bones on chair, both feet on floor, straightened spine.*

*Neck stretch Interlace fingers, palm inward, with arms outstretched at shoulder level. Bend neck gently forward, breathe and hold for 5 sec. Release and repeat for total 3 times.*

*Spine stretch Reach back with both arms to grab the chair back and bend forward at the hips with straight spine to feel the gentle stretch, breathe and hold for 5 sec. Release and repeat for total 3 times.*

*Wrist and shoulder release Interlace fingers, palm outward, with arms outstretched at shoulder level. Raise arms overhead to be straight with straight spine, breathe and hold for 5 sec. Release and repeat for total 3 times.*

*Hip release Cross right leg over the left on the thigh. With arms outstretched, bend forward at the waist to feel the gentle stretch at the hip, breathe and hold for 5-10 sec. Repeat on the other side.*

*Torso twist Sitting straight, reach right arm to grab the back of the chair while reaching left arm to the outside of the right thigh/hip, turning gently at the hip to feel the gentle stretch at the low back, breathe and hold for 5-10 sec. Repeat on the other side.*

*Modified downward dog Standing behind the chair, lightly grip the top of the chair with both hands. Move feet back to elongate the spine at the waist to a flat back, gently feeling the stretch from the shoulders to the waist, breathe and hold for 5-10 sec.*