



Full-body Workout

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The amount of mobility, strength and balance you have has a direct impact on the level of independence you experience at home. Exercise definitely helps to improve your strength, flexibility and circulation, which then helps you to move better, and perform your daily tasks with greater ease. Also, exercise can be a fun thing to do that can put a smile on your face, and give you a boost of energy!

At Attune Aging Strategies & Solutions, we want to give you a full-body workout that is designed to target all areas of your body. This workout is made up a series of exercises to strengthen both your legs and arms. It also includes exercises to target your balance and core/ abdominal muscles, as well as a fun little cardio circuit to get your blood flowing.

These exercises were created by a Registered Physiotherapist and Occupational Therapist and are taken from Attune's Exercise Essentials Vol.1 Program. The exercises you have received appear in the pages of the Exercise Essentials Vol. 1 Guidebook and in the Video Series as well. Attune created a sitting and standing version of each exercise, and they can all be done in the comfort of your home.

***"...and
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Before you begin to exercise, do some initial planning.

1. Pick a time during the day that is best for you to exercise. Many people find that exercising in the late morning (between breakfast and lunch) is best because they have the most amount of energy.

***“It’s best
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2. Set up your environment properly. Be sure the space around you is clear so you have room to move and you don’t trip on anything. Having the area well-lit improves visibility and safety, and decreases your chance of a falling.

3. Choose your favourite music and have it playing along with the workout to keep you motivated.

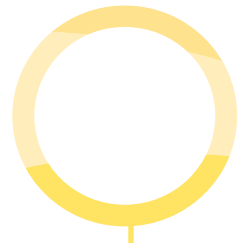
So, with a little bit of planning you can set yourself up for success and fun.

Many research studies have shown the benefits that exercise has on your strength, mobility, and functional performance no matter what age you are. It is never too late to start exercising or to try something new. Whatever exercises you decide to do, make sure you start slowly and go at your own pace. You should challenge yourself, but don’t over-do it. Listen to your body and be safe.

Attune believes that exercise is the key to independence. We are happy to share this Full Body Workout with you and look forward to hearing your feedback as you take time to experience the benefits of exercising. Enjoy these exercises, and remember, every movement is worth the effort!

Exercise 1

Squat Up & Down - Sitting



Exercise Movement:

- Sit up tall, roll your shoulders back and down, tighten your abs.
- Feet flat on floor. Feet under knees and shoulder width apart.
- Have both hands firmly gripping the arm rests of the chair for support.
- Lean forward and push through your heels. Slowly rise up from the chair, keeping your head up at all times.
- Keep your hands on the arm rest to support your upper body as it rises up from the chair. Straighten your elbows as much as possible.
- Pause at the top of the movement, keeping the knees slightly bent.
- Slowly lower yourself back down into the chair.

Repetitions:

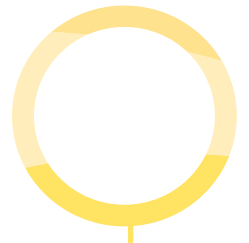
- Repeat 8 times. Take a break. Do 8 more.

Challenge Yourself:

- Work your legs more by using less support through your arms as you rise up from the chair.
- As you squat down, let your bottom barely touch the chair before you stand up again.
- Do the exercise more slowly and with control for a better workout.
- Increase number of repetitions to 10 or 12 to improve your endurance.

Exercise 1

Squat Up & Down - Sitting

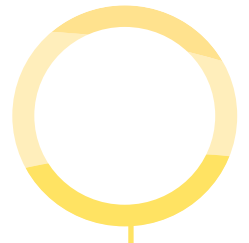


Health Benefits:

- This exercise uses your large thigh muscles (quadriceps and hamstrings). Keeping these muscles strong is important to help you with day-to-day tasks such as getting up from any seated position (chair, bed, and toilet), walking, or climbing the stairs.

Exercise 1

Squat Up & Down - Standing



Exercise Movement:

- Stand up tall, roll your shoulders back and down, tighten your abs.
- Feet flat on floor. Feet under knees and shoulder width apart.
- Keep a firm hold on the back of the chair with both hands for balance.
- With your feet flat on floor, slowly lower yourself down into a squat and stick your bottom out like you are going to sit in a chair. You should feel the weight going through your heels, not your toes.
- Be sure you keep your knees behind your toes as you squat down and keep your head up at all times.
- Pause at the bottom of the movement, keeping knees bent.
- Slowly raise yourself back up, pushing through your heels, until you are fully standing upright again.

Repetitions:

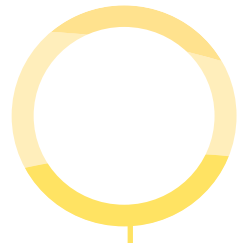
- Repeat 8 times. Take a break. Do 8 more.

Challenge Yourself:

- Work your legs more by using your arms less. Decrease the support you need from the chair until you can let go completely. Be safe!
- As an advanced move, try holding your arms straight out in front of you as you squat.
- Increase the number of repetitions to 10 or 12 for a greater challenge.

Exercise 1

Squat Up & Down - Standing

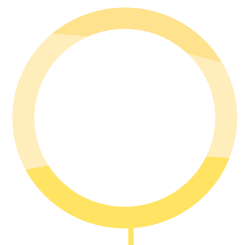


Health Benefits:

- This exercise uses your large thigh muscles (quadriceps and hamstrings). Strong leg muscles are needed for endurance and power, as well as for movements that require good control and balance (e.g. picking something up off the floor).

Exercise 2

Bow and Arrow



Exercise Movement:

- Sit or stand up, roll shoulders back and down, tighten your abs.
- Hold the resistance band by placing one arm out in front of you at shoulder level with your elbow straight.
- The other arm pulls back on the band like a bow.
- Make sure to keep the front arm still while the other arm pulls back.
- Keep your body still and avoid twisting.
- Do the movement in a controlled way.

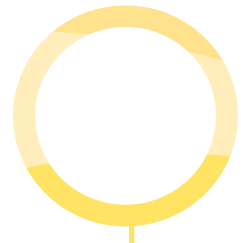
Repetitions:

- Repeat 8 times with one arm. Repeat 8 times with the other arm.
- Take a short break. Do another set of 8 repetitions with each arm.

Challenge Yourself:

- You can make this exercise more difficult by making the band shorter or by using a stronger resistance band.

Exercise 2 Bow and Arrow

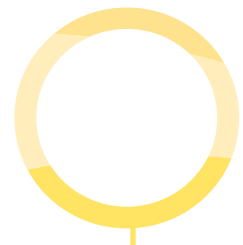


Health Benefits:

- This exercise strengthens the back of your shoulders (rear deltoid), arms (triceps and biceps), and upper back muscles (rhomboids).
- All these muscles are used to pull up your pants, sweep and rake, and for good upper back posture.

Exercise 3

Knee Squeezes - Sitting



Exercise Movement:

- Sit up tall, roll your shoulders back and down, tighten your abs.
- With feet shoulder width apart and flat on the floor, place a small ball or pillow between your legs (thighs) just above your knees.
- Squeeze the ball or pillow between your legs and hold for 3 to 5 seconds.
- Be sure to keep your feet flat on the floor.
- Slowly release the “squeeze” on the ball or pillow and return back to the starting position.

Repetitions:

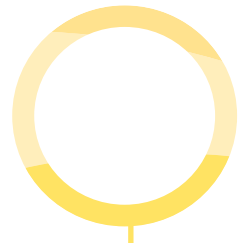
- Repeat 8 times. Take a break. Do 8 more.

Challenge Yourself:

- Squeeze the ball longer than 5 seconds for a challenge.
- Use a firmer pillow or ball to increase the resistance so your muscles have to work harder.
- Increase the number of repetitions to 10 or 12.

Exercise 3

Knee Squeezes - Sitting

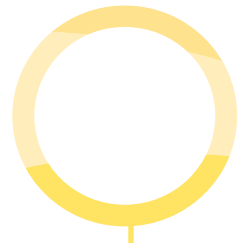


Health Benefits:

- This exercise works your inner thigh or adductor muscles
- These muscles help to control your leg movements as you lift and swing your legs to the side, e.g. as you get in and out of bed or a car.

Exercise 3

Knee Squeezes - Standing



Exercise Movement:

- Stand up tall, roll your shoulders back and down, tighten your abs.
- With feet shoulder width apart and flat on the floor, place a small exercise ball or pillow between your legs (thighs) just above your knees.
- Squeeze the ball or pillow between your legs and hold for 3 to 5 seconds.
- Slowly release the tension on the ball or pillow and return back to the starting position.

Repetitions:

- Repeat 8 times. Take a break. Do 8 more.

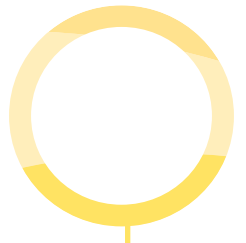
Challenge Yourself:

- Squeeze the ball longer than 5 seconds for a greater challenge.
- Use a firmer pillow or ball to increase resistance so your muscles have to work harder.
- Increase number of repetitions to 10 or 12.



Exercise 3

Knee Squeezes - Standing



Health Benefits:

- This exercise works your inner thigh or adductor muscles.
- These muscles control your leg movements, especially when you are stepping from side to side or turning/pivoting on the spot. They work anytime your leg moves – when you walk, climb stairs, or pedal a bike.

Exercise 4

Lift the Load



Exercise Movement:

- Sit or stand up tall, roll shoulders back and down, tighten your abs.
- Hold onto a small weight or a weighted object like a soup can or water bottle.
- Keep the palm of your hand facing in with your thumb facing up.
- Start with your arm straight and down at your side .
- Raise your hand up by bending at the elbow. Your upper arm should not move and should remain in contact with the side of your body.
- Lower your hand slowly back down to the starting position.

Repetitions:

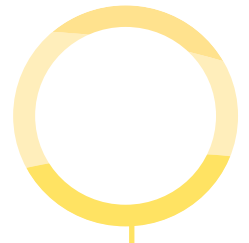
- Repeat 8 times with one arm, then 8 times with the other arm. Take a short break.
- Do a second set of 8 repetitions for each arm.

Challenge Yourself:

- Let's firm up your biceps a little more using slightly heavier weights.
- Slow down your pace to make the exercise more difficult.
- Increase the number of repetitions to 10 or 12.

Exercise 4

Lift the Load

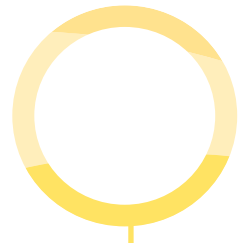


Health Benefits:

- This exercise works the bicep muscle, which is used with many tasks throughout the day.
- Biceps need to be kept strong to lift and carry heavy things like a bag of groceries, and also for simple tasks like taking a drink from a glass.

Exercise 5

Knee Lift, Punch Up & Up - Sitting



Exercise Movement:

- Sit up tall towards the edge of your chair. Roll your shoulders back and down, and tighten your abs.
- Slowly lift the knee, bringing your foot off the floor.
- Punch your opposite arm up in the air starting at a low height, then a medium height, and then punch up as high as you can reach.
- Keep your non-punching hand resting on your lap.

Repetitions:

- 8 repetitions on each side, alternating sides as you exercise.

Challenge Yourself:

- To challenge yourself, place your non-punching hand across your chest.
- Raise your knee higher to make this exercise harder to do.
- The bigger and slower your arm movements, the harder it will be to do this exercise.

Exercise 5

Knee Lift, Punch Up & Up - Sitting

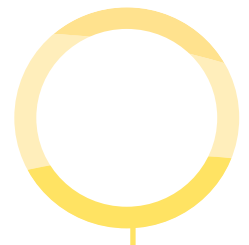


Health Benefits:

- This exercise works your oblique abdominal muscles. These muscles are found along the side of your body.
- These muscles all work together to help you do things such as rolling in bed and turning your upper body to reach behind you, which you do every time you put on a shirt or sweater.

Exercise 5

Knee Lift, Punch Up & Up - Standing



Exercise Movement:

- Stand up tall with your feet shoulder width apart.
- Roll your shoulders back and down and tighten your abs.
- Hold onto a chair with both hands for support.
- Lift your knee so that your foot is just off the floor.
- Now punch your opposite arm up in the air starting at a low height, then a medium height, and then punch up as high as you can reach.
- Keep your non-punching hand by your hip or holding onto the chair.

Repetitions:

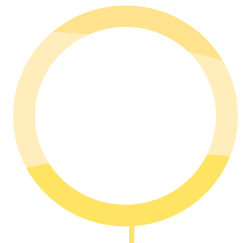
- 8 repetitions on each side, alternating sides as you exercise.

Challenge Yourself:

- As your balance improves, you can slowly reduce your grip on the chair until only your fingertips are touching.
- For a greater challenge you can attempt the exercise without holding onto the chair, but keep it within reach at all times for safety.
- Raise your knee higher to make this exercise more difficult.
- Place your non-punching hand across your chest as an added challenge.
- The bigger and slower your arm movements, the harder it will be to do this exercise.

Exercise 5

Knee Lift, Punch Up & Up - Standing

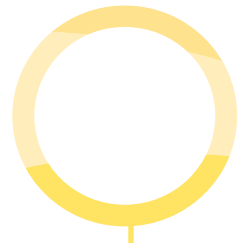


Health Benefits:

- This exercise done while standing works your lower abdominal muscles and your oblique muscles along the side of your body.
- A strong core helps with pushing and pulling tasks such as opening a refrigerator, pushing a grocery cart, and closing a car door.

Exercise 6

Clockwork - Sitting



Exercise Movement:

- Sit up tall, roll your shoulders back and down, tighten your abs.
- Lift your toes off the floor with both feet.
- Start with your right arm pointing up to the 12 o'clock position.
- Move your arm clockwise around the clock in a slow, controlled manner.
- Switch to your left arm and repeat the Clockwork exercise by going in the same (clockwise) direction.
- Next, change your foot position by lifting your heels off the floor.
- Raise your right arm up to the 12 o'clock position, but this time move around in a counter-clockwise direction.
- Switch over to your left arm and move counter-clockwise around the clock.
- Keep your back straight and head up at all times.

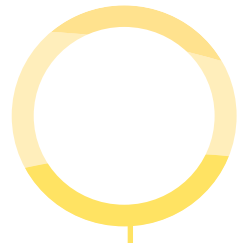
Repetitions:

- Toes up – once around in clockwise direction with each arm.
- Heels up – once around in counter-clockwise direction with each arm.

Challenge Yourself:

- To challenge your core, you can lift and hold one foot in the air while you do your Clockwork exercise.
- The slower your arm movements, the more you work your core muscles.
- Increase the number of repetitions around the clock with each arm.

Exercise 6 Clockwork - Sitting



Health Benefits:

- This Clockwork exercise gets you using multiple muscle groups in a coordinated way, which is actually how we move on a daily basis when we do every day tasks.
- Exercises that challenge your co-ordination and balance are very effective in reducing and preventing falls.

Exercise 6

Clockwork - Standing



Exercise Movement:

- Stand up tall, roll your shoulders back and down, tighten your abs.
- Stand with your right foot forward and left foot back, shoulder width apart. Your back heel may lift up as you do this exercise.
- Hold onto a chair for support.
- Start with your right arm pointing up to the 12 o'clock position.
- Move your arm clockwise around the clock in a slow, controlled manner. Switch to your left arm and repeat the Clockwork exercise by going in the same (clockwise) direction.
- Next, change your foot position by placing your left foot forward and your right foot back.
- Raise your right arm up to the 12 o'clock position, but this time move around in a counter-clockwise direction. Switch over to your left arm and move counter-clockwise around the clock.
- Keep your back straight and head up at all times.

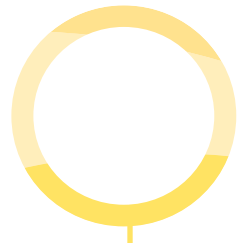
Repetitions:

- Right foot forward – once around in clockwise direction with each arm.
- Left foot forward – once around in counter-clockwise direction with each arm.

Challenge Yourself:

- As your balance improves, slowly reduce your grip on the chair until only your fingertips are touching.
- For a greater challenge, attempt the exercise without holding onto the chair, but keep it within reach at all times for safety.
- The slower you move your arm, the more you will challenge your core and balance.
- Increase the number of repetitions to 4 or 6.

Exercise 6 Clockwork - Standing

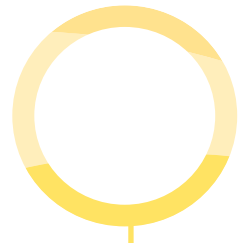


Health Benefits:

- This Clockwork exercise gets you using multiple muscle groups in a coordinated way, which is actually how we move on a daily basis when we do every day tasks.
- Exercises that challenge your co-ordination and balance are very effective in reducing and preventing falls.

Exercise 7

Calf/Hamstring Stretch



Exercise Movement:

- Sit forward on your seat.
- Place one foot flat on the floor.
- Straighten out your other leg out in front of you so that your heel is on the floor with your toes pointed up.
- Place one hand on your lap for support while your other hand reaches down your leg towards the toes.
- Go as far as possible feeling a comfortable stretch along the back of the leg and/or calf. Keep your back straight.
- Ease up on the stretch if you feel any tingling or pain down your leg.

Repetitions:

- Hold the stretch for 20 seconds.
- Repeat 3 times on each leg.

Challenge Yourself:

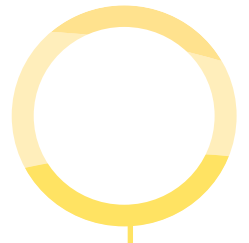
- Increase the holding time to 30 seconds.
- Try to reach further down the leg.

Health Benefits:

- The hamstring and calf muscles become stiff very quickly which can cause problems with the legs, hips, and back.
- Flexible leg muscles will improve how easily you are able to move and do things like putting on your pants and bending forward to pick something up from the floor.

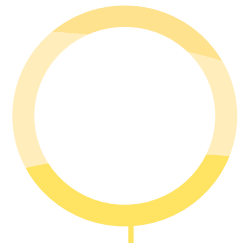
Exercise 7

Calf/Hamstring Stretch



Exercise 8

Pat Your Back



Exercise Movement:

- Sit or stand up tall, tighten your abs and keep your back straight.
- Reach one arm across the body and use other hand to support the arm at the elbow.
- Gently pull the arm towards you to further stretch the muscles.
- You should feel a stretch along the upper back or along the back of the shoulder.

Repetitions:

- Hold stretch for 20 seconds on each side.
- 3 repetitions on each arm.

Challenge Yourself:

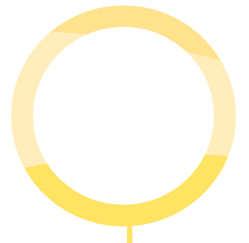
- Try to pull your arm a little closer to your body and hold the stretch for 30 seconds. This will increase the stretch in the muscles.

Health Benefits:

- This exercise stretches the muscles in your upper back and shoulders.
- Having good range of motion and flexibility in these muscles will help to avoid stiffness and fatigue in the upper back area.

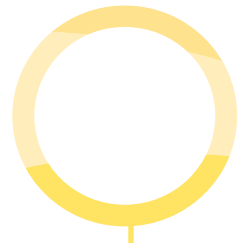
Exercise 8

Pat Your Back



Exercise 9

“Can-Can” Legs Only - Sitting Cardio Circuit



Exercise Movement:

- Sit up tall, roll your shoulders back and down, and tighten your abs.
- Lift your knee up in the air then place it back down on the floor.
- Then, kick the same leg out and bring it back to center.
- Repeat the same movements with the opposite leg – knee up and down, kick out and in.
- Keep alternating sides and repeat.

Repetitions:

- Keep repeating the “Can-Can” movement, alternating legs each time, for 30 seconds.

Challenge Yourself:

- Perform larger movements as you get stronger.
- Increase your pace for greater intensity.

Exercise 9

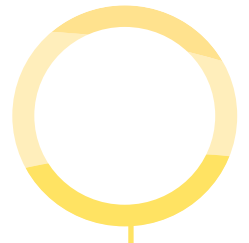
"Can-Can" Legs Only - Sitting

Cardio Circuit



Exercise 9

“Can-Can” Legs Only - Standing Cardio Circuit



Exercise Movement:

- Stand up tall, roll your shoulders back and down, and tighten your abs.
- Lift your knee up in the air then place it back down on the floor.
- Then, kick the same leg out and bring it back to center.
- Repeat the same movements with the opposite leg – knee up and down, kick out and in.
- Keep alternating sides and repeat.

Repetitions:

- Keep repeating the “Can-Can” movement, alternating legs each time, for 30 seconds.

Challenge Yourself:

- Perform larger movements as you get stronger.
- Increase your pace for greater intensity.

Exercise 9

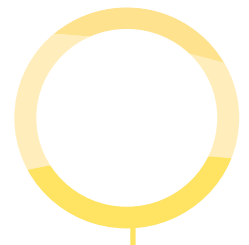
"Can-Can" Legs Only - Standing

Cardio Circuit



Exercise 9

“Can-Can” and Forward Punches - Sitting Cardio Circuit



Exercise Movement:

- Sit up tall, roll your shoulders back and down, and tighten your abs.
- Continue the “Can-Can” leg movements as above.
- As your right knee comes up, jab with your right hand; as your right leg kicks out, punch forward with your right hand.
- As your left knee comes up, jab with your left hand; as your left leg kicks out, punch forward with your left hand.
- Keep jabbing with your knee ups and punching forward with your kicks.
- Keep alternating sides and repeat.

Repetitions:

- Repeat the “Can-Can” with Forward Punches for 30 seconds.

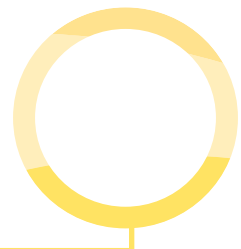
Challenge Yourself:

- Increase the size of your movements.
- Perform movements at a faster pace.

Exercise 9

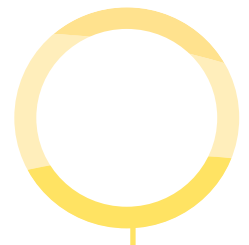
"Can-Can" and Forward Punches - Sitting

Cardio Circuit



Exercise 9

“Can-Can” and Forward Punches - Standing Cardio Circuit



Exercise Movement:

- Stand up tall, roll your shoulders back and down, and tighten your abs.
- Continue the “Can-Can” leg movements as above.
- As your right knee comes up, jab with your right hand; as your right leg kicks out, punch forward with your right hand.
- As your left knee comes up, jab with your left hand; as your left leg kicks out, punch forward with your left hand.
- Keep jabbing with your knee ups and punching forward with your kicks.
- Keep alternating sides and repeat.

Repetitions:

- Repeat the “Can-Can” with Forward Punches for 30 seconds.

Challenge Yourself:

- Increase the size of your movements.
- Perform movements at a faster pace.

Exercise 9

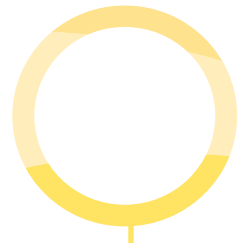
"Can-Can" and Forward Punches - Standing Cardio Circuit



Exercise 9

“Cha-Cha” Legs Only - Sitting

Cardio Circuit



Exercise Movement:

- Sit up tall, roll your shoulders back and down, and tighten your abs.
- You will take a step to the side then 3 small marches, then step to the opposite side with 3 small marches.
- Count side step – march march march ... side step – march march march.
- Side step – cha cha cha... side step – cha cha cha.
- Continue alternating side-to-side.

Repetitions:

- Keep doing the side-to-side Cha Cha leg movements for 30 seconds.

Challenge Yourself:

- Perform larger movements as you get stronger.
- Increase your pace for greater intensity.

Exercise 9

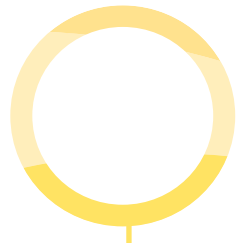
"Cha-Cha" Legs Only - Sitting

Cardio Circuit



Exercise 9

“Cha-Cha” Legs Only - Standing Cardio Circuit



Exercise Movement:

- Stand up tall, roll your shoulders back and down, and tighten your abs.
- You will take a step to the side then 3 small marches and then step to the opposite side with 3 small marches.
- Count side step – march march march ... side step – march march march.
- Side step – cha cha cha... side step – cha cha cha.
- Continue alternating side-to-side.

Repetitions:

- Keep doing the side-to-side Cha Cha leg movements for 30 seconds.

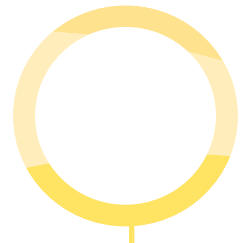
Challenge Yourself:

- Perform larger movements as you get stronger.
- Increase your pace for greater intensity.

Exercise 9

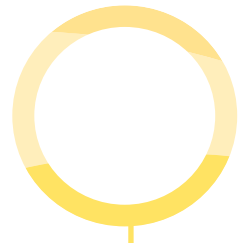
"Cha-Cha" Legs Only - Standing

Cardio Circuit



Exercise 9

“Cha-Cha” with High Claps - Sitting Cardio Circuit



Exercise Movement:

- Sit up tall, roll your shoulders back and down, and tighten your abs.
- Continue the Cha-Cha leg movements as above.
- Add 3 hand claps as you do your cha-cha-cha steps.
- Count side step – clap clap clap... side step – clap clap clap.
- Continue alternating and clapping side-to-side.

Repetitions:

- Keep doing the side-to-side Cha Cha with Hand Clapping for 30 seconds.

Challenge Yourself:

- Perform larger movements as you get stronger.
- Increase your pace for greater intensity.

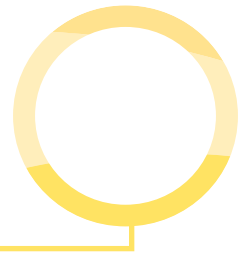
Super Challenge:

- Do this dance step circuit a second time!

Exercise 9

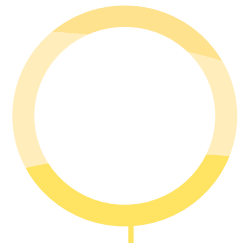
"Cha-Cha" with High Claps - Sitting

Cardio Circuit



Exercise 9

“Cha-Cha” with High Claps - Standing Cardio Circuit



Exercise Movement:

- Stand up tall, roll your shoulders back and down, and tighten your abs.
- Continue the Cha-Cha leg movements as above.
- Add 3 hand claps as you do your cha-cha-cha steps.
- Count side step – clap clap clap... side step – clap clap clap.
- Continue alternating and clapping side-to-side.

Repetitions:

- Keep doing the side-to-side Cha Cha with Hand Clapping for 30 seconds.

Challenge Yourself:

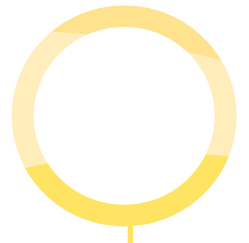
- Perform larger movements as you get stronger.
- Increase your pace for greater intensity.

Super Challenge:

- Do this dance step circuit a second time!

Exercise 9

"Cha-Cha" with High Claps - Standing Cardio Circuit



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