



# Exercise on the Go

**TLC Weight Loss Coaching and Personal  
Training Terry L Currier cPT**

**(781) 690-6222**

**[terrylcurrier@gmail.com](mailto:terrylcurrier@gmail.com)**

**[www.terrylcurrier.com](http://www.terrylcurrier.com)**

## **The American College of Sports Medicine (ACSM) Exercise Recommendations for Older Adults.**

Purpose of exercise for older adults:

- Perform daily activities with ease by maintaining/increasing strength, flexibility, and stamina
- Reduce risk or manage chronic diseases such as arthritis, heart disease and dementia
- Reduce risk of falls

ACSM's overall recommendation is for most adults to engage in at least 150 minutes of moderate-intensity exercise each week. The basic recommendations are as follows:

### **Cardiovascular**

Cardiovascular exercise, also known as aerobic exercise, is any activity that uses the large muscle groups of the body, can be maintained continuously, and is rhythmic in nature. It is a type of exercise that overloads the heart and lungs and causes them to work harder than at rest. The benefits of this type of activity are as follows:

- Increases stamina
- Strengthens heart and increases lung capacity
- Activates immune system
- Decreases blood pressure
- Increases insulin sensitivity
- Raises HDL and lowers LDL
- Increases calorie burn
- Improves mood

It is recommended that you engage in 30 minutes of aerobic activity five times per week. This can be broken into three 10-minute increments throughout the day.

Examples of aerobic activity are *walking, swimming, aerobic dance*, and *using cardiovascular equipment* such as a recumbent stepper, bicycle or treadmill.

Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.

### **Strength training**

Strength training, or resistance training, is the collective term for various types of strength-building exercises that rely on the use of resistance to promote muscle and bone growth. Resistance exercises can be performed using dumbbells, rubber bands, and resistance training machines. The benefits are as follows:

- Strengthens muscles
- Increases bone density
- Promotes greater ease of movement
- Improves posture
- Raises metabolism
- Improves balance

It is recommended that you engage in muscle building activities two to three times per week for about 30 minutes, working all of the major muscles groups.

### **Flexibility**

Flexibility refers to the ability to move the joints through their entire range of motion, from a flexed to an extended position. The benefits of stretching are as follows:

- Allows greater freedom of movement and improved posture
- Increases physical and mental relaxation
- Releases muscle tension, soreness, and pain
- Reduces risk of injury

Perform flexibility exercises at least two or three days each week to

improve range of motion.

Each stretch should be held for 30 seconds.

Flexibility exercise is most effective when the muscle is warm.

### **Neuromotor Exercise**

Neuromotor exercise (sometimes called “functional training”) is recommended for two or three days per week for 20 to 30 minutes. These are exercises that mimic activities of daily living and involve these motor skills: balance, agility, coordination and gait. These include: walking, sit stands, balance drills, tai chi and yoga.

**Warm Up:** Perform each movement 8 times, moving slowly and deliberately.

- ***Shrugs*** – With arms by your side, lift the shoulders up and down.
- ***Shoulder circles*** – With arms by your side, lift your shoulders up, back, down and forward in a circular motion.
- ***Arm circles*** - Make a large circle with each arm, eyes on your hands.
- ***Side bend*** – Reach one arm up and bend to opposite side. Alternate right and left arms.
- ***Reach and twist*** – reach across the torso, arms shoulder height, and twist to side. Alternate right and left arms.
- ***Waist rotation*** – With hands on hips, bend forward, to the right, to the back, to the left, and forward again in one fluid circular motion.
- ***Chest opener*** – Extend your arms in front of you, shoulder height. Open your arms and bring them back as far as possible with out straining. Hold for a moment, then bring the arms forward.
- ***Ankle, knee, hip circles*** - Lift your knee and move your ankle in a circle, first clockwise and then counterclockwise. Do the same at your knee joint and then your hip joint.



**Upper Body:** All of these exercises are performed seated in a chair.  
Perform each exercise 16x. Hold each stretch 30 seconds.



***Upright Row:*** Sitting on the edge of your chair, extend your legs, heels on the floor. Bring the band across the bottom of both feet, grab the band at mid-calf, and sit up straight. Pull the band back, retracting the shoulder blades, then extend the arms.



***Chest Press:*** Bring the band behind you and underneath your arms, elbows bent. Extend your arms fully but keep elbow "soft." Return elbows to side.



***Chest Stretch:*** Bring your hands behind you, clasp them at the small of your back, and roll your shoulders back.



***Biceps Curl:*** Bring the band underneath both feet and hold each end of band. With right arm extended, bend the elbow up toward the shoulder, then extend. Repeat with the left arm.



***Triceps Extension:*** Bring elbows out to side, shoulder height, hands in front of chest. Hold the band with both hands, with 4 to 6 inches between each hand. Extend the right arm out, then return to chest. Repeat with left arm.



***Triceps stretch:*** Extend your right arm and turn your palm to the back. Bend your elbow, bringing your hand to the right side of your upper back. Bring your left hand below your right elbow and gently press.