

A Matter of Balance: Managing Concerns about Falls

Volunteer Lay Leader Model

Coaching Tips for Exercise

Light activity should be done at the beginning and end of the exercise routine.

A **warm-up** will gently prepare the mind, body and spirit for exercise. The warm-up helps the body comfortably and safely go from a resting state to an active one by gradually increasing body temperature and heart rate, lubricating joints, stretching muscles, and focusing the mind.

A **cool-down** will gently prepare the mind, body and spirit as exercise is completed. The cool-down will help the body transition comfortably and safely from an active to less active state. Gradually, the body temperature and heart rate decreases, joints, muscles and the mind begin to relax and individuals may enjoy a sense of well-being.

Tips For Safe Leadership:

- Encourage good posture, sit/stand tall with the head up.
- Make eye contact, looking for alert and enthusiastic participation.
- Provide cues and feedback to maintain safe and effective exercise.
- Demonstrate controlled and organized movements.
- Encourage participants to breathe normally while exercising.
- Pause and use deep breathing when transitioning from a sitting to standing position (vice-versa) or when the pace of the exercise changes.
- For standing exercise, utilize a chair or firm surface for balance.
- Participants can review the Age Page and/or the Par-Q to determine exercise readiness.

Gentle exercise adjustments:

- For less fit or near-frail individuals, exercises can be adjusted. Each exercise can be done seated, at a slower pace, with less range of motion or with fewer repetitions. Always encourage individuals to exercise according to their own ability.

Simple “Next Step” Suggestions:

- Increase repetitions or add a set to one or more exercises.
- Encourage individuals to practice MOB exercises at home.
- Increase the pace of exercises such as marching or side steps.
- Encourage individual to take a walk and/or stretch at home.
- Seek local resources- consider peer leadership, faith-based communities, senior centers, libraries, schools or YMCA’s for exercise opportunities.