

Social Distance Fitness!

Before you start your online exercise video sessions, here are a few general reminders.

Reminder 1: Any exercise could potentially aggravate or cause an injury if overdone, not adequately warmed up or not done properly. Movements that cause pain or discomfort beyond normal limits should be modified or avoided altogether.

Reminder 2: Keep your effort *moderate and constant*. For individuals who have done a stress test with Dr. Schaman and have been given a heart rate range, please keep your efforts within your prescribed heart rate range. For people who do not yet have a prescribed heart rate range, below is the Rating of Perceived Exertion (RPE) scale. Please keep your perceived effort between **11-14** on this scale. A reminder that exercise that feels like a 13/20 for one person, may be different for another person (Ex. faster or slower movements, more or less repetitions, heavier or lighter weights, etc.). **Work within your own limits.**

Rating of Perceived Exertion (RPE)	Description
6	
7	Very very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very very hard
20	

Reminder 3: There are 10 exercise/activity video options. To access the videos, you can click on the link provided and you should be directed to the video website. For some, this may not work. In this case, copy and paste the video link into your internet search bar (Ex. Google search), and you will be directed to the video website. Click [here](#) (or scroll to page 10) for reference of what the internet search bar is.

Reminder 4: You can adjust the size of the video screen, add closed captions, change closed captions language, and even adjust the size of the closed captions! For instructions, [click here](#) (or scroll to page 7).

Reminder #5: Many of the videos have specific ***Reminders**, which can be found below the video description. Please read these before starting an exercise video!

Exercise Videos

1. 30 minute seated and standing exercise routine

Description: This 30 minute workout is geared toward helping seniors and those with limited mobility. There's no shame in limited mobility, as age, genetics, and lifestyle factors affect everyone differently. For this session, you will need: two equally weighted objects (Ex. soup cans or water bottles), option of using a chair.

*Reminder: For anyone who has poor balance, we recommend using an aid (ex. chair, table, etc.) or remain on two feet. A reminder that arm exercises can be done with or without weights (a body-weight exercise).

Video Link

https://www.youtube.com/watch?list=PLRCgg2aTq5NWjbav8TVXatCRijJlWuU0M&time_continue=620&v=1zyWa3vko6k&feature=emb_title

2. 25 minute seated exercise routine

Description: This 25 minute workout video is geared towards older adults, individuals who are significantly overweight and individuals who have limited mobility. For this session, you will need: a chair, two equally weighted objects (Ex. soup cans or water bottles) and a couch pillow.

*Reminder: This exercise video contains seated abdominal strength exercises. Twisting the torso with the arms outstretched could be more problematic for some. Should you feel any discomfort or have difficulties, you can modify this exercise by keeping the arms close to the body. If pain persists, best to avoid this specific exercise.

Video Link

https://www.youtube.com/watch?time_continue=396&v=vPJKAG0mknI&feature=emb_logo

3. 20 minute workout for seniors

Description: This 20 minute video incorporates exercises for strength, flexibility and balance. Designed specifically for individuals over the age of 50, this workout can be done from home! For this session, you will need: a chair, two equally weighted objects (Ex. soup cans or water bottles), and a towel.

*Reminder: The side-steps during the warmup may be challenging. You can modify this to walking on the spot (instead of side-steps). Sit-to-stand exercises can be modified to use the arms for balance and a bit of help as you stand.

Video Link

<https://www.youtube.com/watch?v=8E8iCYG16ho>

4. 60 minute workout for seniors

Description: This video is a 60 minute session incorporates exercises for strength, flexibility and balance. Designed specifically for individuals over the age of 50, this workout can be done from home! You will need: a chair, two equally weighted objects (Ex. soup cans or water bottles), two round objects that you can squeeze (Ex. tennis balls, stress balls, or socks rolled up in a ball) and a towel.

Video Link

<https://www.youtube.com/watch?v=rkDlpZ3Musw&list=PLfK8LQqkpWeY5Pco5Oz982fIZj0zyk9ui&index=11&t=0s>

5. 31 minute seated strength videos

Description: This 31 minute seated strength training routine has been divided into two videos 1) Warmup and 2) Main Exercise. These videos are for seniors and individuals with limited mobility. This routine will help improve strength and maintain mobility. No equipment is required!

*Reminder: A reminder to begin with the warmup exercise video. If following the main exercise video your heart rate is still elevated, best to do 3-5 minutes of walking on the

spot to cool down (as you would during cardiac classes). During the hot-feet exercise, effort should be high enough to keep your heart rate up, but not so high that you become winded. Keep the RPE effort as **11-14** out of 20.

The main exercise video also contains seated abdominal strength exercises. Twisting the torso with the arms outstretched could be more problematic for some. Should you feel any discomfort or have difficulties, you can modify this exercise by keeping the arms close to the body. If pain persists, best to avoid this specific exercise.

Video Links

Warmup: <https://www.youtube.com/watch?v=ks2i7QzYvW8>

Main Exercise: <https://www.youtube.com/watch?v=gelVHMr5VjY>

6. 5 minute seated dance videos

Description: These are 5 minute chair-dancing exercise videos. The videos titled “The River”, “What A Wonderful World” and “Amazing Grace” are more relaxing videos, while the rest of the videos can be used during 20 minutes of moderate exercise.

***Reminder:** The videos are sorted based on their intensity. Lower intensity videos are listed as Warmup/Cooldown Videos. Higher intensity dances are listed as Exercise Dance Videos. If you need to slow down during the higher intensity dances, that’s okay! Keep the efforts moderate, with an RPE between **11-14!**

Warmup/Cooldown Video Links

The River: <https://www.youtube.com/watch?v=i1Z9qlxV75Q>

What A Wonderful World: https://www.youtube.com/watch?v=G_IOLx7uruw

Amazing Grace: <https://www.youtube.com/watch?v=d80VWWcBXAA>

Main Exercise Video Links

Happy Together: <https://www.youtube.com/watch?v=vUPNrmxMCVw>

Stayin’ Alive: <https://www.youtube.com/watch?v=VKm9lmZO0ik>

Beer Barrel Polka: <https://www.youtube.com/watch?v=yNRtuxw3zy8>

Can’t Stop the Feeling: <https://www.youtube.com/watch?v=9GS1CWDIkYU>

7. 30 minute low impact dance video for beginners and older active adults

Description: This 30 minute Zumba (low impact dance fitness) video is for young adults new to Zumba and very active older adults. Move to the music while improving your fitness! No equipment required.

***Reminder:** Remain within your own effort level (RPE **11-14**) and abilities. This video is more advanced when it comes to balance and coordination. It is recommended that if you are unsure about a dance movement, to return to walking on the spot.

Video Link

https://www.youtube.com/watch?v=8MK_edN2XE0

8. 18 minute chair yoga sequence for seniors

Description: This is a 17 minute chair yoga sequence that invites participants to find mobility in a way that is both gentle and supportive. This sequence will call you to engage the muscles that help you find length through the spine for better posture.

***Reminder:** Reminder to remain within your own mobility limits. If you encounter movements that cause you pain or you are unsure about, simply modify or avoid these movements!

Video Link

<https://www.youtube.com/watch?v=-Ts01MC2mIo>

9. 5 minute breathing meditation

Description: This is a 5 minute guided meditation, presented by Diana Winston from the UCLA Mindful Awareness Research Center.

Video Link

<https://www.youtube.com/watch?v=YFSc7Ck0Ao0>

10. 21 minute gentle Tai Chi

Description: This gentle exercise video combines Tai Chi and Qi Gong with a variety of adaptations to help make the routine safe and comfortable for you.

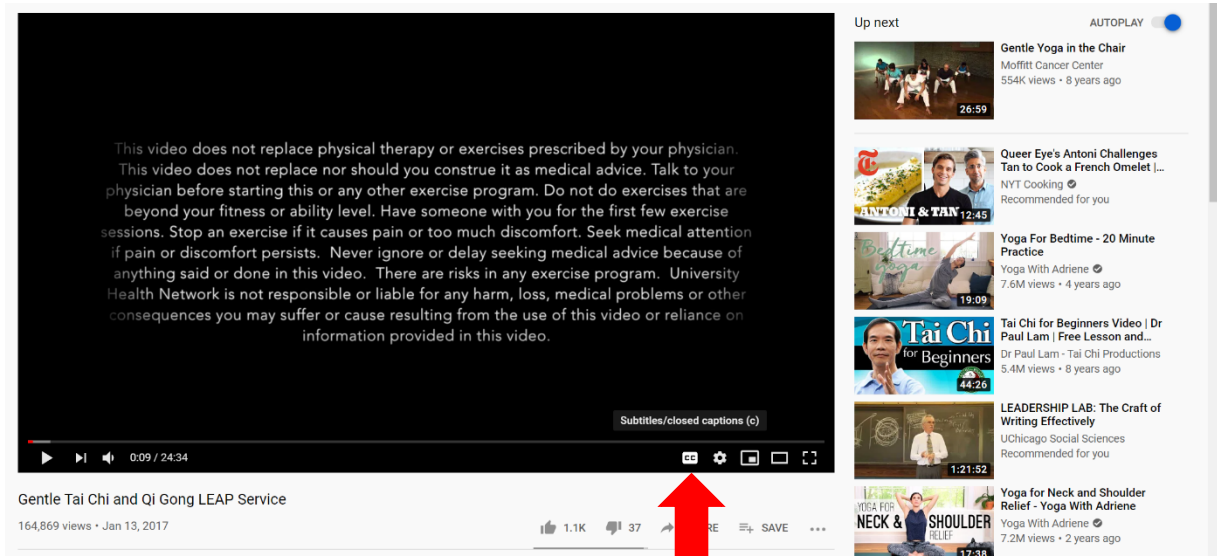
Video Link

https://www.youtube.com/watch?time_continue=2&v=pa_I5NAOW4k&feature=emb_logo

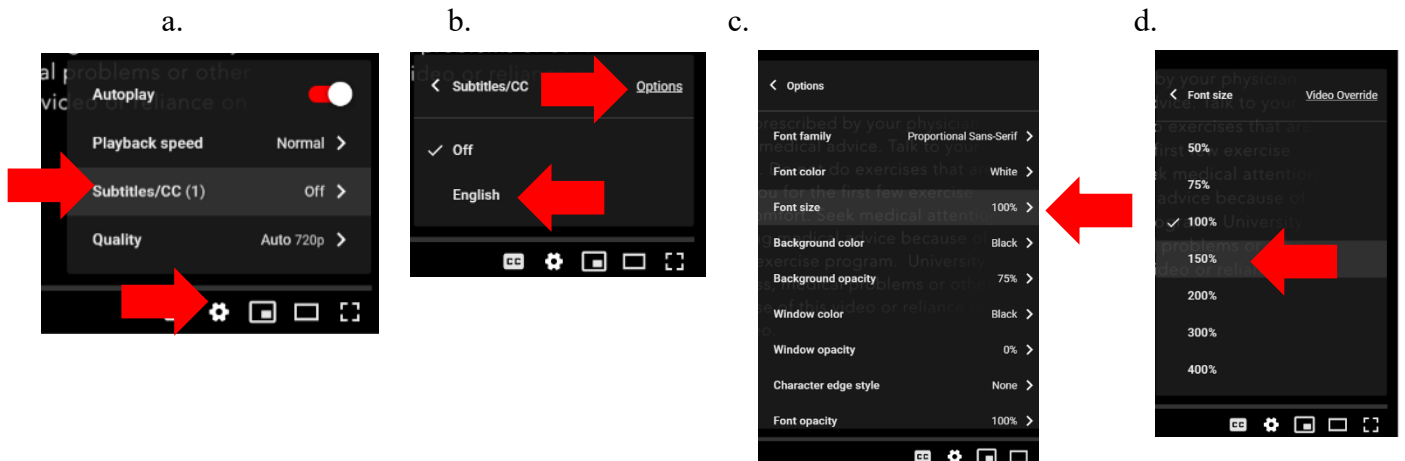
Youtube Tutorial

To change any of the video parameters, please see below!

- 1) **Closed captions:** If you are having difficulties understanding the instructors, you can turn on closed captions (CC). To do so, select the CC button in the bottom right-hand corner of the video.



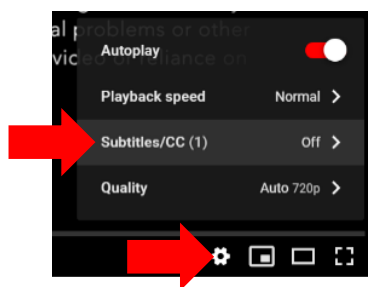
- 2) **Closed captions font size:** To increase the font size, follow steps a. through d.
 - a. Select the Settings button (the gear-like button directly to the right of the CC button) and select Subtitles/closed captions (CC).
 - b. Select Options, and then you will see Font Size.
 - c. Beside Font Size will be a percentage which you can change.
 - d. To increase the size of the video captions, select a higher percentage. To decrease this font size, select a lower percentage.



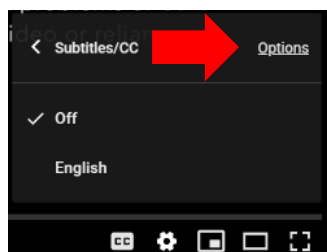
3) **Change closed captions language:** To change the language of the closed captions, follow the steps below.

- a. Select the Settings button (the gear-like button directly to the right of the CC button) and select Subtitles/CC.
- b. Select Options
- c. Select Auto-translate.
- d. Scroll down to change the closed captions to your preferred language.

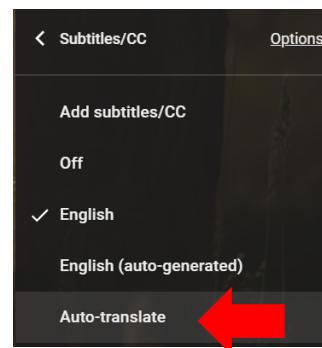
a.



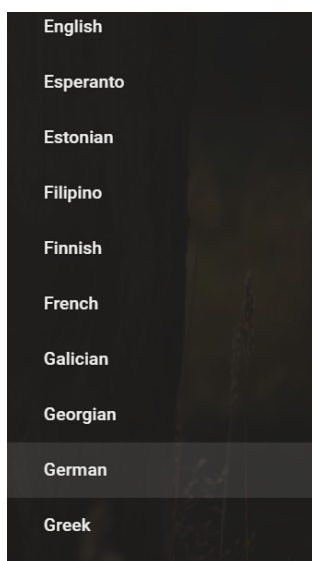
b.



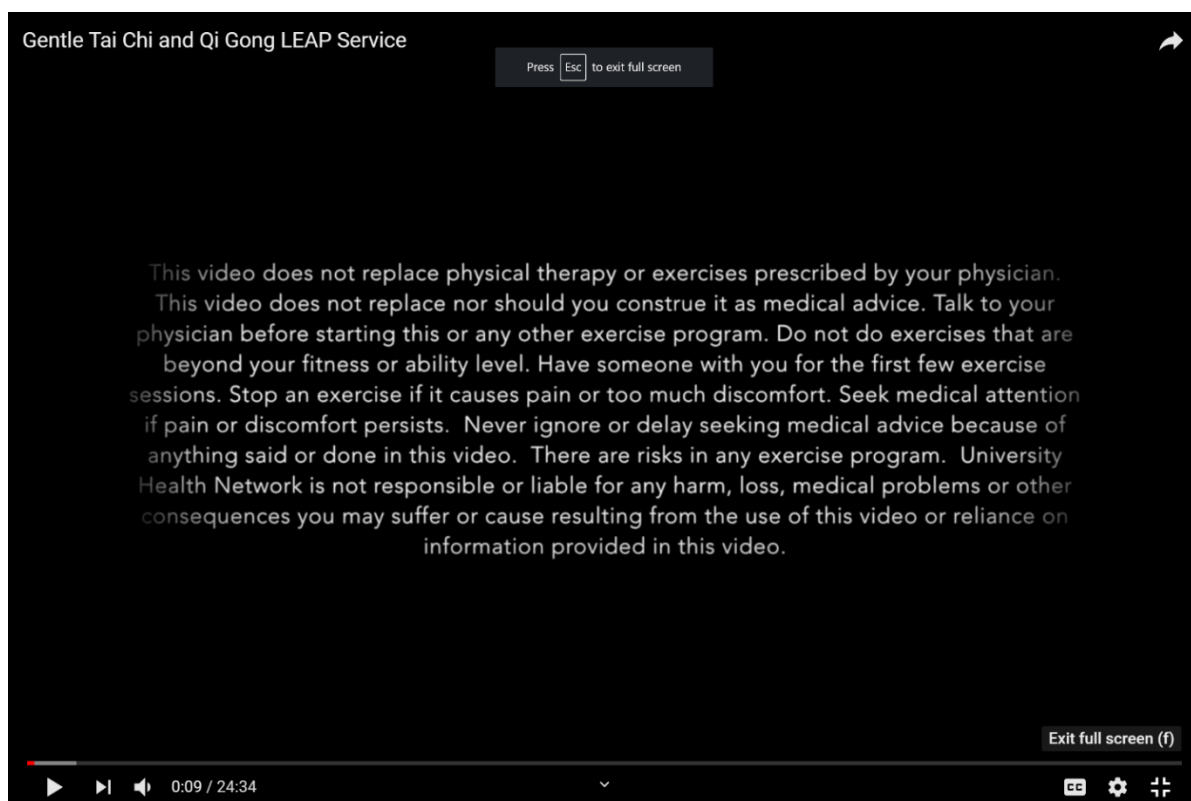
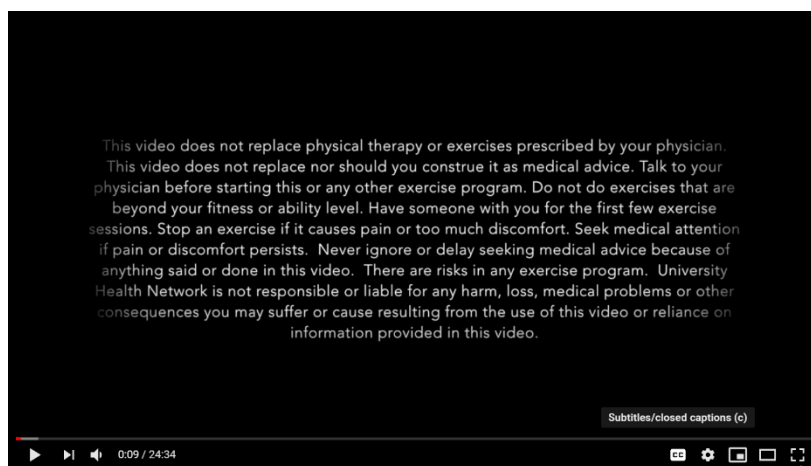
c.



d.



- 4) **Video Size:** To increase the size of the video, select the ‘four corners’ button (the furthest button to the right in the bottom right-hand corner of the video). When you would like the video screen to return to normal size, you can either select the **Esc** button on your keyboard or select the same ‘four corners’ button as before. Remember that this button will look slightly different (the four corners will be inverted). Regardless, the screen change button will always be the button furthest to the right in the bottom right-hand corner of the video.



Having trouble with the video links?

Having trouble with the video links in the document? You can copy and paste the video links into a search engine or your internet browser's search bar. This will take you to the original video on the website Youtube.

