

Hi, welcome back, I'm Dale and this is April and she will be helping me demonstrate some exercises today, but before we get started on that, I would like you to refer to your handout on warm-ups and cool downs prior to starting this exercise routine. Also, if you are wondering how much should I workout, the goal is to get 150 minutes in a week or roughly 30 minutes five days of the week and you can break this up into smaller time periods of 10 minutes a day, three times a day, so you can get your 30 minutes in. Now we are going to go ahead and demonstrate some exercises for you.

Dale: The first exercise we are going to demonstrate is going to be the bicep curl and we are going to use this resistance band, but you can also do this with water bottles or soup cans or just no weights at all if you are just starting out.

April: I'm going to be doing this exercise sitting for those of you that have trouble doing this standing, so I will demonstrate the sitting version.

Dale: Right now, to begin with, just make you are keeping your elbows in and you are pulling your hands up towards the shoulders, keeping your upper arms stationary and just moving from your elbow up to wrist, up towards lifting towards your shoulders. Do this nice, slow and controlled.

April: I want to make sure that I don't just let it snap back when I come back down right?

Dale: Correct, lower down nice and slow and while you're doing this also concentrate on keeping your bellybutton pulled in and you want to keep your core muscles contracted and it supports your back as well. Looking good. We are going to do 10 reps of these. The goal is to ultimately get to 30 reps and you can do that 10 reps, take a break, another 10 reps and take a break and follow up with the final 10, working towards 30. And one more, all right relax.

The next one we are going to demonstrate and you can still do this when sitting as well. Bring the band around behind your back and place it just below your shoulder blades and then actually it is best if your band goes outside your hands, palms facing down and you're just going to punch straight forward and then bring them back, punch straight forward, back and like I said earlier, you can do this using soup cans as well.

April: Now I can feel as I'm doing this that the band could possibly slip up, so you want to make sure you get it nice and low, don't you?

Dale: Yes, you want to have it low, below your shoulder blades and it may kind of roll off your arms, but that's okay, just keep going through the movement and it is not going to hurt anything and again nice and slow both forward and back. Don't forget to breathe. Looking good there! One more. If you want some of the resistance bands, you can also talk to your MOVE coordinator and get that and then they can supply that for you.

Dale: The next one we are going to do we are going to have you just drop the bands below behind your back if your shoulders allow this and remember that all these exercises should be done in a comfortable range for you. Then you are going to keep your upper arms straight again and we are just going to bend the elbow looking straight up overhead, dropping the hand right back below your head and back straight up overhead again. This works the tricep muscle or the backside of your upper arm.

April: Wow, I really can feel this one.

Dale: Yes.

April: I need to build up some muscle.

Dale: Yes. This really hits that spot underneath the bottom of the arm that tends to get a little flabby, so it will help tone that area up. One more, then relax, nice and slow now and reverse and remember to do that with the other arm as well.

Another great exercise for your upper back and shoulders is a rowing exercise and we will demonstrate that for you and using a partner now. I will just have you grab a hold a middle of that band there.

April: Okay.

Dale: You can stagger your feet, you can put your left or right foot forward and what you want to concentrate on here is a good upright posture, keeping the back straight again and your head up, and you are going to squeeze your shoulders like you are pinching your shoulder blades together and the back, so rolling your shoulders back and squeezing, then relaxing coming forward, squeeze the shoulder blades again and the back. This is a good exercise to strength the muscles in the upper back that tend to get really weak and this too can work on your balance and your core muscles here too. You want to keep your stomach pulled in and tight to support your lower back while you are doing these. All right. You can also perform this exercise on your own using a door loop. You simple place it, slide it through the door jam, making sure the thick part is on the backside of the door, close the door on it and make sure it is nice and snug in the door, then you stagger your feet and you are basically pulling back on either side of the band pinching your shoulder blades together, concentrating on keeping your back nice and straight.

Now we are going to demonstrate some standing exercises that will work on strengthening your lower extremities. I will be demonstrating these without using any support. April is going to hold on. Some of these can challenge your balance as well, so you may want to hold onto a chair or another sturdy surface, such as your countertop. The first one we are just going to do marching in place, bringing your knees up as high as you can and you can stand off to one side of the chair if you find that your knees are bumping into the chair and just hold onto it off to the side.

April: Chair.

Dale: Yes.

April: Okay. Now on our "Get Fit For Life" video, they have a lot of walking in place, so for those of you that are in the MOVE program, feel free to do the walking program that you can get on the "Get Fit For Life" video. Just ask your MOVE dietitian. How many of these are we supposed to do?

Dale: The goal for this is to get 30 on each leg as well. Nice and slow and controlled with these as well and this is great for keeping your range of motion or improving your range of motion, strength and balance as well; it challenges all three.

April: This is really nice for when you can't get outside.

Dale: Very good exercise to do inside. Okay.

The next one we will do, and you can move the chair back in front of you if you wish, and this is going up onto your toes.

April: Oh, I can feel that in my calves.

Dale: Yes. You should feel this in the back of your lower legs. With all these exercises, none of them should be painful, so if they are painful, you need to quit or you just don't need to go quite as far up on your toes and you can go just a little bit lower. Just go up as far as you can. We used a 10 on those and we will stop there.

The next one we will demonstrate is kicking your leg out to the side and remember with this is keeping your back straight instead of swaying. Tipping off to the side like that, you want to keep your back nice and straight and just kicking the leg out to the side as far as you can. This one is pretty challenging, so you will probably want to hold onto a chair if you can there, so I will take a step forward so it doesn't kick me in the side.

April: Okay, I'll try not to and try not to lean like you told me to.

Dale: Okay. Yes, it can be pretty challenging.

April: This is really good for balance. Wow!

Dale: This is a great balance exercise. While working out, always remember keep breathing and continue to breathe. One more there. Good! Remember to do the other side as well.

April: You don't want to be lopsided.

Dale: No. We will finish up with some mini squats. The important thing to remember with these also is keeping your back nice and straight and maybe I'll have you demonstrate. We can turn the chair to the side.

April: Hopefully, I can demonstrate this. Do you want me to be facing this way?

Dale: Yes. You can take the chair and hold on there and use that to steady yourself. Remember to keep your back nice and straight and the bending should be in your hips and your knees, so we will just demonstrate and I will go without holding onto anything.

April: How far apart should my feet be?

Dale: Your feet should be about shoulder width apart and you don't want your knees to go out past your toes, so when you are lowering down, you want that to be your stopping point and you don't need to go any lower than that.

April: All right.

Dale: You will feel this burning in your quads, so the front of your upper thigh area. These muscles are good for getting up and out of a chair. You can put your hands on your thighs too to help stabilize if you need to. One more of those. All Right.

One more exercise we will add here too is a hip extension or kicking your leg back and this one you will feel works the rear muscle there. Holding onto the chair if you need something to steady yourself with, you are just going to keep your knees straight and kick your leg straight back, bring it forward, straight back, and forward.

April: This is another good balance one.

Dale: Yes it is. Do two more.

This completes our exercises for today. Good luck and we will see you later.