

Exercise Activities – Week 3



Unless otherwise stated:

Repetitions: Start with 6-8 repetitions per exercise. If this feels too easy or too challenging, adjust the number of repetitions accordingly.

Sets: 1-2 sets are a good starting point. Increase to 2-3 sets as strength and endurance improve. Allow 30-60 seconds of rest between each set.

NOTE: Remind residents to breathe normally during all of the exercises

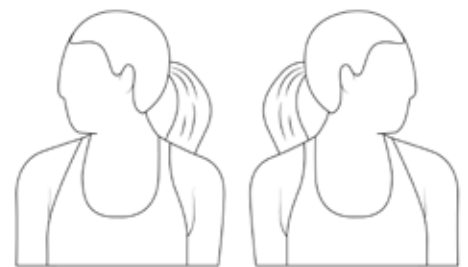
NECK ROTATIONS

MONDAY

BASIC: Sit upright, turn your head to one side until a gentle stretch is felt. Hold, then turn to the other side.

EASIER: Reduce the range of motion.

HARDER: Increase the hold time or add gentle pressure with your hand.



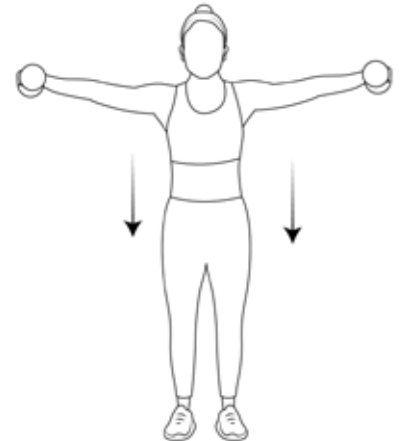
ARM RAISES

TUESDAY

BASIC: Lift your arms forward or to the side, up to shoulder height.

EASIER: Perform without weights or raise arms less high.

HARDER: Use weights or increase the hold time at the top.



WRIST FLEXOR AND EXTENSOR STRETCH

WEDNESDAY

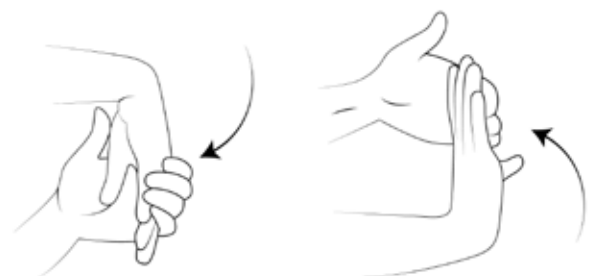
BASIC: Extend arm, use the opposite hand to gently pull the fingers back or push them down.

EASIER: Apply less pressure.

HARDER: Hold the stretch longer.

Duration: Hold each stretch for 15-30 seconds

Sets: Perform 2-3 sets of these stretches.



SEATED CAT-COW STRETCH

THURSDAY

BASIC: Arch and round your back alternately while seated.

EASIER: Perform with a smaller range of motion.

HARDER: Increase the range of motion or hold each position longer.



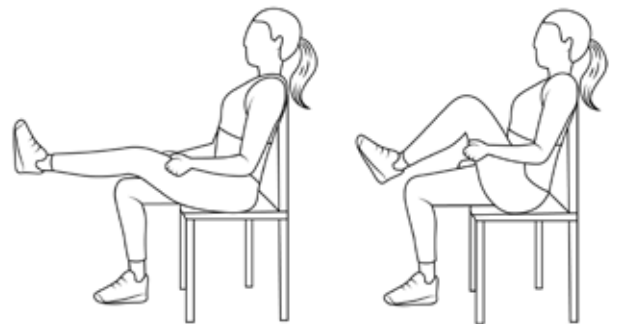
SEATED LEG PRESS

FRIDAY

BASIC: Sit and extend one leg at a time as if pressing against resistance.

EASIER: Use less force.

HARDER: Hold the position longer, add resistance with a band or use ankle weights.



SEATED HEEL RAISES

SATURDAY

BASIC: Lift heels off the ground while seated.

EASIER: Lift one heel at a time.

HARDER: Hold the position longer.



MINDFUL WALKING

SUNDAY

START WALKING SLOWLY: Begin walking at a slower pace than normal. Focus on the act of walking.

NOTICE YOUR MOVEMENTS: Pay attention to the lifting and falling of your feet. Feel the ground beneath you.

ENGAGE YOUR SENSES: Notice what you see, hear, smell, and feel around you – the colors, sounds, scents, and the air on your skin.

MINDFUL BREATHING: Coordinate your breathing with your steps if possible, such as inhaling for three steps and exhaling for three steps.

RETURN YOUR FOCUS: When your mind wanders, gently bring your attention back to the act of walking and breathing.

DURATION: Continue for a set distance or time – even 5-10 minutes can be effective.

