

Exercise Activities – Week 4



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

SHOULDER SHRUGS

MONDAY

BASIC: Raise your shoulders towards your ears, hold, and release.

EASIER: Perform with less intensity.

HARDER: Add a hold at the top or use light hand weights.



TRICEP EXTENSIONS

TUESDAY

BASIC: Hold a weight overhead, then bend elbows to lower it behind your head.

EASIER: Use lighter weights or perform with one arm at a time.

HARDER: Use heavier weights or slow the motion.



BALL SQUEEZES

WEDNESDAY

BASIC: Squeeze a soft ball or towel in your hand.

EASIER: Use a softer ball or squeeze gently.

HARDER: Use a firmer ball or hold the squeeze longer.



SEATED SIDE BENDS

THURSDAY

BASIC: Sit upright, raise one arm and bend your torso to other side. Repeat the other side.

EASIER: Bend without arm raised.

HARDER: Hold the bend longer or increase repetitions.



HEEL SLIDES

FRIDAY

BASIC: Sitting or lying, slide one heel away from your body, then back.

EASIER: Slide a shorter distance.

HARDER: Add resistance with a band.



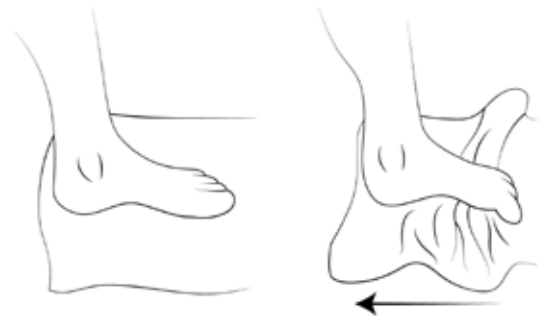
TOWEL SCRUNCHES

SATURDAY

BASIC: Place a towel flat under your feet and scrunch it towards you using your toes.

EASIER: Use a smaller towel or less force.

HARDER: Add resistance by weighing down the end of the towel.



FIVE SENSES CHECK-IN

SUNDAY

FIND A COMFORTABLE SPOT: Sit or stand in a place where you feel relaxed.

SIGHT: Observe five things you can see. Notice their shapes, colors, and textures.

TOUCH: Notice four things you can feel. This could be the sensation of clothing on your skin, the air on your face, or the surface you're sitting on.

HEARING: Listen for three sounds. It might be the sound of traffic, birds, or people talking.

SMELL: Identify two things you can smell. If you can't immediately smell anything, try to sense the general scent of the environment.

TASTE: Focus on one thing you can taste at the moment. It could be the remnants of a meal, a drink, or just the taste in your mouth.

FINAL AWARENESS: Take a deep breath and allow yourself a moment to take in your entire environment and how you are experiencing it with all your senses.

