

Workshop Goals and Objectives:

- To learn the SilverSneakers Classic class format
- To update fitness industry standards and safety guidelines.
- To provide a platform for instructors to exchange ideas and ask questions.
- To learn and practice development of seated and standing choreographed movement to include improving cueing and transition skills.

Review from Core Knowledge and SilverSneakers Basics:

- Correct seated posture
- Correct retrieval of equipment and water from the floor
- Cue a minimum 3 times for hydration, posture, breathing, PE
- Cue for neutral wrist
- Multi-level instruction to meet needs of strong/active members and frail/weak members

Risk vs. benefit guidelines for all equipment:

- Exercise selection (does risk outweigh benefit)
- Chair (multi-level use)

Health-Related Fitness Components (4):

1. Cardiovascular Endurance (continuous movement)
2. Muscular Strength & Endurance
3. Flexibility
4. Body Composition (FITT Principle and water, no fad diets, nutrition)

Skill-Related Fitness Components (5):

Goal is to improve the following functional skill-related fitness components in combination with the four health-related components. This will help minimize the risk and fear of falling and ultimately help maintain an individual's independent lifestyle.

1. Agility
2. Balance
3. Coordination
4. Power
5. Speed

Relate specific actions in class that can create functional practice for real life activities.
Emphasize water, water, water!

2011 ACSM Guidelines for the **FITT** Principle:

- **Frequency** (3-5 times per week or daily as prescribed by physician)
- **Intensity** (5 to 8 on SilverSneakers PE chart)
- **Time** (continuous vigorous activity at least 20 minutes/day, or 30 minutes/day of moderate intensity performed continuously or in sessions of a minimum 10 min. each)
- **Type** (cardiorespiratory, muscular strength, flexibility and neuromotor exercises)

Contraindicated Exercises

- Forward flexion from a seated position at the hip greater than 45 degrees
- Uncontrolled momentum as it relates to a full range of movement
- Inversions: forward flexion from a standing position at the hip greater than 90 degrees
- Overuse of a joint or muscle group: action is continuously repeated beyond safety guidelines for risk versus benefit
- Double leg lifts = seated exercises with both feet (unsupported) off the floor
- Excessive or forced hyperextension/hyperflexion of joints
- Double arm overhead triceps extension with hand-held weights

Class Format

Warm-Up and Range of Movement Stretching – (8-10 minutes)

CHOREOGRAPHY TIPS:

- Teach the warm-up with participants in a standing position
- Use the SilverSneakers ball, performing large, rhythmic movements
- Increase socialization with a walk around the room.
- Rehearse an arm routine that will be presented later in the cool-down
- While standing, perform a dynamic balance. *Examples: Perform three knee lifts and hold the knee up on the fourth count, or from a standing position balance on the toes while exchanging hand supports*
- **Do not begin the warm-up with toe taps.**
- Use a stretch as a transition into another stretch and/or exercise
- Alternate the route: Upper to lower body or lower to upper body
- Rehearse “joint positions” that will be used with resistance tools in later segments
- Rhythmically stretch more than one body part at a time. *Example: Hold the shoulder in place across your chest while circling the wrist*

Muscular Strength and Endurance (tool work) – (15-20 minutes)

- Participants are not required to use resistance tools. Equipment should challenge, but not compromise form. Exercises should be performed seated and standing.
- Create choreography to consider muscle balance. Consider 2 vs. 1 programming concept (2 exercises for the weak vs. 1 exercise for the strong).

- **Resistance Tool Safety Guidelines:**

- ✓ Tools should be stored “out of harm’s way”
- ✓ The 10 second rule
- ✓ Recommended repetitions (20-24 repetitions)
- ✓ Appropriate speed of movement – 120-128 bpm, include pace changes with speed variations to address intensity levels and real-life functional challenges
- ✓ SSFP “overhead position”
- ✓ Maintain neutral wrist alignment while working with the tools

Cool Down – (5 minutes)

- Keep moving
- Seated or standing
- Coordination drills (option)

Final Stretch – (5 minutes)

- Use the chair as an anchor for deeper stretching.
- A stretch can be held from 5 to 30 seconds.

Relaxation – (5 minutes)

- Choose a relaxation technique that fits your style and personality

Workshop Summary

- Thank you for a fun and interactive day!
- Make sure to check the training calendar for workshops offered again in your area
- Please remember to complete the Healthways instructor training evaluation that will be sent to you via email
- Don’t forget to get your CECs online