

The PrimeFit Home Workout Plan



LEISURE CARE
RETIREMENT COMMUNITIES

PRIMEFIT

Welcome to PrimeFit

Welcome to PrimeFit at Home, your guide to low-impact exercise that will help you maintain your health through fitness. These 13 exercises are designed to be an easy-to-follow strength, balance, and flexibility routine you can do from the comfort of home, or anywhere.

ABOUT PRIMEFIT BY LEISURE CARE

At Leisure Care, we understand that fitness often takes a backseat to, well, a lot of things. Which is precisely why everything about our PrimeFit program has been designed to be fun, motivating, and convenient. The exercise choices are vast. So vast, in fact, the hardest part will be deciding what to do first.

A HOLISTIC APPROACH TO A WHOLE NEW YOU

All Leisure Care communities offer some or all of the following as a part of their PrimeFit program: a PrimeFit Gym, Balance Builders, walking programs, recreational sports, aquatic exercise, holistic offerings, and low-impact exercise. The program is comprised of five fundamentals, which are: group training, personal training, balance builders, and language learners.

GET CONNECTED

The PrimeFit staff will help you put together a customized program tailored to your interests and abilities, giving you tips, tracking your progress, and keeping you motivated along the way. Visit [LeisureCare.com](https://www.leisurecare.com) to find a community near you!

Get Started

Before you begin, here are a few things to keep in mind.

- Safety always comes first. Before starting any exercise regimen, you might want to talk with your doctor about your workout plans. Ask if there are any reasons to modify your program or adjust the exercises to do them safely. Always listen to your body and do what you can as long as you're comfortable. If an exercise hurts, or you feel or hear an unordinary pop or crack, stop the exercise immediately.
- Drink plenty of water. Unless your doctor has asked you to limit fluids, be sure to drink water when you exercise. Many older adults don't feel thirsty even when their body needs fluids.
- Wear comfortable clothes. Be sure to wear clothes that allow you to move freely.

For the workout, we recommend having two tennis or racquet balls, a sturdy chair with arms, a towel, and two equally weighted objects—like hand or wrist weights, soup, soda or beer cans, or water or wine bottles. You may need to use 1- or 2-pound weights when starting out. As the exercises become easier, gradually add more weight.

You will start the sample workout by warming up. Then, move on to the strength and balance exercises. For each exercise, we recommend one set of 10–15 repetitions. Try doing 3 sets, and then cool down with the flexibility exercises.

SAFETY TIPS

Breathe regularly during strength exercises. For example, breathe out as you lift the weight, and breathe in as you relax. When doing leg lifts, breathe out as you lift your leg and breathe in as you lower it.

Use smooth, steady movements when lifting weights. To prevent injury, don't jerk or thrust weights into position.

Keep your arm and leg joints slightly bent. Avoid "locking" your arm and leg joints in a tightly straightened position.

Choose a sturdy chair with arms. Make sure the chair is stable enough to support you when seated or when holding on during the exercise.

Make slow, steady movements. Never "bounce" into a stretch.

Always bend forward from the hips, not the waist. If you keep your back straight, you're bending the right way.

Stop if you feel pain. You might feel some soreness after you exercise, but exercise should not hurt or make you feel really tired. In fact, in many ways, being active will probably make you feel better.

Not every day is the same. Our bodies are constantly changing, and what might have felt great yesterday, hurts today. Don't feel obligated to do every exercise at the same pace or weight you have done in the past. If you need to adjust the exercise to be more comfortable, ask your PrimeFit Instructor or Programs Manager for a modification.

WARM UP

It's important to spend about 5 minutes at the beginning of your routine to warm up. Warming up gives your muscles a chance to get ready to work. Warm-up activities can help you prevent injury and reduce muscle soreness later.

Suggestions

- Take a walk down the hall, if safe to do so.
- Dance around your living room or kitchen.
- Walk up and down the stairs a few times, if safe to do so.

STRENGTH HAND GRIP

1. Hold a tennis ball in each hand.
2. Slowly squeeze the ball as hard as you can and hold it for 3–5 seconds.
3. Relax the squeeze slowly.
4. Repeat 10–15 times.

STRENGTH WALL PUSH-UP

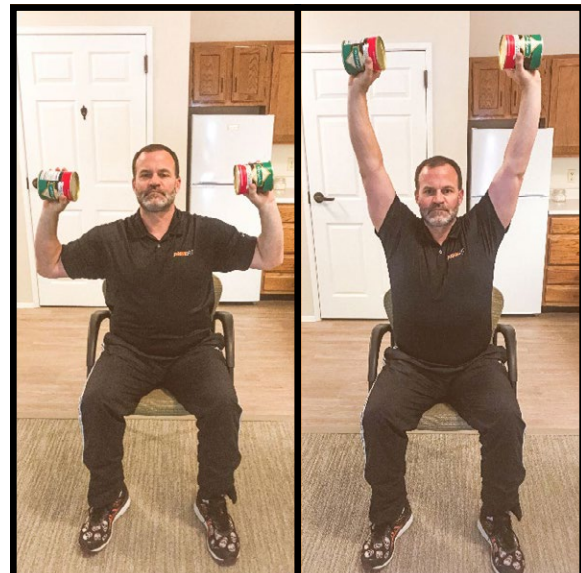
1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly bend your elbows and lower your upper body toward the wall. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Slowly push yourself back until your arms are straight.
6. Repeat 10–15 times.



STRENGTH OVERHEAD ARM RAISE

You can do this exercise while standing or sitting with your feet flat on the floor, shoulder-width apart.

1. Hold weights at your sides at shoulder height with palms facing forward.
2. Slowly raise both arms up over your head keeping your elbows slightly bent.
3. Hold the position for 1 second.
4. Slowly lower your arms.
5. Repeat 10–15 times.



TIP: As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.

STRENGTH BACK LEG RAISE

1. Stand behind a sturdy chair, holding on for balance.
2. Slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you're standing on should be slightly bent.
3. Hold the position for 1 second.
4. Slowly lower your leg.
5. Repeat 10–15 times.
6. Repeat 10–15 times with the other leg.

TIP: As you progress, you may want to add ankle weights. You also increase the difficulty see challenge yourself to improve your balance (see page 8).



STRENGTH SIDE LEG RAISE

1. Stand behind a sturdy chair, holding on for balance.
2. Slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you're standing on should be slightly bent.
3. Hold the position for 1 second.
4. Slowly lower your leg.
5. Repeat 10–15 times.
6. Repeat 10–15 times with the other leg.

TIP: As you progress, you may want to add ankle weights. You also can also challenge yourself to improve your balance (see page 8).



STRENGTH CALF RAISE

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
2. Slowly stand on tiptoes as high as possible.
3. Hold the position for 1 second.
4. Slowly lower heels to the floor.
5. Repeat 10–15 times.

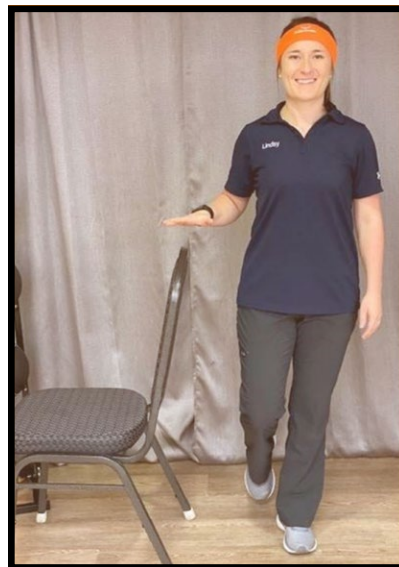
TIP: As you progress, try doing the exercise standing on one leg at a time for a total of 10–15 times on each leg. You also can also challenge yourself to improve your balance (see page 8).



BALANCE STAND ON ONE FOOT

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold the position for 10 seconds.
3. Repeat 10–15 times.
4. Repeat 10–15 times with the other leg.

TIP: As you progress, you can also challenge yourself to improve your balance (see page 8).



BALANCE HEEL-TO-TOE WALK

If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.

1. Place the heel of one foot just in front of the toes of the other foot so that they touch or almost touch. Raise arms to your sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of your other foot.
4. Repeat for 20 steps.



BALANCE BALANCE WALK

1. Raise arms to your sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps.

TIP: As you progress, try looking from side to side as you walk, but skip this step if you have inner-ear problems.

BALANCE CHALLENGE YOURSELF TO IMPROVE YOUR BALANCE

Exercises to strengthen your legs and ankles also can help improve your balance. As you progress, try adding these challenges to help even more.

1. Start by holding on to a sturdy chair with both hands for support.
2. To challenge yourself further, try holding on with only one hand.
3. As you feel steady, use just one finger for balance, or try the exercises without holding on.
4. When you are steady on your feet, try doing the exercises with your eyes closed.



COOL DOWN

Cooling down at the end of your workout gives your muscles a chance to gradually return to rest. Again, this is important to prevent injury. To cool down, take about 5 minutes to do the following 4 flexibility exercises.

FLEXIBILITY ANKLES

1. Sit securely toward the edge of a sturdy chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10–30 seconds.
5. Bend ankles to point toes away from you and hold for 10–30 seconds.
6. Repeat 3–5 times.

FLEXIBILITY BACK

If you've had hip or back surgery, talk with your doctor before trying this stretch.

1. Sit toward the front of a sturdy chair with armrests, with your feet flat on the floor, shoulder-width apart. Stay as straight as possible.
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh.
3. Hold the position for 10–30 seconds. Slowly return to face forward.
4. Repeat 3–5 times. Reverse positions and repeat 3–5 times on the right side.

TIP: As you progress, try lifting your left arm and resting it comfortably on the back of the chair. Hold on to the left armrest with your right arm. Repeat on your right side.



FLEXIBILITY THIGH

If you've had hip or back surgery, talk with your doctor before doing this stretch.

1. Stand behind a sturdy chair with your feet shoulder width apart and knees straight, but not locked.
2. Hold on to the chair for balance with your right hand.
3. Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold the position for 10–30 seconds.
6. Repeat 3–5 times.
7. Repeat 3–5 times with your right leg.

FLEXIBILITY SHOULDER AND UPPER ARM

If you have shoulder problems, talk with your doctor before trying this stretch.

1. Stand with your feet shoulder-width apart.
2. Hold one end of a towel in your right hand.
3. Raise and bend your right arm to drape the towel down your back.
4. Reach behind your lower back and grasp the towel with your left hand.
5. Pull the towel down with your left hand. Stop when you feel a stretch in your right shoulder.
6. Repeat 3–5 times.
7. Reverse positions and repeat 3–5 times to stretch your left shoulder.



TIP: As you progress, try pulling the towel down farther, but not so far that it hurts.



You should begin to feel stronger and more energetic once you start exercising regularly. The exercises will get easier. This tells you that your body is getting used to a higher level of activity, and it's time to build on those benefits by doing more.

Gradually increase the amount of weight you use to build strength, try some of the challenge yourself to improve your balance to improve your balance, or reach farther in your stretching exercises. Do not forget to congratulate yourself on your efforts. You've made great progress and you're ready to do more! We will see you in exercise class soon.

PrimeFit Meditation

Meditation involves trying to train your thoughts to stay in the present moment, because in the present moment there is true peace. Thoughts of the future (what can/might/will happen, leading to fear or anxiety) or of the past (what did or might have happened, leading to sadness, depression or even anger) prevent us from feeling the peace that is in the present moment. Being totally focused in the present moment means that you do not think about the past or the future, and are freed (for as long as the meditation session lasts) from the negative emotions (stress) that accompany those thoughts.

Benefits of meditation:

- Lower blood pressure
- Improved blood circulation
- Lower heart rate
- Less perspiration
- Slower respiratory rate
- Less anxiety
- Lower blood cortisol levels
- More feelings of well-being
- Less stress
- Deeper relaxation

Time – Dedicated time each day. Its best to set a schedule, life has a tendency to take control of our day if we are not intentional in our efforts. Meditation sessions can last anywhere from 5–60 minutes. Start with just a few minutes every day.

Clothing – You should not be distracted with tight clothing or uncomfortable shoes. In this class, shoes are optional.

Space – A designated quiet place is best for concentration, as is a comfortable temperature. Consider your surroundings and line of sight when picking a safe space to meditate.

CONCENTRATION MEDITATION

Concentration meditation involves focusing on a single point. This could entail following the breath, repeating a single word or mantra, staring at an object like a tree or the ocean and or listening to music. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering. Rather than pursuing random thoughts, you simply let them go. Through this process, your ability to concentrate improves.

MINDFULNESS MEDITATION

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.

Through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

OTHER MEDITATION TECHNIQUES

There are various other meditation techniques. For example, a daily meditation practice can include a hobby, project or craft. Have you ever started gotten lost in a project and wondered where the time went. This is being “lost in the moment” and a form of meditation.

1. First, find a comfortable place where you can sit without distractions for at least 15 minutes.
2. Comfortably sit with your back upright and without support, if physically possible.
3. Close your eyes and focus within.
4. Focus your attention.
 - a. You can focus your attention on your breath and breathing. Breathe in and out. Just watch the movement of your in and out breaths.
 - b. You can repeat an affirmation (a positive statement about yourself and life).
 - c. If you use an affirmation, try to feel what it means to you.
 - d. You can focus on your heartbeat.
 - e. You can use any other method with which you feel comfortable.
5. If you notice your mind thinking, that’s okay, just bring your focus back to your technique.
6. When you have completed meditating, it is a good idea to give yourself a few minutes to slowly acclimate back into the activities of your day.