

Exercise Class Guide for Future Service- Learning  
Students

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EVA WHITE APARTMENTS

# CLASS ONE

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The focus of this first class was to assess the level of function of the community members in order to properly progress and make activities for future classes. We started and ended the class with deep breathing, and incorporated a combination of stretches and strengthening exercises throughout the class. Most exercises were seated but some were able to be completed in a seated or standing position if individuals were able to do so.

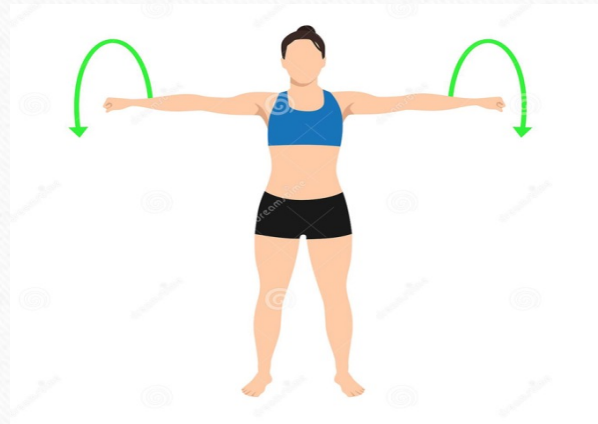
# Deep breathing

- Individuals place one hand on their stomach and one hand over their heart. Breath in through the nose for 4 seconds, hold for 2 seconds, breath out through the mouth for 4 seconds. Repeat 10x.



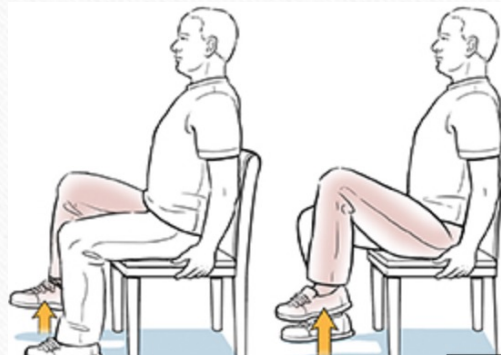
# Arm circles

- Individuals place their arms straight out to the side at shoulder level. Move the arms in small circular motions in the forward direction 10x. Then reverse directions and move the arms in small controlled circular motions in the backwards direction 10x. Repeat both directions 2 times.



# Marching

- Individuals place their feet flat on the floor, shoulder width apart, with their hands on their hips. First, bring the right foot off the ground bringing the knee towards the sky. Repeat the same for the left foot. Repeat 10x on each side. This will be repeated 3 times throughout the session. This can be done seated or standing.



# Lateral flexion

- Sitting up tall with hands by your side. Slowly tilt the upper body to the right side as far as comfortably possible. Slowly return to upright and repeat by tilting to the left side. Repeat on each side 4 times. 3 sets will be integrated into this session.



# Knee extension

- Sitting up tall with feet flat on the floor, shoulder width apart. Keep one foot flat on the floor while you slowly straighten the opposite knee. Hold the leg in the air for 3 seconds. Bring the straightened leg back to the ground and straighten the opposite leg, alternating sides until you have completed 10 knee extensions on each side. This will be completed 3 times.



# Calf raises

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- Start with feet flat on the floor, this can be done either seated or standing. Slowly go up onto your toes for 3 seconds and lower your feet back down to the ground for 3 seconds. Repeat 10x, there will be 3 sets of calf raises.





# Hip extension

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- Individuals will stand up, holding onto the back of the chair. With feet flat on the floor, shoulder width apart. Bring one leg back, holding for 3 seconds. Slowly bring the leg back to neutral. Repeat with the opposite leg. Repeat 10 times on each side, for 2 sets.



# Shoulder shrugs

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- Sitting up tall, bring your shoulders towards your ears and slowly lower them back to neutral. Repeat 10 times, for 2 sets



# Ankle circles

- Sitting in the chair with feet flat on the floor, lift one foot off the ground. Rotate your foot in a clockwise direction 10x then reverse directions and the same foot in a counter-clockwise direction. Repeat on the other side, 10 rotations clockwise and 10 rotations counterclockwise,



# Deep breathing

- Individuals place one hand on their stomach and one hand over their heart. Breath in through the nose for 4 seconds, hold for 2 seconds, breath out through the mouth for 4 seconds. Repeat 10x.



# Additional Class Ideas

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- Chair Yoga
- Band Exercises
- Tai Chi
- Shadow Boxing
- Dancing