

Mobility for Life Exercise Program

1. Song for my Mother Mary - Bernie Felix

- **Posture**; sit up straight, feet flat on the floor;
- **Deep breathing**; breathe in using diaphragm; breathe out using abdominals;
- **Toe taps**; keep heels on the floor, tap toes, alternate feet;
- **Heel raises**; keep toes on the floor, lift heels, rise up on balls of feet, alternate feet;
- **Turn toes in**; touch big toes together; **turn toes out**; keep your hands on your knees to keep your knees in line; try to make the movement happen from the knees on down;
- **Leg kicks**; sit up straight in the chair, slowly slide one foot out across the floor, then pull the toes up, straighten knee using quads muscle on front of thigh; stretching hamstring muscle on back of thigh; relax; alternate legs;
- * Don't lift up into pain! Stop if it hurts!
- **Marching in the chair**; tighten belly muscles; lift one knee up then the other.

2. Heave Away - Great Big Sea

- **Butt squeezes**; sit on your hands to feel the muscles working; tighten the buttock muscles, then relax;
- **Hip Adduction**; make your hands into fists; put them between your knees; breathe in; tighten the belly muscles, then the buttock muscles, then squeeze your knees together; breathe out; then relax;
- **Hip abduction**; slide your hands to the outside of your knees; breathe in; tighten the belly muscles; tighten the buttock muscles; push your legs apart gently resisting with your hands; breathe out; relax;
- **Marching in the chair**; see above;
- **Leg kicks**; see above;
- **Heel raises**; with your hands on your knees, push down lightly, resisting as your knees rise up.

3. When I'm Sixty-four;

- Rolling balls on knees; clock-wise, counter clock-wise; alternate with one hand going one way, one hand going the other way;
- Squeeze the balls gently then relax;
- Squeeze the balls lightly turn hands up; relax as you turn your hands back down;
- Squeeze one ball turn your hand up and touch your shoulder; relax your hand turn it down and out it back down on your knee; repeat with the other hand;
- Squeeze the balls; breathe in; shrug your shoulders up to your ears; breathe out; slowly relax your shoulders down;
- Cross your arms; holds on to your elbows; gently "rock the baby".

4. Just a Closer Walk with Thee - Sara Harmer;

- **Wayne Cooke;** arms up by your shoulders, palms facing forwards; lift one knee; tap that knee with the opposite hand; repeat with opposite knee and opposite hand; repeat;
- * Cross-brain/ cross-body exercises are good for your brain!
- **Neck Range of Motion** (flexion, extension, rotation, side flexion); (see attached)
- **Shoulder shrugs;** as above;
- **Scapular retraction;** breathe in; squeeze shoulder blades together in the back; relax slowly;
- **Cross your arms;** give yourself a hug!;
- **Thoracic spine rotation;** (see attached)
- **Ax handles;** clasp hands; swing arms up and back over one shoulder like swinging an axe; repeat to other shoulder.

5. Kelligrew's Soiree - Anita Best;

- **Arm exercises with weights;** use light weights; 1-2 pounds is enough to tone the muscles!
- **Biceps** single arm; alternate arm; both arms together; hands resting on your knees; palms up; lift hand to shoulder then lower slowly back down;
- **Shoulder shrugs;** as above;
- **Scapular retraction;** elbows bent at 90°; hold weights; breathe in; squeeze shoulder blades together in the back rotating arms outwards; breathe out; relax;
- **Ax handles;** holding weights;
- **Punches;** hold weight; push forwards as if you are punching someone; alternate arms;
- **Push-ups;** elbows bent; hands up by shoulders; push weights up towards the ceiling; then lower slowly to starting position.

6. Is the Big Man Within/ Hounds/ Gerald Thomas/ Burnt Potatoes - The Once;

- **Sit to stand** – bend forward in your chair; hands on knees; start with good foot behind; then sit back down. Repeat with bad foot behind; sit back down. Try with feet side by side; this is the hardest way.
- *Every time you get up from your chair you can turn it into an exercise!
- **Standing behind chair:**
- **Calf stretches;** hang on to chair with two hands; stand with both feet side by side, shoulder width apart; step back about a step length with one foot; make sure the heels and the toes on both feet are in a straight line; bend forward on the front knee; keep the back leg straight; feel the stretch down the back of the calf muscle; return to starting position; repeat with the other leg;
- **Balance exercise** – hang on to chair with two hands; stand on one foot; then let go with one hand; then try with no hands; repeat with other leg;

- **Toe raises on two feet;** hang on to the back of the chair with two hands; go up on the balls of both feet tightening the calf muscles; lower lowly back down; breathe in as you go up; out as you go down;
- **Repeat Calf Stretches;**
- **Gentle squats;** hanging onto the chair for balance; stand with toes turned out slightly; breathe in, breathe out then slowly bend your knees, pushing your knees out over your toes. Don't squat down too far as this can be hard on your knees! Just squat down lightly until you can feel your thigh (quads) muscles working. Breathe out as you squat down; in as you straighten up;
- **Heel to butt kicks;** squat down lightly; shift your weight onto one foot; kick the other heel up towards your buttock; then return to light squat position. Repeat with other leg. .

7. Jacob's Ladder - Bruce Springsteen;

- **Marching on the spot;** slowly then more quickly to get your heart rate up;
- **Gentle squats** with ax handles/ push-ups;
- **Toe taps** – side to side; front; back; (with or without punches);
- **Climb the ladder;** pretend you are climbing a ladder.

9. Grey Foggy Day;

- Cool down; waltz; have a nice old-fashioned waltz with your partner!