

# Seniors Helping Seniors Toolkit

**TRAINING PEER LEADERS TO  
SUPPORT SENIORS' HEALTH  
AND WELLNESS**

2018



This project was funded by:





# About this Toolkit

## Background

Some seniors may lack the confidence and fitness literacy to participate in organized health and fitness programs, particularly if they are unaccustomed to regular exercise or have experienced health setbacks. Supporting seniors during their initial foray into (or return to) fitness activities, and throughout their fitness journey, is critical to ensure their experience is welcoming, safe and enjoyable.

Yet many organizations that offer seniors' health programming find it challenging to resource their programs with enough fitness experts to provide individualized client support. To address this gap, the Seniors Helping Seniors program was developed as a way to augment professional fitness staff resources with specially trained Peer Leaders. These Peer Leaders are lay members of the public -- themselves seniors -- who possess a moderate level of personal fitness and are then trained to work in a voluntary capacity to support and motivate other seniors. Peers with the right training and values can foster a sense of familiarity, belonging, and lived experience -- thereby inspiring others who may be struggling with fitness barriers or motivation challenges.

**Disclaimer:** You should be in good physical condition and be able to participate in the Seniors Helping Seniors exercise program. There is no exercise program that offers "one size fits all". To ensure you have a safe physical activity experience, please answer the Get Active Questionnaire\*. You should also consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This program is not run by a licensed medical care provider and confirms that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

## Is the Seniors Helping Seniors program right for your organization?

If your organization currently offers fitness programming for seniors, or is looking to start a program, but has a limited resource pool of professional staff for coaching and client support purposes, the Seniors Helping Seniors program might be right for you.

To establish a Seniors Helping Seniors program, your organization should have:

- At least one fully certified fitness professional through the **Canadian Society for Exercise Physiology (CSEP)** or the **Alberta Fitness Leadership Certification Association (ALFCA)** on staff to set up and manage the Seniors Helping Seniors program.
- Access to, or the ability to recruit, lay members of the public (seniors) to apply to become Peer Leaders within your organization.
- The capacity to train and monitor the prospective Peer Leaders over a three-month period, following the guidelines recommended in this toolkit.

## Program set-up at a glance: questions to ask

### 1 Will this program work for you?

- ✓ Do you have existing health & fitness facilities, equipment and/or programming for seniors?

**OR**

- ✓ Do you want to set up new health & fitness programming for seniors?

### 2 Resources check

- ✓ Does your organization have sufficient resources to offer individualized support to clients?
- ✓ Is there a desire to grow your organization's professional health & fitness capacity with specially trained peer leaders?

### 3 Person Check

- ✓ Do you have access to one of the following, who can train and evaluate your peer leaders:
  - a. A CSEP or AFLCA certified fitness professional
  - b. An occupational or physiotherapist
  - c. A Primary Care Network (PCN) exercise specialist = free
  - d. A University practicum student = free
  - e. A temporary Canadian Summer Job hire
- ✓ Are there seniors in your center who will want to enter the SHS Peer Leader program?

### 4 Assess & train Peer Leader applicants

- ✓ Assess the health, wellness and suitability of Peer Leader applicants and interested Peer Leader volunteers.
- ✓ Have each Peer Leader applicant complete the 8-week training program; CSEP certified fitness professional, occupational or physiotherapist to monitor progress and refine for each applicant.
- ✓ Re-evaluate Peer Leader progress and suitability for program and promote successful applicants to Peer Leader status.

### 5 Incorporate Peer Leaders into client programming

- ✓ Introduce Peer Leader concept to existing and new clients
- ✓ Assign, schedule and monitor Peer Leaders to work with clients
- ✓ Evaluate outcomes (Peer Leader experiences + client experience if you have the resources)



## Using this Toolkit

This Seniors Helping Seniors program **can be adopted in any site where seniors come together**. The workout program is ideal for a centre equipped with a fitness room and professional fitness equipment; however many exercises require little or no fitness equipment, often needing only a regular chair and small weights.

Potential sites:

- Seniors activity centre
- Independent or supportive living facility
- Recreational space or community building used by a seniors' day program

This toolkit is intended for **professionals to use in developing or enhancing their seniors' programming**. While the ongoing operation of this program requires limited day to day involvement from a fitness expert, the program itself should be initiated, overseen and monitored by a fully certified fitness professional (with CSEP certification), occupational or physiotherapist, who can train the peer leaders over a three month period and provide ongoing oversight of the program within your organization.

This toolkit is set up to be accessed electronically, with hyperlinks for ease of use.

It includes the full 8-week seniors' training program and stretch routine that each Peer Leader must personally complete as part of their training. **Peer leader applicants are assessed and coached by fitness experts for 3 months** as they progress through the training program. This prepares **Peer Leaders to lead and motivate other senior clients** in adopting the 8-week fitness training program. These planned exercise sessions ensure quality, safety, effectiveness and exercise adherence.

**\*CLIENT** is a senior (individual) that is currently participating, or wishes to begin participating, in an organized fitness program or facility. Usually it is someone who is relatively new to fitness or has limited fitness confidence and/or competence.

**\*PEER LEADER** is lay member of your center (also a senior) that has been assessed as having a moderate level of fitness, appropriate coaching skills, and has been trained to support and motivate clients.



“*I'm an 80 year old man and before starting this program I was dizzy and falling down, all of the time, even with my walker. Now I'm more flexible and have much greater strength. Thanks to this wonderful program, I'm able to help people all of the time and I don't need the walker I used constantly before this course.*”

Response from a trained peer leader

# Starting up: A Step by Step Guide

## PEER LEADER RECRUITMENT

### STEP 1

Identify a group of seniors interested in volunteering as peer leaders (called Peer Leader applicants). They commit to enter a three-month training program, and to work with clients after being trained.

#### Volunteer Training Guide

### STEP 2

Have peer leaders complete the [Get Active Questionnaire](#). As you prepare to become more active, this assessment and advice will help ensure that you have a safe physical activity experience.

### STEP 3

Assess Peer Leaders.

#### Initial Fitness Assessment and Questionnaire

## ASSESSING AND TRAINING PEER LEADERS

### STEP 4

Have fitness expert consult with each Peer Leader applicant. Identify opportunities for improvement and develop an individual exercise plan.

#### Mid-Point Fitness Questionnaire

### STEP 5

Fitness experts coach, train and support Peer Leader applicants in implementing their personal health plan over the three month training period. Experts thoroughly review all exercises in the 8-week program.

### STEP 6

After the three months, fitness experts reevaluate the Peer leader applicants to identify improvements - the new leaders are now ready to motivate and coach others in the routine.

#### Post Fitness Questionnaire + Post-Training Fitness Assessment

## PEER LEADERS WORKING WITH CLIENTS (OTHER SENIORS)

### STEP 7

Peer leaders motivate and coach other seniors in the facility.

#### Helping seniors achieve functional fitness to:

- Increase independence
- Prevent disease and injury
- Enhance overall quality of life

# Peer Leader Volunteer Training Guide



## General Guidelines

### What is a Volunteer?

**DEFINITION:** Anyone who, without compensation or expectation of compensation beyond reimbursement, performs a task or does work at your center.

- A volunteer must be officially accepted and enrolled.
- Volunteers enhance the work of staff. Volunteers and staff are considered partners in implementing the mission and programs, with each having a complementary role to play.
- Peer leaders are volunteers who learn this Seniors Helping Seniors program, and can act as examples, and guide or coaches other seniors in their center.

### Peer Leader Program Description

The purpose of the volunteer peer leader program is to train, motivate and support a group of seniors as they learn how to lead a healthy lifestyle and then utilize them to inspire and motivate other seniors to follow the same health and wellness path.

Peer leaders undergo three months of training and then work with other seniors in the centre to provide fitness room usage orientation, exercise recommendation and resources consultation.

As volunteers, peer leaders are expected to follow the General Guidelines, Volunteer Responsibilities, and Volunteer Training Guide.

“Participating in this program provides many benefits through trained and professional staff that reinforce the importance of healthy diet and exercise.

Success in the program can mean the difference between independence and a life spent relying on others.

Response from a senior trained as a peer leader



## Rights and Responsibilities of Volunteers

### Rights

1. To be treated as a co-worker and to be given a suitable assignment with opportunities for a variety of experiences.
2. To receive training for the specific position, and to know as much about the organization as possible.
3. To be given sound guidance and direction.
4. To have regular performance evaluations.
5. To be heard and recognized, in a healthy, safe and respectful environment.



### VOLUNTEER PEER LEADERS: COMMITMENT

For the Seniors Helping Seniors program, peer leaders commit to a minimum of one hour of service per week for a three month period. This ensures that volunteers receive adequate training and are familiar with all policies and procedures.

In cases where volunteers cannot commit to a three-month volunteer term, the manager may approve a short-term placement in accordance with operational needs.

### Responsibilities

1. To be on time and carry out duties promptly and reliably; give as much notice as possible if unable to attend a shift as scheduled.
2. To be willing to learn:
  - a. Participate in orientation and on-going training.
  - b. Ask questions, and have a clear understanding of the needs of the clients/peers being assisted.
3. To accept guidance and decisions of a manager (or designate), and to respect confidentiality. Be loyal to the organization and maintain the organization's dignity and integrity with the public.
4. To develop strong working relationships with the staff and other volunteers. To regularly self-evaluate.
5. To not be disrespectful, inappropriate, discriminatory or harassing.
  - a. Use conflict resolution skills, and respectful and courteous communication.
  - b. To abide by applicable rules, regulations, legislation, policies and collective agreement provisions.
6. To abide by applicable rules, regulations, legislation, policies and collective agreement provisions.



## Peer Leader Volunteer Training

### Fitness Room Orientation

Peer Leaders are volunteering to help specifically in the fitness room. Please go over:

- Rules of Thumb with Equipment Exercises
- Fitness Equipment Manuals
- Emergency Procedures

### Exercise Recommendations, Resource Knowledge

Peer leaders are trained by the centers' fitness experts to lead the program.

1. Peer leaders will receive a comprehensive fitness assessment, conducted by an expert. Their fitness will be assessed at the start and end of the 3 month training:
  - Initial and Post-training Fitness Assessments.
  - Initial, Mid-point and Post-training Fitness Questionnaires
  - A professionally-customized fitness plan and personal exercise recommendations (if necessary).

Through the fitness training program, peer leaders learn about the benefits of cardio exercise (walking) and strength training, accurate execution of exercises and proper usage of equipment.



*"This program helped me lose weight and increase stamina and strength. My blood pressure pills have been reduced by half and my mood is much improved."*

Response from a senior trained as a peer leader



2. Peer Leaders will be shown how to go over the **Get Active Questionnaire\*** with potential participants of the Seniors Helping Seniors program.
  - Peer leaders will be informed of the availability of fitness classes, and health and wellness workshops being offered. They will be encouraged to refer their participants to appropriate certified resources for specific exercise recommendations, if needed.

Many seniors have technological expertise. Consider installing the volunteer training guide into an iPad or tablet to allow for more interactive training.



Peer Leaders will have electronic access to the 8-week training program exercises, and the full stretch routine in the fitness room.

## Motivation and Encouragement Techniques

**Peer leaders are the greatest motivators for other seniors in the fitness room.** A special bond of trust develops between people who are of similar age, values and experiences.

### TIPS FOR EDUCATING OTHERS ABOUT THE CONCEPT OF "FUNCTIONAL FITNESS":

1. Set up **short term, realistic and achievable goals.**
2. **Build connections** with what seniors are already doing (e.g. people who enjoy playing golf might take a golf-conditioning class).
3. **Focus on the benefits** exercise brings to senior's daily lives (e.g. easier to shovel snow, clean house and garden).
4. **Add External Motivators:**
  - **A simple pedometer, step tracking sheet and small reward** (e.g. free fitness room pass) can be huge motivators for seniors. Peer leaders are encouraged to share their positive and successful experiences.
  - **Food journals** are also strong motivators when adopting a new exercise program. They encourage seniors to reassess their eating patterns, to start reading nutrition labels, to try new, healthier foods and to improve menu planning – all positive changes that increase energy and wellness levels.
  - **Balanced nutrition** is also highly important in achieving overall health and wellness. See online resources: Canada Food Guide: tips to healthy eating

Find a Primary Care Network (PCN) in your neighbourhood for free: [www.pcnpmo.ca/alberta-pcns/pages/map.aspx](http://www.pcnpmo.ca/alberta-pcns/pages/map.aspx)

Access your local PCN for a wide variety of free or low-cost health and wellness workshops and health resources.



### Seniors Helping Seniors Health and Wellness Formula

60% Balanced Nutrition

20% Exercise Program

20% Rest and Sleep





## Peer Leader Recommendations & Resources

### Rules of Thumb with Equipment Exercises

1. Check weight selection before starting.
2. Abdominals engaged. NEVER hold your breath.
3. Ensure you select a starting point putting strain on a joint. Work through a full range of motion.
4. Do NOT allow weight plates to slam.
5. Perform 8 to 12 repetitions; 1 to 3 sets. Once you can perform 12 to 15 repetitions, add weight.



# 8 Week Seniors' Fitness Program

## Canadian Physical Activity Guidelines for Older Adults\* (65 Years & Older)

1. To achieve health benefits, and improve functional abilities, adults ages 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
2. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.
3. Those with poor mobility should perform physical activities to enhance balance and prevent falls.
4. More physical activity provides greater health benefits.

Access the complete Older Adult Physical Activity Guidelines [here](#).

## Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease)
- Premature death

## And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health
- Maintain mental health and feel better



\* [http://csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_older-adults\\_en.pdf](http://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf)

## EXERCISE INSTRUCTIONS



### Chair Lean Backs

3 sets of 10 reps

#### INSTRUCTIONS:

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



### Seated Leg Straighten

3 sets of 6 reps, each leg

#### INSTRUCTIONS:

- Sit in chair with feet rested lightly on floor
- Slowly extend one leg in front of you, but DO NOT lock your knee
- Feet toes pointed towards ceiling
- Hold for 2-3 seconds
- Slowly lower leg back down



### Standing Knee Bends

2 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold 2-3 seconds
- Slowly lower leg back down



## EXERCISE INSTRUCTIONS



### Standing Side Leg Raise

2 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



### Standing Hip Extension

2 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand using a chair to balance
- Slowly extend your leg backward, keeping your knee straight
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down

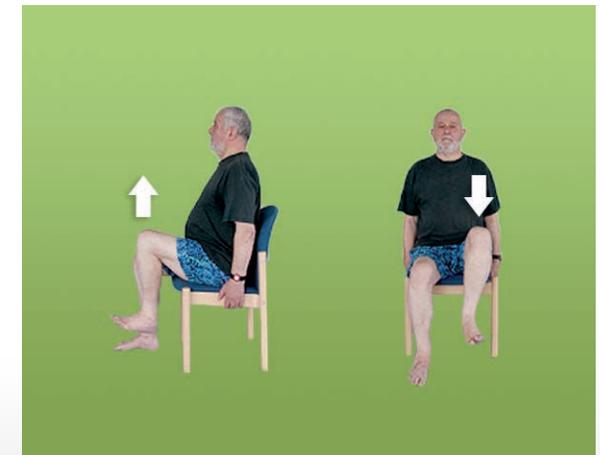


### Seated Hip March

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Sit in chair with feet flat on floor
- Lift your knee as high as comfortable
- Slowly lower
- Alternate lifting each knee for a total of 10 lifts on each leg



## EXERCISE INSTRUCTIONS



### Calf Raises

3 sets of 10 reps

#### INSTRUCTIONS:

- Stand with feet shoulder width apart using a chair to balance
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



### Heel Stands

3 sets of 10 reps

#### INSTRUCTIONS:

- Stand using a chair to balance
- Raise up on heels by lifting toes towards ceiling
- Hold for 2 seconds
- Lower toes slowly back to floor



### Overhead Press

2 sets of 10 reps

#### INSTRUCTIONS:

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides at shoulder height with palms facing forward
- Raise both arms up over your head, keeping a slight bend in elbows
- DO NOT lock your elbows at the top
- Hold for 2 seconds
- Slowly lower arms



## EXERCISE INSTRUCTIONS



### Seated Rows With Band 2 sets of 10 reps

#### INSTRUCTIONS:

- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand, palms facing upward
- Relax your shoulders
- Pull back both elbows until your hands are at your hips
- Hold for 1-2 seconds
- Slowly lower back to start position



### Leg Balance

Note: Try to only use chair as a support, if needed

#### INSTRUCTIONS:

- Stand on one foot and use a chair for balance
- Hold position for 10 seconds 3 times, each leg



### Standing Side Leg Raise 3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



## EXERCISE INSTRUCTIONS



### Step Ups

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Step up onto stair leading with right leg, then following with the left
- Step back down leading with the left leg
- Repeat 10 times, then switch legs so that the left leg is leading on the step up

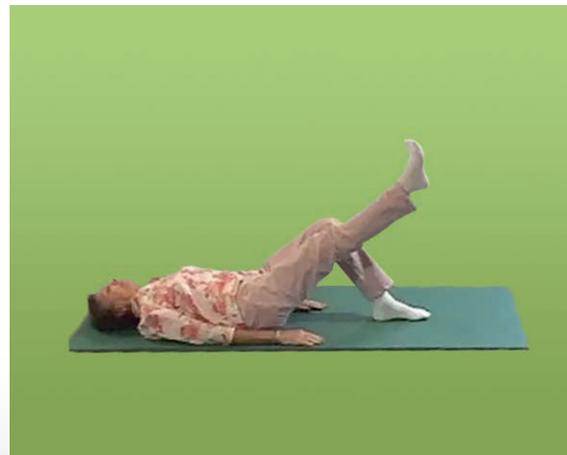


### Lying Leg Raise

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Lie on your back with one knee bent and one knee straight, toes pointed to ceiling
- Raise your straightened leg to the level of the other bent knee
- Hold for 1-2 seconds
- Slowly lower leg down to floor



### Seated Towel Squeeze

3 sets of 10 reps

#### INSTRUCTIONS:

- Sit in chair with feet flat on ground (or lie down like the left picture)
- Place rolled up towel or pillow between knees
- Squeeze towel/pillow with knees
- Hold for 5 seconds



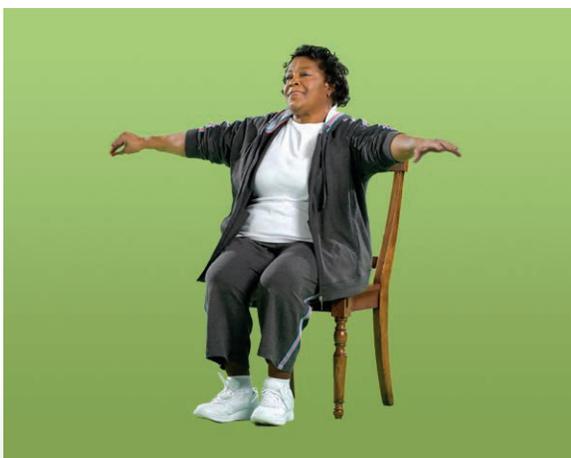
## EXERCISE INSTRUCTIONS



### Side Shoulder Raises 3 sets of 10 reps

#### INSTRUCTIONS:

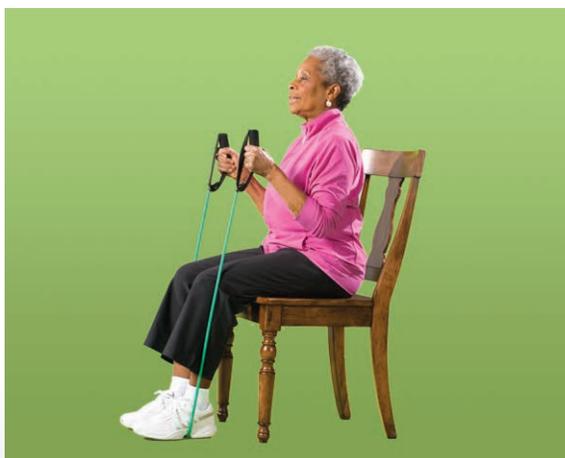
- Sit in chair with feet flat on floor, shoulder width apart
- Don't use weights – we will progress to weight later
- Slowly raise both arms out to your side until you reach shoulder height
- Hold for 1-2 seconds
- Slowly bring arms back down to sides



### Bicep Curls With Band 3 sets of 10 reps

#### INSTRUCTIONS:

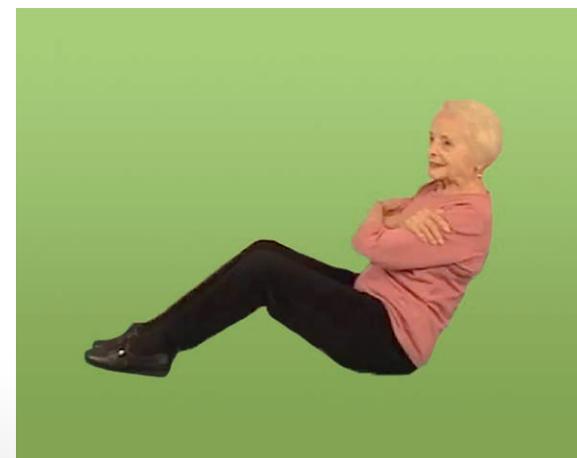
- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand
- Bend your elbow while rotating your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position



### Sit Backs 3 sets of 10 reps

#### INSTRUCTIONS:

- Sit with knees bent and arms crossed over chest
- Slowly sit back as far as comfortable
- Hold for 1-2 seconds
- Return to start position



## EXERCISE INSTRUCTIONS



### Leg Extension With Band 3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg back behind you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



### Hip Flexion With Band 3 sets of 10 reps, each leg

#### INSTRUCTIONS:

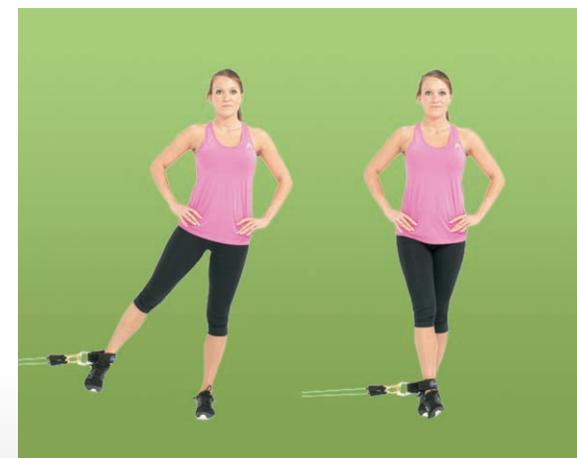
- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out in front of you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



### Hip Adduction (Squeeze) With Band 3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly bring your leg across your body
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly bring leg back across



## EXERCISE INSTRUCTIONS



### Bent Knee Raise

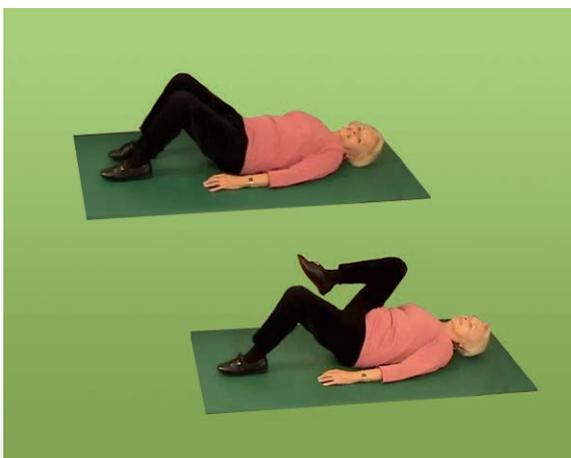
3 sets of 10 Reps

#### INSTRUCTIONS:

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

#### Tips:

1. Don't over-bend your knee joint
2. Place palms on the floor/bed for support



### Partial Squats With Support

3 sets of 10 reps

#### INSTRUCTIONS:

- Stand using chair to help balance
- Bend your knees as far as comfortable without pain
- Hold for 1-2 seconds
- Return to standing position



### Tricep Kick Backs

3 sets of 10 reps, each arm

#### INSTRUCTIONS:

- Lean over your knee if sitting or over a chair if standing
- Hold weight in hand as shown
- Straighten your elbow behind you as far as comfortable
- Hold 1-2 seconds
- Return to the start position



## EXERCISE INSTRUCTIONS



### Stair Calf Raises

3 sets of 10 reps

#### INSTRUCTIONS:

- Stand with feet shoulder width apart on the bottom step
- Hold onto railing for support
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



### Knee Bends With Resistance

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down



### Wall Push-ups

3 sets of 10 reps

#### INSTRUCTIONS:

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



## EXERCISE INSTRUCTIONS



### Curl Ups 3 sets of 10 reps

#### INSTRUCTIONS:

- Start on back with knees bent and arms on chest
- Tighten abdominal muscles
- Breathe in and then exhale as you lift your shoulders off the ground/bed
- Hold for 2-3 seconds, keeping abdominal muscles tight
- Slowly relax back down



### Ball Squats 3 sets of 10 reps

#### INSTRUCTIONS:

- Stand with feet shoulder width apart and exercise ball between your back and the wall
- Slowly bend your knees to lower your body down
- Keep your torso as upright as possible
- Only go as far as is comfortable and pain-free
- Hold for 1-2 seconds
- Return to start position – try coming up fairly quickly in order to develop power

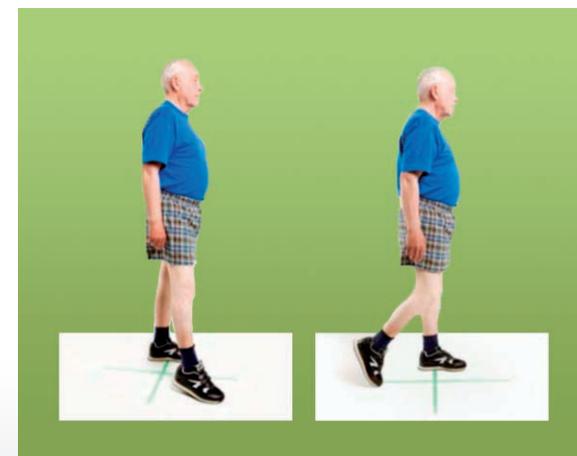


### Clock Game With Chair

Note: Always bring your feet back to the starting position before trying another time

#### INSTRUCTIONS:

- Stand on taped 'X' with feet shoulder width apart
- Hold onto chair for support
- Have a partner call out different times while you bring a foot to that time
- You should use your right foot for 1, 2, 3, 4, 5
- You should use your left foot for 11, 10, 9, 8, 7
- You can use either foot for 12 and 6



## EXERCISE INSTRUCTIONS



### Side Shoulder Raise with Weight

3 sets of 10 reps

#### INSTRUCTIONS:

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides with palms facing inwards
- Raise both arms out to your side until you reach shoulder height
- Try to raise your arms with a bit of speed to train power production. Be sure to keep the movement controlled
- Hold for 1 second
- Slowly bring arms back down to sides

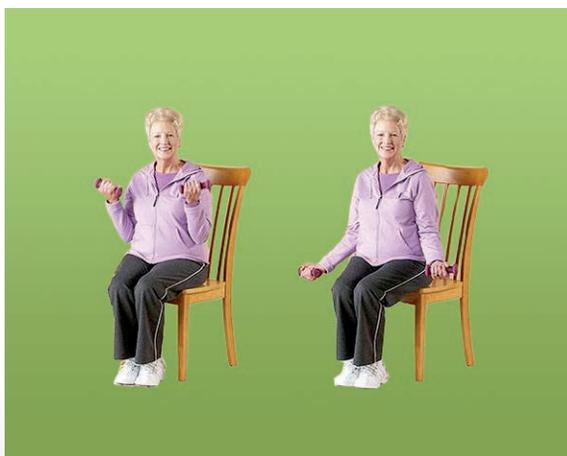


### Bicep Curls with Weight

3 sets of 10 reps

#### INSTRUCTIONS:

- Hold weight in hand at your side, with palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position

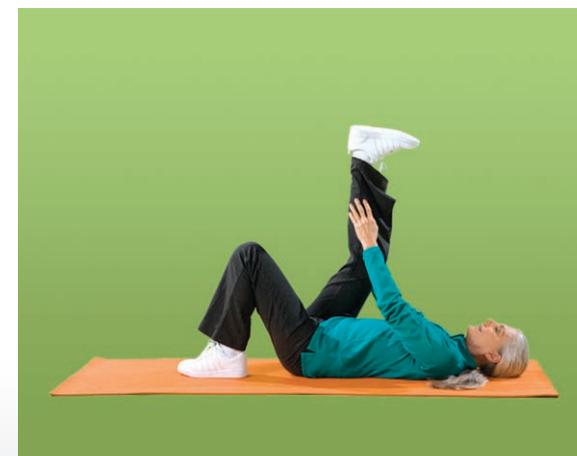


### Reverse Straight Leg Raise

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Lie on back and tighten your abdominal muscles
- Bring one knee toward your chest
- Keep other leg straight on the floor
- Straighten the bent leg and slowly lower it to the floor



## EXERCISE INSTRUCTIONS



### Chair Dip 3 sets of 10 reps

#### INSTRUCTIONS:

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



### Side Leg Raise With Band 3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



### Heel-To-Toe Walk 3 sets of 20 steps

#### INSTRUCTIONS:

- Position the heel of one foot just in front of the toes of the other foot. Your heels and toes should touch or almost touch
- Choose a spot ahead of you to focus on to keep you steady as you walk
- Take a step. Put your heel just in front of the toe of your other foot



## EXERCISE INSTRUCTIONS



### Partial Sit to Stand 3 sets of 10 reps

#### INSTRUCTIONS:

- Begin by standing with a chair behind you, your knees just in front of the seat
- Lean forwards as you bend your knees and lower yourself towards the chair as if attempting to sit
- Before you touch the chair, pause for 1-2 seconds and then stand up again



### Step Downs Complete 3 sets

#### INSTRUCTIONS:

- Step up onto the bottom step of a flight of stairs
- Turn around and step down onto the landing
- Repeat this 10 times on each leg



### Single Leg Step Ups: 3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand on landing at bottom of stairs
- Hold railing for support if needed
- Step up with one leg
- Hold for 1-2 seconds
- Slowly lower back down



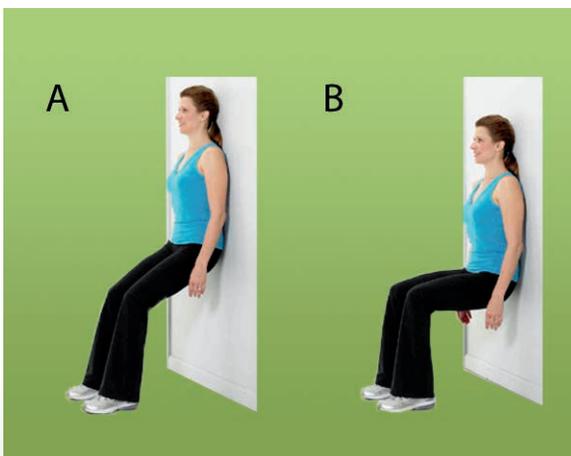
## EXERCISE INSTRUCTIONS



### Wall Squats 3 sets of 10 reps

#### INSTRUCTIONS:

- Stand with feet shoulder width apart and lean backward so back is against wall
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position



### High Chair Stands 3 sets of 10 reps

#### INSTRUCTIONS:

- Start sitting on chair with feet flat on ground, shoulder-width apart
- Place pillows and/or books on chair to bring seat higher
- Stand up from seated position with arms cross over chest

Note: If this is too difficult, try extending your arms in front of you. If this is still too difficult, try using your hands on your thighs to help push you up



### Chair Lean Backs With Leg Raise 3 sets of 10 reps

#### INSTRUCTIONS:

- Sit near front of chair with arms across chest
- Straighten one leg out in front of you
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



## EXERCISE INSTRUCTIONS

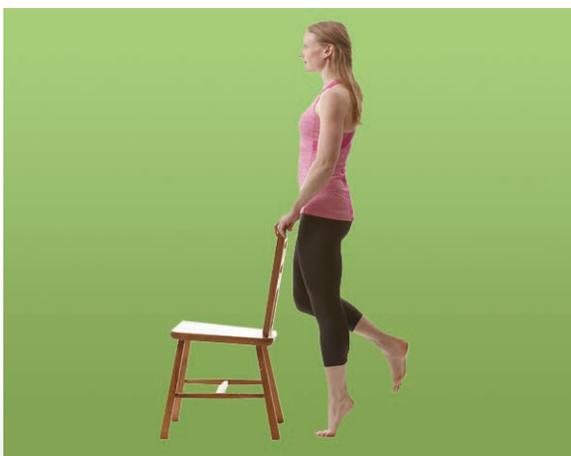


### Single Leg Calf Raise

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand with feet shoulder width apart using a chair to balance
- Lift one foot slightly off the floor
- Using your supporting leg, slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heel to floor



### Step Down Taps

3 sets of 10 reps, each leg

#### INSTRUCTIONS:

- Stand on the last step facing down the stairs
- Lower one leg as if you are going down the stairs
- Touch your heel to the landing and then come back up

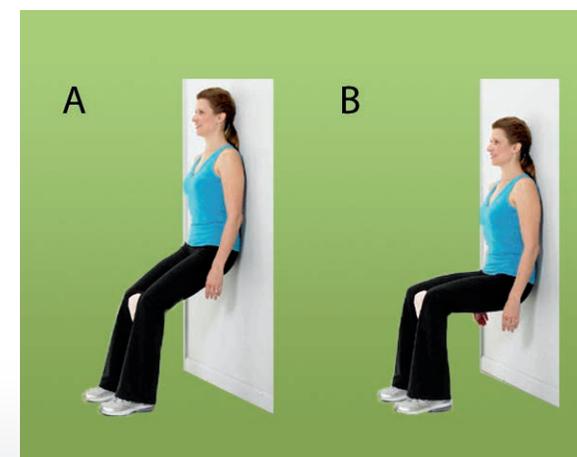


### Wall Squats With Towel Squeeze

3 sets of 10 reps

#### INSTRUCTIONS:

- Stand with feet shoulder width apart and lean backward so back is against wall
- Squeeze towel with knees
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position





## EXERCISE INSTRUCTIONS



### Balance Walk

Note: If this is too difficult, use railing in hallway to support yourself and just lift legs alternately to still get a similar effect.

#### INSTRUCTIONS:

- Raise arms to sides at shoulder height
- Choose a spot ahead of you to focus on to help keep you steady
- Walk in a straight line with one foot in front of the other
- As you walk, lift your back leg
- Pause for 1 second before stepping forward



## Week 1



### WALKING

Walk 3 days - for 30 minutes each time.

- 10 minute warm up – light effort
- 10 minute brisk walk – moderate effort
- 10 minute cool down – light effort



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days. Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Chair Lean Backs

3 sets of 10 reps



#### Seated Leg Straighten

3 sets of 6 reps, each leg



#### Standing Knee Bends

2 sets of 10 reps, each leg



#### Standing Side Leg Raise

2 sets of 10 reps, each leg



#### Standing Hip Extension

2 sets of 10 reps, each leg

#### DAY 2



#### Seated Hip March

3 sets of 10 reps, each leg



#### Calf Raises

3 sets of 10 reps



#### Heel Stands

3 sets of 10 reps



#### Overhead Press

2 sets of 10 reps



#### Seated Rows With Band

2 sets of 10 reps

## Week 2



### WALKING

Walk 3 days - for 30 minutes each time.

- 5 minute warm up
- 20 minute brisk walk
- 5 minute cool down



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Leg Balance

3 sets of 10 reps, each leg



#### Standing Side Leg Raise

3 sets of 10 reps, each leg



#### Standing Hip Extension

3 sets of 10 reps, each leg



#### Standing Knee Bends

3 sets of 10 reps, each leg



#### Step Ups

3 sets of 10 reps, each leg

#### DAY 2



#### Lying Leg Raise

3 sets of 10 reps, each leg



#### Seated Towel Squeeze

3 sets of 10 reps



#### Chair Lean Backs

3 sets of 10 reps



#### Side Shoulder Raises

3 sets of 10 reps



#### Bicep Curls with Band

3 sets of 10 reps

## Week 3



### WALKING

Walk 4 days - for 30 minutes each time.

- 7 minute warm up  
– light effort ( 2 minute **Balance Walk**, 5 minute light effort walk)
- 18 minute brisk walk  
– moderate effort
- 5 minute cool down  
– light effort



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Balance Walk



#### Leg Extension with Band

3 sets of 10 reps, each leg



#### Hip Flexion with Band

3 sets of 10 reps, each leg



#### Hip Adduction (Squeeze) with Band

3 sets of 10 reps, each leg



#### Bent Knee Raise

3 sets of 10 reps

#### DAY 2



#### Partial Squats with Support

3 sets of 10 reps



#### Tricep Kick Backs

3 sets of 10 reps, each arm



#### Stair Calf Raises

3 sets of 10 reps



#### Knee Bends with Resistance

3 sets of 10 reps, each leg



#### Wall Push-ups

3 sets of 10 reps

## Week 4



### WALKING

Walk 4 days.

- 7 minute warm up
- Marches (high knees) for 2 minutes
- 5 minute light effort walk
- 20 minute brisk walk
- 5-7 minute cool down



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Curl Ups

3 sets of 10 reps



#### Ball Squats

3 sets of 10 reps



#### Clock Game with Chair



#### Hip Adduction (Squeeze) with Band

3 sets of 10 reps, each leg



#### Knee Bends with Resistance

3 sets of 10 reps, each leg

#### DAY 2



#### Balance Walk

3 sets of 20 steps



#### Wall Push-ups

3 sets of 10 reps



#### Chair Lean Backs

3 sets of 10 reps



#### Side Shoulder Raise with Weight

3 sets of 10 reps



#### Bicep Curls with Weight

3 sets of 10 reps

## Week 5



### WALKING

Walk 3 days.

- 5 minute light-effort walking warm up
- 25 minute brisk, moderate-effort walk (Incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light-effort cool down



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



**Clock Game with Chair**



**Ball Squats**

3 sets of 10 reps



**Seated Towel or Pillow Squeeze**

3 sets of 10 reps



**Knee Bends with Resistance**

3 sets of 10 reps, each leg

#### DAY 2



**Reverse Straight Leg Raise**

3 sets of 10 reps, each leg



**Chair Dip**

3 sets of 10 reps



**Leg Balance**



**Bicep Curls with Weight**

3 sets of 10 reps



**Side Leg Raise with Band**

3 sets of 10 reps, each leg

## Week 6



### WALKING

Walk 4 days.

- 5 min light-effort walking warm up
- 25 minute brisk, moderate-effort walk  
(Incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light-effort cool down



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Heel-to-toe Walk

3 sets of 20 steps



#### Partial Sit to Stand

3 sets of 10 reps



#### Step Downs

3 sets



#### Single Leg Step Up

3 sets of 10 reps, each leg



#### Reverse Straight Leg Raise

3 sets of 10 reps, each leg

#### DAY 2



#### Bent Knee Raise

3 sets of 10 reps



#### Wall Push-ups

3 sets of 10 reps



#### Wall Squats

3 sets of 10 reps



#### Overhead Press

2 sets of 10 reps



#### Side Shoulder Raises

3 sets of 10 reps

## Week 7



### WALKING

Walk 4 days.

- 5 minute light-effort walking warm up
- 25 minute brisk, moderate-effort walk (Incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light-effort cool down



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Heel-to-toe Walk

3 sets of 20 steps



#### Partial Sit to Stand

3 sets of 10 reps



#### High Chair Stands

3 sets of 10 steps



#### Step Downs

3 sets



#### Chair Lean Backs with Leg Raise

3 sets of 10 reps

#### DAY 2



#### Bent Knee Raise

3 sets of 10 reps



#### Chair Dips

3 sets of 10 reps



#### Wall Push-ups

3 sets of 10 reps



#### Leg Extension with Band

3 sets of 10 reps, each leg



#### Single Leg Calf Raise

3 sets of 10 reps, each leg

## Week 8



### WALKING

Walk 4 days.

- 5 min light-effort walking warm up
- 30 minute brisk, moderate-effort walk  
(Incorporate 3 flights of stairs to this part of the workout)
- 5-7 minute light-effort cool down



### STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

### STRENGTH

Do strength exercises on at least 2 days - Alternate Day 1 or Day 2 program.

- All workouts should begin with a 5-10 minute walking warm up.
- Always breathe out during the work phase and inhale during the relaxation phase.

#### DAY 1



#### Bent Knee Raise

3 sets of 10 steps



#### Step Down Taps

3 sets of 10 reps, each leg



#### Wall Squats with Towel Squeeze

3 sets of 10 steps



#### High Chair Stands

3 sets of 10 reps



#### Side Leg Raise with Band

3 sets of 10 reps

#### DAY 2



#### Sit Backs

3 sets of 10 reps



#### Chair Dips

3 sets of 10 reps



#### Bicep Curls with Weight

3 sets of 10 reps



#### Wall Push-ups

3 sets of 10 reps



#### Single Leg Calf Raise

3 sets of 10 reps, each leg



# Online Resources

## PEER LEADER TRAINING MATERIALS

### Initial Fitness Q

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/Initial-Fitness-Questionnaire.pdf>

### Mid-Point Fitness Q

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/Mid-Point-Fitness-Questionnaire.pdf>

### Post-Training Fitness Q

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/Post-Fitness-Questionnaire-1.pdf>

### Initial Fitness Assessment

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/Initial-Fitness-Assessment-Form.pdf>

### Post Fitness Assessment

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/Post-Fitness-Assessment-Form.pdf>

## TOOLKIT COMPONENTS

### Stretch Routine

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/SHS-Stretch-Routine.pdf>

### Fitness Training Program

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/10/SHS-Seniors-Fitness-Training-Program.pdf>

### Volunteer Guide

<http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/11/SHS-Peer-Leader-Volunteer-Guide.pdf>

### Hyperlinked Toolkit

[http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/11/SHS-Toolkit\\_Final.pdf](http://seniorsnetworkcovenant.ca/wp-content/uploads/2017/11/SHS-Toolkit_Final.pdf)

### Get Active Questionnaire Learning Module

[http://www.csep.ca/CMFiles/GAQ\\_CSEPPATHReadinessForm\\_2pages.pdf](http://www.csep.ca/CMFiles/GAQ_CSEPPATHReadinessForm_2pages.pdf)



1. **Active Living Coalition for Older Adults** provides information to help older Canadians maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activity. A CD Tool Kit is available for use by non-clinical community leaders.
2. **Canada Food Guide: Tips for Healthy Eating**
3. **Canadian Society for Exercise Physiology (CSEP)** is the principal body for physical activity, health and fitness research and personal training in Canada. CSEP fosters the highest quality research, education and training related to exercise physiology.
4. **Canadian Physical Activity and Sedentary Behaviour Guidelines Handbook** provides evidenced based guidelines for all ages and activity levels. It includes a personal weekly Activity Log to record physical activity as well as muscle- and strength-building activities.
5. **Canadian Physical Activities Guidelines for Older Adults** explains why physical activity is important for seniors and offers tips and easy ways to increase activity level activity, improve health and prevent and manage chronic diseases.
6. **Dieticians of Canada eaTracker** lets you track your food and activity choices, analyze your recipes and plan your meals. Eating Well for One or Two is a series of 12 tip sheets to assist seniors with planning, shopping and preparing healthy meals.
7. **ElderGym** An online fitness training program that provides stretches, strength training and endurance exercises for seniors. Includes videos demonstrating how to perform exercises safely and correctly.
8. **Health Canada Eat Well and Be Active Educational Toolkit** information on healthy eating (Canada's Food Guide), physical activity (based on CSEP), food & activity journals.
9. **Public Health Agency of Canada Physical Activity Tips for Older Adults** helps you improve and maintain your health by being physically active every day.
10. **Alberta Centre for Active Living** As a knowledge broker, the Centre assists practitioners in finding physical activity information. Requests for assistance can be made here.
11. **Canadian Diabetes Association Introductory Resistance Program** provides a series of introductory resistance exercises (mostly seated for those with mobility difficulties) that can be done to help strengthen your lower back, abdominals, hips and other parts of your body. There are also a variety of Diet and Nutrition Resources included on the site.
12. **Osteoporosis Canada** Defining the Importance of Exercise for People with Osteoporosis, with access to the "Too fit to fracture" program.
13. **Arthritis Society Guidance** that a properly designed exercise program may not only decrease your pain, but may also increase your flexibility and overall fitness - and it can do wonders for your state of mind, with access to a physical activity & arthritis guide.