

BINGOCIZE

Exercise Guidebook



PUBLIC HEALTH
CITY OF ABILENE TEXAS

CREATE SNAP-ED
BETTER HEALTH

ALTERNATE FOOT BALANCE

Instructions:

1. Lift your right foot slightly off the ground and tap floor
2. Switch to the left foot, and alternate between both feet.
3. Try to lift your foot higher or bring knee up to hip



Benefit

Improves leg strength and balance.

Leg Adaption

Sit or use a chair for balance

Arm Adaption

Start slowly if you use arms for balance

ANKLE FLEX

Instructions:

1. Sit or stand safely
2. Bend knee at a 90 degree angle with foot in the air
3. Write your name by flexing ankle of foot in air



Benefit

Ankle flexibility and balance.

Leg Adaption

Keep feet on ground and write using ankle

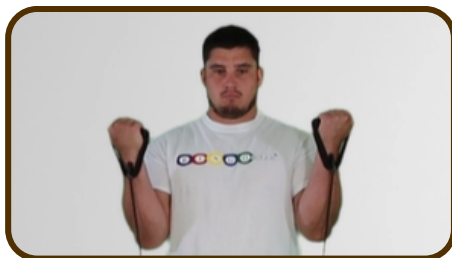
Arm Adaption

Use armrests or other support

ARM CURL

Instructions:

1. Sit and Secure the resistance band under both feet or hold light weights.
2. Keep a straight posture with arms by your sides.
3. Curl the resistance band or weights towards shoulders.
4. Extend the elbows back to starting position.

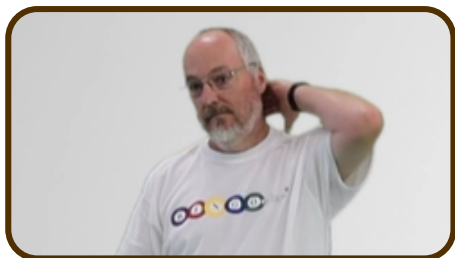


Benefit	Leg Adaption	Arm Adaption
Arm strength	Put the resistance band on a stable object instead of under feet	Use a lighter weight or less resistance band

ARM EXTENSIONS

Instructions:

1. Raise right arm straight up, palm forward
2. Bend right elbow, hand behind head like patting back
3. Grasp right elbow with left hand and gently stretch



Benefit	Leg Adaption	Arm Adaption
Arm strength and flexibility	Perform while sitting	Use armrests or other support

BALLERINA

Instructions:

1. Stand tall with feet hip-width apart
2. Lift both arms above your head slowly while breathing in
3. Challenge: Try to also stand on your tip toes while lifting arms
4. Hold position and breath for a few counts
5. Lower your arms as you exhale



Benefit

Posture, balance, breathing.

Leg Adaption

Sit down, or keep your feet flat on the ground

Arm Adaption

Focus on moving to your tip toes, or only reach arms as far as you can

FREESTYLE STROKE

Instructions:

1. Stand or sit at the edge of a chair
2. Extend arms straight in front of you
3. Swing arms overhead in circle motions like swimming
4. Pull shoulders down as arms come down



Benefit

Upper body muscles, stability.

Leg Adaption

Place feet on cushion, or sit further back in chair

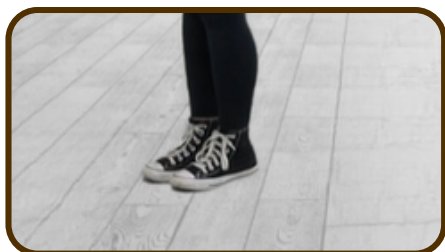
Arm Adaption

Squeeze shoulder blades while doing motion as much as comfortable

CALF STRETCH

Instructions:

1. Sit, stand with a chair for support, or stand freely.
2. Flex your feet, pulling toes towards you
3. Then flex your feet to point away from you, repeat.



Benefit	Leg Adaption	Arm Adaption
Flexibility, walking, balance	Sit down, lift and stretch one leg at a time	Use wall as support if you are standing

SITTING CHEST PRESS

Instructions:

1. While sitting, place the middle of the resistance band behind your back or hold light weights in both hands
2. Hold onto the resistance band, extend arms out to sides
3. Try to touch hands together while keeping arms bent
4. Return to sides and repeat

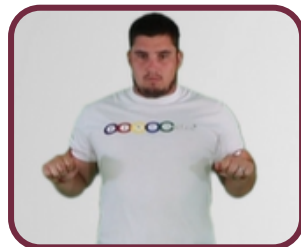
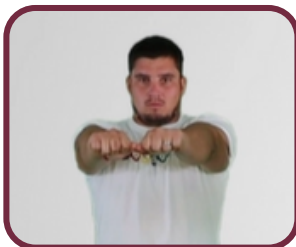


Benefit	Leg Adaption	Arm Adaption
Chest, shoulders, and arms strength	Perform while sitting	Use a less resistant band, only go as far as you can

CHEST PRESS STANDING

Instructions:

1. Stand with feet shoulder width apart, place the middle of the resistance band behind your back
2. Hold onto the resistance band, extend arms out to sides
3. Try to touch hands together while keeping arms bent
4. Return to sides and repeat



Benefit	Leg Adaption	Arm Adaption
Chest, shoulders, and arms strength	Perform while sitting	Use a less resistant band, only go as far as you can

LATERAL RAISES

Instructions:

1. Sit or stand comfortably.
2. Hold a resistance band securely under feet or weights in each hand.
3. Lift both arms to the sides until parallel to the floor.
4. Hold briefly, then lower arms back down.

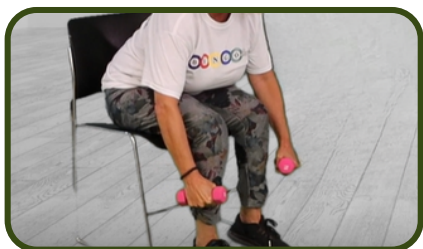


Benefit	Leg Adaption	Arm Adaption
Deltoid muscles, arm movement, shoulder stability	Perform while sitting	Perform one arm at a time, or move arm only as far as comfortable

LOW ROW

Instructions:

1. Sit with a straight back, feet flat and hip-width apart.
2. Hold resistance band handles with arms extended in front.
3. Pull hands back towards sides, squeezing mid-back muscles.
4. Release and extend arms back to starting position.



Benefit	Leg Adaption	Arm Adaption
Back muscles and posture	Sit further back in the chair	Reduce range of motion or do not use resistance band

MORNING WALK

Instructions:

1. Sit with a straight back, feet flat and hands on thighs
2. Lift each knees to a 90 degree angle in the motion of walking in place
3. Challenge: pump arms back and forth in sync with the opposite legs movements

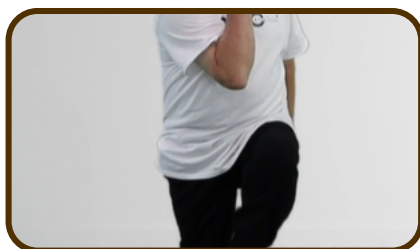
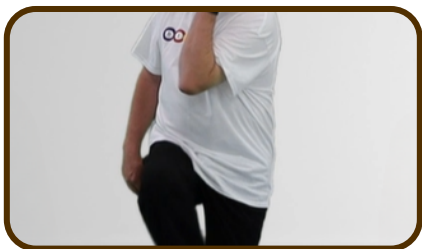


Benefit	Leg Adaption	Arm Adaption
Arm and leg strength, mobility, heart health	Begin with toe taps or heel lifts.	Sway arms gently or keep them rested

OBLIQUE CRUNCH

Instructions:

1. Stand or sit securely with feet flat and core engaged
2. Raise knee and twist torso to opposite elbow
3. Hold briefly, then return to starting position

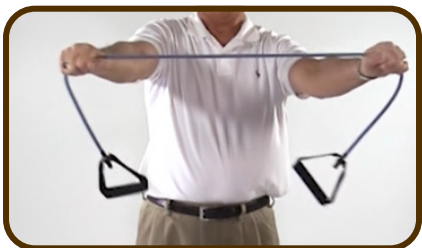


Benefit	Leg Adaption	Arm Adaption
Build muscle and stability	Raise knee or torso twist separately	Hands on shoulders

REVERSE FLY

Instructions:

1. Stand or sit with feet shoulder-width apart
2. Hold resistance band straight in front of chest with arms extended
3. Pull arms away from center, squeezing shoulder blades together
4. Return to starting position and repeat



Benefit	Leg Adaption	Arm Adaption
Back muscles and posture	Perform while sitting	Reduce range of motion or do not use resistance band

THE TWIST

Instructions:

1. Stand or sit with feet shoulder width apart
2. Sway hips and twist torso to one side
3. Hold the position for a count
4. Sway hips and twist torso to the other side, repeat

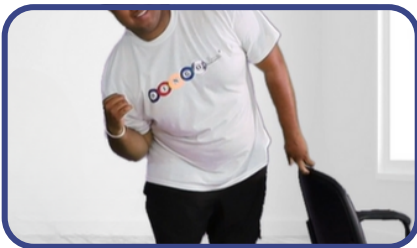


Benefit	Leg Adaption	Arm Adaption
Coordination and flexibility	Perform while sitting	Only go as far as you can

SIDE FLEXION

Instructions:

1. Stand or sit with back straight
2. Bend to side, bringing elbow towards hip
3. Return to center and repeat on other side



Benefit	Leg Adaption	Arm Adaption
Flexibility, strength, balance	Perform while sitting, focus on torso bending	Limit arm movement, focus on torso bending

SIDE STEPS

Instructions:

1. Sit with back straight, feet together
2. Lift one foot and step sideways
3. Bring feet together and repeat on other side

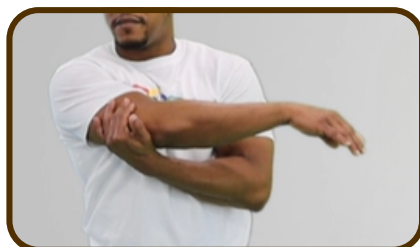
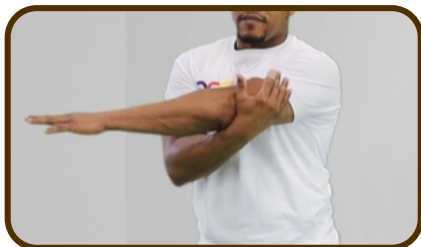


Benefit	Leg Adaption	Arm Adaption
Strengthen hips, and stability	Adjust step width or use resistance band for added support.	Use armrests, focus on leg movements

SINGLE ARM CROSSOVER

Instructions:

1. Sit or stand with arms extended to sides
2. Pull one arm across chest, assisting with opposite hand
3. Hold stretch, then switch arms



Benefit	Leg Adaption	Arm Adaption
Shoulder flexibility and mobility	Perform while sitting	Only stretch as far as possible, get help if needed

SINGLE LEG HAMSTRING CURL

Instructions:

1. Stand behind chair, grip back for support
2. Bend one knee and lift it up towards your bottom
3. Hold for a count, and repeat with other leg

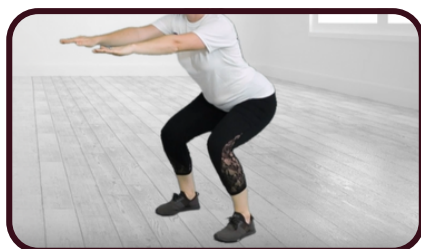


Benefit	Leg Adaption	Arm Adaption
Chest, shoulders, and arms strength	Perform while sitting	Use a less resistant band, only go as far as you can

SIT TO STAND

Instructions:

1. Sit or stand with legs shoulder-width apart
2. If sitting, rise an inch from the chair and hold for a count
3. If standing, squat into a sitting position an inch above a chair, or sit in the chair



Benefit	Leg Adaption	Arm Adaption
Strengthens lower body muscles	Perform while sitting, rise from chair as much as comfortable	Perform one arm at a time, or move arm only as far as comfortable

SKIER

Instructions:

1. Step sideways so feet are shoulder-width apart
2. Tap opposite foot behind one another
3. Challenge: Try to tap your foot as far as you are safely able

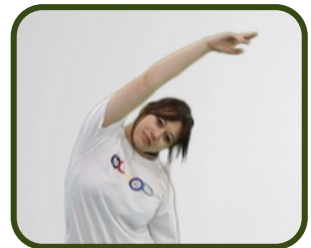


Benefit	Leg Adaption	Arm Adaption
Leg strength and coordination	Perform while sitting, tap feet lightly, step only as far as able	Rest arms where they feel comfortable

TOP SHELF REACH

Instructions:

1. Sit at edge of chair
2. Reach arm overhead and stretch to side as if reaching for a top shelf



Benefit	Leg Adaption	Arm Adaption
Shoulder mobility	Perform while sitting	Move arm only as far as comfortable

STATIC BALANCE

Instructions:

1. Stand upright
2. Lift one leg off the ground up to a 90 degree angle
3. Balance on leg for a few counts, switch and repeat
4. Challenge: Close your eyes or keep hands close by your body



Benefit	Leg Adaption	Arm Adaption
Balance	Perform while sitting or while holding on to a chair	Hold onto a chair or another support, or perform while sitting

STEP UPS

Instructions:

1. Stand with arms out in a T shape
2. Bring leg up into a 90 degree angle with toe pointed at the ground
3. Tap the tip of toe to the ground forward from your foot
4. Challenge: Perform with your eyes closed

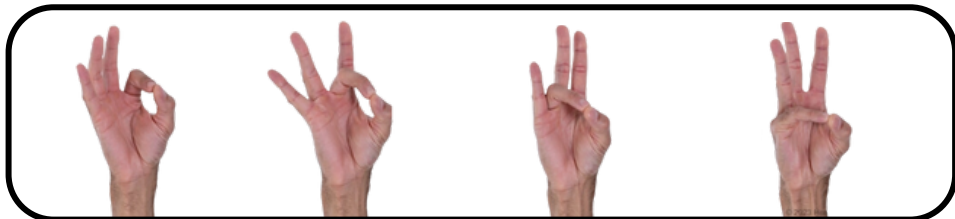


Benefit	Leg Adaption	Arm Adaption
Leg muscles and balance	Perform while sitting or with a chair support	Rest arms where they feel comfortable

THUMB TO FINGERS

Instructions:

1. Tap each finger to your thumb
2. Challenge: Try to do it backwards or opposite on each hand, try to go as fast as your can while being accurate



Benefit	Leg Adaption	Arm Adaption
Hand dexterity	Perform while sitting	Use a forearm rest, only reach fingers as far as able

TOES TO THE SKY

Instructions:

1. Sit or stand comfortably with legs shoulder-width apart
2. Lift your leg with toes pointed up to the sky
3. Hold position for a few counts, return, and repeat

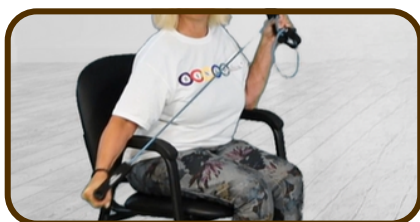


Benefit	Leg Adaption	Arm Adaption
Ankle flexibility	Perform while sitting or with chair support	Perform while sitting or with chair support, focus on ankles

TRICEP EXTENSIONS

Instructions:

1. Seated or standing, feet flat and shoulder apart
2. Lift one arm as if flexing muscles, palm facing the ear
3. Hold a resistance band with the other hand and extend it down
4. Straighten the arm with the band, return and repeat



Benefit	Leg Adaption	Arm Adaption
Strengthens triceps, helpful for getting up from sitting	Perform while sitting	Only go as far as you can comfortably

TRUNK ROTATION

Instructions:

1. Sit at the edge of chair, feet flat and shoulder width apart
2. Stretch arms to sides at shoulder height, forming a T shape
3. Exhale while twisting upper body to the right
4. Rotate further into twist for 3 counts
5. Inhale and return to center, Repeat twist to the left



Benefit	Leg Adaption	Arm Adaption
Mobility to turn	Perform while sitting	Place arms down, focus on torso stretch

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