



# 2019 TEAM LEADER GUIDE

Presented by:





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The following Program contents are intended to help produce and direct the annual "WALK! with Aegis Therapies" event, taking into consideration the safety of all participants. All participants take part at their own risk. The Program is designed to be utilized at the direction of the participant's physician or qualified health care professional, as applicable. Review the appropriateness of all activities before beginning the Program. Should participants experience any unusual symptoms, including, but not limited to pain, dizziness, and or shortness of breath, participants should immediately stop the activity, and call for medical assistance as appropriate.

# WHAT IS WALK! WITH AEGIS THERAPIES 2019?

The eleventh annual WALK! with Aegis Therapies® is a celebration of health and wellness that takes place on October 1 - 7, 2019. This event, held at hundreds of locations and various settings across the country, focuses every day on a different dimension of wellness using a series of walking sessions and exciting activities. These wellness dimensions include:

- Physical
- Intellectual
- Occupational
- Emotional
- Environmental
- Social
- Spiritual

The presenters of this event include EnerG®, an Aegis wellness program, and the International Council on Active Aging® (ICAA), in support of Active Aging Week. This year's theme is "Inspiring Wellness."

Please use this guide, along with your 2019 event kit, to help plan your facility's participation. We have provided marketing tools and media resources to help make your activities – and overall program – a fun and successful event for all.

## Ready...Set...WALK!



# ACTIVITIES TO SUPPORT MULTIPLE DIMENSIONS OF WELLNESS

Active Aging Week is an exciting time for us, and we are happy to have you on board! Please encourage everyone you come in contact with to safely participate in as many events as possible. Whether you have five or 50 participants, everyone can benefit from the WALK! with Aegis Therapies.

## LOGGING YOUR MILES

Each day, your patients and staff are encouraged to walk or perform physical activity for 15-30 minutes, supporting the **physical wellness** dimension. We want everyone to be able to participate! For those who are unable to walk, we encourage other types of physical activity. Please see pages 13-14 for alternative seated activities. The following formula is used to calculate your participants' collective miles.

**$0.025 \times \text{total number of minutes participating in all WALK! with Aegis events for the day} = \text{total facility miles (at 1.5 miles per hour)}$**

### EXAMPLE:

**Participant 1 walked 30 minutes, participant 2 walked 15 minutes and participant 3 performed physical activity for 20 minutes.**

**Total minutes performed by all participants = 65 minutes**

**$0.025 \times 65 \text{ minutes} = 1.6 \text{ total facility miles}$**

While walking or performing physical activity, your participants should listen to the music CD developed for this event and narrated by national fitness expert, Chris Freytag. Participating facilities will log the number of participants, as well as miles, at [WalkWithAegis.com](http://WalkWithAegis.com) and contribute to the overall tally of our "trek" across America, from the west coast to the east coast.

In support of **environmental wellness**, don't forget to encourage your participants to be aware of their surroundings during every activity in recognition of earth's gifts – plants, animals, elements, energy and more.

# IT'S A WEEK OF FITNESS, FRIENDS AND FUN!

Don't forget to have your team perform 15-30 minutes of walking or physical activity! In addition to physical activity, be sure to work in the additional dimensions of wellness! Here are some ideas:

## **Intellectual wellness**

Participants enjoy activities that help stimulate the brain and keep the mind sharp.

## **Emotional wellness**

Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

## **Spiritual wellness**

Chris Freytag leads participants in a 15-minute guided meditation segment to help balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace. Guided meditation audio is on our website at [www.WalkWithAegis.com](http://www.WalkWithAegis.com).

## **Occupational wellness**

Participants will have fun with activities that support the occupational dimension of wellness.

## **Social wellness**

Participants engage in an activity involving social interaction, such as phoning a friend or writing a thank you card.

## **Celebration of wellness**

Participants wrap up the week by spending time with family, friends and caregivers on this Grand Finale day. In addition to celebrating each of the wellness dimensions, we use this day to recognize the 16th anniversary of Active Aging Week.

# GET THE WORD OUT

Participating in the WALK! with Aegis Therapies is a wonderful way to educate patients, staff and the general community on the benefits of incorporating different dimensions of wellness into their daily lives. It also presents an opportunity for you to differentiate your facility and services from others in the market.

Please use the provided marketing and communications materials — on the WALK! website Resources page — to announce your facility's participation in the WALK! with Aegis Therapies 2019.

Posters are provided in the kit to promote the event at your facility. If you need copies, they can be downloaded at [www.WalkWithAegis.com](http://www.WalkWithAegis.com).

For fliers, visit the back of this guide in the "Resources" section or order from Quantum. We recommend that you hang posters throughout your facility as well as place fliers in resident mailboxes.



## CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES

Time for fitness, friends and fun! Join Aegis Therapies in celebrating health and wellness during WALK! with Aegis Therapies - a national event supporting International Council on Active Aging's Active Aging Week. WALK! events will focus on the seven dimensions of wellness throughout the planning process, on the event day or both!

**Event Date:** \_\_\_\_\_

**WALK! with Aegis Therapies' Dimensions of Wellness Activity Examples:**

**Physical Wellness**  
Participants engage in physical activity such as walking (or other physical activity in accordance with the participant's physical ability).

**Intellectual Wellness**  
Participants enjoy activities that help stimulate the brain and keep the mind sharp.

**Emotional Wellness**  
Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

**Spiritual Wellness**  
Participants focus on a spiritual activity that helps balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace.

**Occupational Wellness**  
Participants will have fun with activities that support the occupational dimension of wellness.

**Social Wellness**  
Participants engage in an activity involving social interaction, such as a community event, connecting with a friend or writing a thank you card.

**Celebrate!**  
WALK! with Aegis allows participants to celebrate wellness and spend time with family, friends and caregivers.

**For more information, contact your Aegis representative at 877-877-9889.**



Presented by:





Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. WALK! 2020 © 19

# WALK! WITH AEGIS THERAPIES 2019 TALKING POINTS FOR EXECUTIVE DIRECTORS

- Our Annual WALK! with Aegis Therapies event is a celebration of health and wellness. It is now in its eleventh year.
- The WALK! with Aegis Therapies event is presented by EnerG®, an Aegis wellness program, and the International Council on Active Aging® (ICAA). Launched in 2009 supporting Active Aging Week, the WALK! with Aegis Therapies has expanded into a six-day celebration of health and wellness.
- This event will be held October 1 - 7 at more than 700 locations.
- The ICAA will highlight the WALK! with Aegis Therapies for Theme Day by inviting individuals across the country to join the WALK! with Aegis Therapies Active Aging event. They will sign up on [www.WalkWithAegis.com](http://www.WalkWithAegis.com) and participate by following the daily activities and logging their miles.
- In 2012, Aegis Therapies adapted the WALK! with Aegis Therapies program into a Home Edition. The Home Guide invites patients and their family and friends to participate in the daily activities provided in the guide while in the comfort of their own home.
- Like past years, this year's campaign encourages a healthy and active lifestyle. Our staff will lead participants in walking activities (or performing other physical activity in accordance with the participant's physical ability, such as tapping feet or clapping) for 15 to 30 minutes.
- After the daily physical activity, an activity related to one of the other wellness dimensions, including intellectual, occupational, emotional, social and spiritual, will follow. Each day, the WALK! with Aegis Therapies highlights environmental wellness. Leaders are encouraged to include the environmental dimension in other wellness dimension activities.
- Environmental wellness encourages us to be aware of our surroundings including keeping our planet clean, paying attention to others around us and being a healthy part of our environment.
- Based on the total time spent participating in all WALK! with Aegis activities for the day, a mileage total will be calculated using a formula. The mileage totals for WALK! with Aegis Therapies participants give them a way to see how much they have accomplished.
- The scope and success of the WALK! with Aegis Therapies event has been recognized both inside and outside of the company. Notably, the ICCA awarded Aegis Therapies the 2010 Innovators Award. The award recognizes programs that encourage active aging and make a difference in the lives of older adults.



- We welcome anyone in the community to come and support the patients and residents or volunteer to help with event participation. We also send a letter to the participants' families to invite them to join us in the events.
- Mark your calendars for these festive and fun upcoming events.

### **Intellectual**

Book Club – review a book that was chosen 5 weeks out and discuss the pros/cons of the book.

### **Emotional**

Community Painting – purchase one large canvas or one canvas per patient/resident, paint, and brushes. Set up a station for those who want to paint (i.e. skyline, flowers, etc.)

### **Spiritual**

Meditation – refer to the last song on the CD provided. This is a guided meditation that will help get in touch with your spiritual dimension

### **Occupational**

Balance Class – put together options that focus on the balance of well-being. Examples such as walk in a straight line, lean to the side and stay on two feet, etc.

### **Social**

Bingo – purchase markers, cards, and the letter/number balls. Have everyone get together and socialize. Winner could get a prize!

### **Physical**

WALK – after mapping out your walk course from the planning process, the day of your event your facility will take part in a physical walk.

### **Environmental**

Planting a Tree – purchase a tree or plant from a local nursery. The day of your event, plant the tree/plant with your facility and watch it grow over the years.

**Get your walking shoes on and let's make this the best WALK! with Aegis Therapies event yet.**

# MEDIA OUTREACH

The following includes procedures and tips that will assist you in conducting media outreach for WALK! with Aegis Therapies 2019. Please share this guide with your designated company-approved spokesperson, and/or building administrator. Please also share with your PR and Marketing team.

**Refer to the checklist below for a timeline and list of media outreach to-do's.**

- Detailed instructions, templates, forms and resources are available online for your use and to download, print and share with your team. Check [www.WalkWithAegis.com](http://www.WalkWithAegis.com) for detailed information and tips on media outreach.

COMPLETE	ACTION	DEADLINE
	Contact local dignitaries to attend or provide proclamation for event. Plan your event.	3-6 weeks prior
	Create list of media contacts and update media advisory.	3-6 weeks prior
	Designate photographer.	2-3 weeks prior
	Contact your Public Relations affairs department or facility administrator to identify an appropriate media liaison and spokesperson for the WALK! with Aegis Therapies event at your facility.	3-4 weeks prior
	Send media advisory to local media, such as newspapers, local publications, blogs and websites.	3 weeks prior
	Follow up media advisory with phone call.	3 weeks prior
	Obtain signed consent forms.	1-3 weeks prior or day of event
	Make last push for media coverage. Send news release with event-specific information (i.e., mayor attending).	1-2 weeks prior
	Determine staff and patients to be interviewed by reporter, news crew or photographer.	1-2 weeks prior
	Prepare to host media during the event (determine location for photo opportunities; prepare interviewees with talking points; ensure facility is camera-ready).	1-2 weeks prior
	Send media advisory to broadcast/TV stations.	Week prior
	Submit photos and videos with names and photo releases to <a href="mailto:Kathryn.Abrahamson@AegisTherapies.com">Kathryn.Abrahamson@AegisTherapies.com</a> for posting on corporate social media pages.	Day of event
	Follow up with the media after the event with photo and photo caption describing the photo and event.	Week after event

## OVERVIEW

Positive media coverage of your facility can help boost awareness of the great things that you are doing in your community. Such coverage also can be fun and uplifting for your patients and staff.

Most of your outreach to your local newspapers, TV news teams and radio stations should take place in early September just before the event, but **it's a good idea to start thinking about this process and begin building your contact list and introducing yourself now.**

If you have any questions at all during this process, please reach out to the Aegis Public Relations contact, Kathryn Abrahamson, at 972-865-1432 or Kathryn.Abrahamson@AegisTherapies.com. **Be sure to coordinate with your facility team on any outreach for this event.**

## IMPORTANT INFORMATION REGARDING PHOTOS

### Make sure to obtain consent from patients and staff

- Before you share a person's story with the media, ask if he or she would agree to be interviewed by a reporter. Participants (or their representatives) will need to sign a consent form (found online at [www.WalkwithAegis.com](http://www.WalkwithAegis.com)) before being interviewed or photographed by a member of the press, company photographer or videographer.
- In addition, before taking any photos or videos of participants, please have them sign a consent form (found online at [www.WalkwithAegis.com](http://www.WalkwithAegis.com)) for any picture- or video-sharing on company social media websites. Please contact Kathryn Abrahamson at Kathryn.Abrahamson@AegisTherapies.com (972-372-6766) to submit event photos for social media posting. Please include that you have consent forms on file for everyone in the photo.
- Please use the "no camera" orange consent sticker available on the WALK! supply order site to designate people who do not wish to be in pictures or videos. Point these stickers out to media or anyone taking pictures at your event.
- Designate a photographer. A suggested caption template can be found at [www.WalkWithAegis.com](http://www.WalkWithAegis.com). Send the photo as high-resolution JPEG attachment with the completed caption template to your media list as follow-up to the event. All photos must have the appropriate signed consent forms.



## DEAR DIRECTOR OF REHAB AND ACTIVITIES/RECREATION DIRECTOR:

During Active Aging Week and our WALK! with Aegis Therapies event, we invite our wellness collaborators, those within the activity and recreation therapy departments, to join us as we promote health, wellness and fun. **Your department**, possibly more than any other department, is optimally suited to promote the multiple dimensions of wellness we highlight throughout the week. Please feel free to engage in the activities of the week, as well as utilize the following materials to promote health and wellness.



# PHYSICAL DIMENSION: ALTERNATIVE SEATED ACTIVITIES

## General Instructions:

To build endurance, you can perform various movements in a sitting position that increase your heart rate and respirations.

1. Perform a minimum of 20-30 minutes of this type of activity per day. At first, you may want to break your 30 minutes into three different 10-minute sessions.
2. Generally, the more intense or vigorous the activity, the greater the benefit.
3. All movements should be performed at a comfortable range.
4. Warm-up and cool-down activities are recommended.
5. Activities shouldn't be so intense that you can't talk or become dizzy.
6. Progression should first be in length of time of the activity, and then you can progress the intensity of the activity (lifting arms or legs higher, combining arms and legs, increasing your pace).
7. Safety should always be first! Be sure you are well-balanced in your chair or have a table in front of you for support.

## Seated Exercise:

1. Warm-up (5 minutes): Begin with simple movements. Alternate between these activities for the warm-up period. Try doing 10 reps each and then repeat until you have built up to five minutes of warm-up period.
  - a. Pump your ankles up and down by rocking your feet up onto your toes, and back to your heels. If this is too difficult, begin with tapping your feet, alternating sides.
  - b. Kick your foot up, straightening your knee, alternate between right and left.
  - c. March in place while sitting.
2. Cardiovascular (10-20 minutes): Now you are going to combine arm motions with the leg movements from the first step. This increases the amount of work you are performing. These can be done in any combination, so find what works for you. The idea is to keep moving and build up to 20 minutes.

### Example:

- a. Perform ankle pumps while bending and straightening your elbows.
  - b. Sit and march in place while bending and straightening your elbows.
  - c. Sit and march in place while alternately lifting one arm straight out, lowering it and repeating with the other arm.
  - d. Sit and march while lifting one arm, then the other out to the side.
  - e. You can incorporate swimming strokes (forward, backstroke, breaststroke and butterfly) with your arms.
3. Cool-down (5 minutes): Same as warm-up, but decreasing the intensity of the activity.

### Other Suggestions:

1. After performing the warm-up activity, toss a beach ball back and forth with a family member or friend, and finish with a cool down.
2. After the warm-up, kick a ball back and forth with a friend or family member.
3. After the warm-up, use a badminton or tennis racket to bat a balloon back and forth.
4. While lying down or sitting, perform stretches or gentle flexibility activities.

**Pace yourself. Remember, the idea is to increase your activity level in a fun, safe way.**





# ACTIVITY GUIDE

This section of the Team Leader Guide is designed to provide you with daily descriptions and activities for this event.

# INTELLECTUAL WELLNESS



Today, your participants will focus on activities supporting the intellectual dimension of wellness. Use the following pages for guided activities.

## Wellness Dimension Supported:

**Intellectual:** Facts, trivia, sudoku puzzles and more.

## Participation Log

1. Log the total minutes of activity today.

Activity	Time in Minutes
Walking Activity	
General Exercise Activity	
Wellness Dimensions Daily Activity	
Therapy/Nursing Recommended/Guided Activity	
Total Minutes	

2. Calculate your team's total daily miles:

Total number of minutes participating in all WALK! with Aegis events for the day (x) .025 = \_\_\_\_\_

Total Daily Miles.

3. Be sure to keep track of your miles and send, along with photos of your event and signed consent forms, to [media@aegistherapies.com](mailto:media@aegistherapies.com).





# NAME THAT ANIMAL

## Intellectual Wellness Program for Activity Departments



**Participant instructions:** Complete the facts by choosing an animal from the following list.

Tiger

Shark

Beaver

Bee

Cheetah

Yak

Penguin

Alligator

Gorilla

Monkey

1. The name \_\_\_\_\_ comes from the Spanish word “el lagarto,” which means “the lizard.”
2. A \_\_\_\_\_ communicates through chemical scents called pheromones and through special dances.
3. A \_\_\_\_\_ is a good house guest. Their lodges typically contain two dens, one for drying off after entering and one where the family lives and socializes.
4. If the Aztecs knew a \_\_\_\_\_ may be close by, they’d use a string of chili peppers to keep it away. A practice that modern day scientists doubt was actually effective.
5. In prehistoric times, a \_\_\_\_\_ could grow as tall and weigh as much as a human.
6. Every \_\_\_\_\_ has a unique fingerprint just like humans.
7. The \_\_\_\_\_ is the world’s fastest land mammal.
8. A \_\_\_\_\_ expresses affection and makes peace with others through grooming.
9. A \_\_\_\_\_ uses its tail for extra balance when running and also for communication.
10. A wild \_\_\_\_\_ doesn’t reach full size until six to eight years of age.



# NAME THAT ANIMAL

## Answer Key

1. The name **alligator** comes from the Spanish word “el lagarto,” which means “the lizard.”
2. A **bee** communicates through chemical scents called pheromones and through special dances.
3. A **beaver** is a good house guest. Their lodges typically contain two dens, one for drying off after entering and one where the family lives and socializes.
4. If the Aztecs knew a **shark** may be close by, they’d use a string of chili peppers to keep it away. A practice that modern day scientists doubt was actually effective.
5. In prehistoric times, a **penguin** could grow as tall and weigh as much as a human.
6. Every **gorilla** has a unique fingerprint just like humans.
7. The **cheetah** is the world’s fastest land mammal.
8. A **monkey** expresses affection and makes peace with others through grooming.
9. A **tiger** uses its tail for extra balance when running and also for communication.
10. A wild **yak** doesn’t reach full size until six to eight years of age.

# PHYSICAL ACTIVITY AND HEALTH FACTS

## Key Messages

- Older adults, both male and female, can benefit from regular physical activity.
- Physical activity need not be strenuous to achieve health benefits.
- Previously sedentary older adults who begin physical activity programs should start with short intervals of moderate physical activity (5-10 minutes) and gradually build up to the desired amount.
- Older adults should consult a physician before beginning a new physical activity program.
- In addition to cardiorespiratory endurance (aerobic) activity, older adults can benefit from muscle-strengthening activities. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

## Facts

- The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.
- Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity.
- Social support from family and friends has been consistently and positively related to regular physical activity.

## Benefits of Physical Activity

- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles and joints.
- Helps control joint swelling and pain associated with arthritis.

Source: <http://www.cdc.gov/nccdphp/sgr/olderad.htm>



## TRIVIA

**Participant instructions:** Answer the following trivia questions.

1. What character is the most frequently portrayed character in the history of horror movies?
2. The Heisman Trophy is presented in which sport?
3. On which street was the New York Stock Exchange established?
4. In the "Superman" movies, what newspaper does Clark Kent work for?
5. O'Hare International Airport is located in which city?
6. What is the name of the prehistoric town in which The Flintstones live?
7. Barbie dolls were created during which 20th-century decade?
8. How many carats is pure gold?
9. Which actor did Elizabeth Taylor marry twice?
10. In what country did the company, Sony, originate?
11. The attack on Pearl Harbor took place during which month?
12. Located just in front of the windpipe, what is the butterfly-shaped gland?

13. How many compartments does a cow's stomach have?
14. The study of weather is called what?
15. What is the outermost layer of the earth known as?
16. A 1997 phenomenon, Hal-Bop, was a type of what?
17. In which state was Bill Clinton Governor when he was elected President?
18. Who flew too close to the sun in Greek mythology?
19. Which volcano in Hawaii first erupted in the 1970s and has do so regularly since 1983?
20. What taste is it that cats are unable to detect?
21. Mount Everest is in which mountain chain?
22. The Dust Bowl devastated Midwest farmers in what decade?
23. A barnacle is what kind of animal?
24. What is the world's smallest continent?
25. The 1980 Winter Olympics were held at which lake?
26. What is the least expensive and most popular fruit?
27. What kind of bird is often seen dashing along roads and highways in southern parts of the U.S.?
28. The hard white material of an elephant's tusk is called what?

- 29.** What is the name of the device added to a car's exhaust system to reduce pollution?
- 30.** Which atmospheric gas is the most common?
- 31.** What is the biggest animal to have inhabited the earth?
- 32.** In Connecticut, a pickle must do what to be legal?
- 33.** In which Tennessee city is it illegal to lasso fish?
- 34.** The average person does what 13 times a day?
- 35.** Over a lifetime, the average person grows how many feet of nose hair?
- 36.** Cataracts obscure which part of the eye?
- 37.** What type of vehicle was O.J. Simpson driving during his famous police chase?
- 38.** The first planet to be discovered using a telescope in 1781 was what?
- 39.** There are two categories of ballroom dance used in competition, Latin and what?
- 40.** In Wisconsin, it's against state law to serve apple pie without what?
- 41.** Which Disney animated feature was the first with end credits?
- 42.** How many bones are in the human wrist?
- 43.** In professional baseball, what city are the Royals from?
- 44.** If it is noon in Ohio, what time is it in Nevada?

- 45.** Which drink did Coca-Cola launch in 1982?
- 46.** What color golf balls are used in Antarctica?
- 47.** In which state did Amelia Earhart land on her first solo Pacific flight?
- 48.** On a computer keyboard, which letter is between C and B?
- 49.** What is the proper name of laughing gas?
- 50.** In Georgia, it is illegal to eat what type of food with a fork?

**Trivia Answer Key:**

- 1.** What character is the most frequently portrayed character in the history of horror movies?  
A: Count Dracula
- 2.** The Heisman Trophy is presented in which sport?  
A: Football
- 3.** On which street was the New York Stock Exchange established?  
A: Wall Street
- 4.** In the “Superman” movies, what newspaper does Clark Kent work for?  
A: The Daily Planet
- 5.** O’Hare International Airport is located in which city?  
A: Chicago
- 6.** What is the name of the prehistoric town in which The Flintstones live?  
A: Bedrock
- 7.** Barbie dolls were created during which 20th-century decade?  
A: 1950s
- 8.** How many carats is pure gold?  
A: 24
- 9.** Which actor did Elizabeth Taylor marry twice?  
A: Richard Burton

**10.** In what country did the company, Sony, originate?

A: Japan

**11.** The attack on Pearl Harbor took place during which month?

A: December

**12.** Located just in front of the windpipe, what is the butterfly-shaped gland?

A: Thyroid

**13.** How many compartments does a cow's stomach have?

A: Four

**14.** The study of weather is called what?

A: Meteorology

**15.** What is the outermost layer of the earth known as?

A: The crust

**16.** A 1997 phenomenon, Hal-Bop, was a type of what?

A: Comet

**17.** In which state was Bill Clinton Governor when he was elected President?

A: Arkansas

**18.** Who flew too close to the sun in Greek mythology?

A: Icarus

**19.** Which volcano in Hawaii first erupted in the 1970s and has do so regularly since 1983?

A: Kilauea

**20.** What taste is it that cats are unable to detect?

A: Sweet

**21.** Mount Everest is in which mountain chain?

A: The Himalayas

**22.** The Dust Bowl devastated Midwest farmers in what decade?

A: 1930s

**23.** A barnacle is what kind of animal?

A: Crustacean

**24.** What is the world's smallest continent?

A: Australia



**25.** The 1980 Winter Olympics were held at which lake?

A: Placid

**26.** What is the least expensive and most popular fruit?

A: Banana

**27.** What kind of bird is often seen dashing along roads and highways in southern parts of the U.S.?

A: Roadrunner

**28.** The hard white material of an elephant's tusk is called what?

A: Ivory

**29.** What is the name of the device added to a car's exhaust system to reduce pollution?

A: Catalytic converter

**30.** Which atmospheric gas is the most common?

A: Nitrogen

**31.** What is the biggest animal to have inhabited the earth?

A: Blue whale

**32.** In Connecticut, a pickle must do what to be legal?

A: Bounce

**33.** In which Tennessee city is it illegal to lasso fish?

A: Knoxville

**34.** The average person does what 13 times a day?

A: Laughs

**35.** Over a lifetime, the average person grows how many feet of nose hair?

A: Seven

**36.** Cataracts obscure which part of the eye?

A: The lens

**37.** What type of vehicle was O.J. Simpson driving during his famous police chase?

A: Ford Bronco

**38.** The first planet to be discovered using a telescope in 1781 was what?

A: Uranus

**39.** There are two categories of ballroom dance used in competition, Latin and what?

A: Smooth

**40.** In Wisconsin, it's against state law to serve apple pie without what?

A: Cheese

**41.** Which Disney animated feature was the first with end credits?

A: Alice in Wonderland

**42.** How many bones are in the human wrist?

A: Eight

**43.** In professional baseball, what city are the Royals from?

A: Kansas City

**44.** If it is noon in Ohio, what time is it in Nevada?

A: 9:00 a.m.

**45.** Which drink did Coca-Cola launch in 1982?

A: Diet Coke

**46.** What color golf balls are used in Antarctica?

A: Orange

**47.** In which state did Amelia Earhart land on her first solo Pacific flight?

A: California

**48.** On a computer keyboard, which letter is between C and B?

A: V

**49.** What is the proper name of laughing gas?

A: Nitrous oxide

**50.** In Georgia, it is illegal to eat what type of food with a fork?

A: Fried chicken



# SPORTS ANAGRAMS

**Participant instructions:** An anagram is a word or phrase formed by rearranging the letters of another word or phrase. Please rearrange the letters in the following exercises to create the words associated with the category (sports). Use all of the original letters exactly once in the new word. Have fun!

LLBA \_\_\_\_\_

NWMMISGI \_\_\_\_\_

EBALBSAL \_\_\_\_\_

UNR \_\_\_\_\_

TBA \_\_\_\_\_

NIW \_\_\_\_\_

WHRTO \_\_\_\_\_

AKBSLLTAEB \_\_\_\_\_

INGGGOJ \_\_\_\_\_

EACR \_\_\_\_\_

UPJM \_\_\_\_\_

MTEA \_\_\_\_\_

FGLO \_\_\_\_\_

PNISRT \_\_\_\_\_

ALIKNGW \_\_\_\_\_

LAREY \_\_\_\_\_

RECOS \_\_\_\_\_



# FOOD ANAGRAMS

**Participant instructions:** An anagram is a word or phrase formed by rearranging the letters of another word or phrase. Please rearrange the letters in the following exercises to create the words associated with the category (food). Use all of the original letters exactly once in the new word. Have fun!

TORACR \_\_\_\_\_

IEP \_\_\_\_\_

TIRUF \_\_\_\_\_

OACBN \_\_\_\_\_

ECEHSE \_\_\_\_\_

LPAPE \_\_\_\_\_

EDRAB \_\_\_\_\_

GBELTEVEA \_\_\_\_\_

NCDAY \_\_\_\_\_

CRIE \_\_\_\_\_

AAANBN \_\_\_\_\_

OOTMTA \_\_\_\_\_

TTCLEUE \_\_\_\_\_

NCRO \_\_\_\_\_

OATOPT \_\_\_\_\_

TARYBRESWR \_\_\_\_\_

AGHRMRUBE \_\_\_\_\_

PIAZZ \_\_\_\_\_

# ANAGRAMS ANSWER KEY

## Sports:

BALL

SWIMMING

BASEBALL

RUN

BAT

WIN

THROW

BASKETBALL

JOGGING

RACE

JUMP

TEAM

GOLF

SPRINT

WALKING

RELAY

SCORE

## Food:

CARROT

PIE

FRUIT

BACON

CHEESE

APPLE

BREAD

VEGETABLE

CANDY

RICE

BANANA

TOMATO

LETTUCE

CORN

POTATO

STRAWBERRY

HAMBURGER

PIZZA

# SUDOKU PUZZLES



## Sudoku #1

**Participant instructions:** The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3-by-3 box.

Need a little help? Use the answer page if you really get stuck.

						3		
				4	6		9	1
2	9		5					
	3	2		7				
	1	5					3	9
7		6			9			
4					7			
3				6	5	2		
								4

PrintMySudoku.com

## Sudoku #2

**Participant instructions:** The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3-by-3 box.

Need a little help? Use the answer page if you really get stuck.

8							4	3
	5			3		9		
	9	1			6			
	6			1	4			
4		9			8			
			3	5				
		8		4	7	5		
				9	1			
5								

PrintMySudoku.com

# SUDOKU ANSWERS

From "Easy Sudoku Puzzles by KrazyDad, Book 1"

## Sudoku #1

1	6	4	7	9	8	3	5	2
5	7	3	2	4	6	8	9	1
2	9	8	5	1	3	4	7	6
9	3	2	8	7	1	6	4	5
8	1	5	6	2	4	7	3	9
7	4	6	3	5	9	1	2	8
4	2	1	9	8	7	5	6	3
3	8	9	4	6	5	2	1	7
6	5	7	1	3	2	9	8	4

## Sudoku #2

8	2	6	9	7	5	1	4	3
7	5	4	1	3	2	9	6	8
3	9	1	4	8	6	2	5	7
2	6	5	7	1	4	3	8	9
4	3	9	6	2	8	7	1	5
1	8	7	3	5	9	6	2	4
9	1	8	2	4	7	5	3	6
6	4	3	5	9	1	8	7	2
5	7	2	8	6	3	4	9	1



# EMOTIONAL WELLNESS



Have your participants take some time today to focus on emotional wellness using the activities in the next few pages.

## Wellness Dimension Supported:

**Emotional:** Exercises for stress relief including progressive muscle relaxation and self-massage.

## Participation Log

1. Log the total minutes of activity today.

Activity	Time in Minutes
Walking Activity	
General Exercise Activity	
Wellness Dimensions Daily Activity	
Therapy/Nursing Recommended/Guided Activity	
Total Minutes	

2. Calculate your team's total daily miles:

Total number of minutes participating in all WALK! with Aegis events for the day (x) .025 = \_\_\_\_\_

Total Daily Miles.

3. Be sure to keep track of your miles and send, along with photos of your event and signed consent forms, to [media@aegistherapies.com](mailto:media@aegistherapies.com).



## PROGRESSIVE MUSCLE CONTRACTION FOR RELAXATION

**Participant instructions:** Progressive muscle contraction is a widely used technique for stress relief. It is a two-step process in which you systematically contract and then relax various muscle groups in the body.

With regular practice, progressive muscle relaxation will give you an awareness of what tension exists, and allow complete relaxation. This awareness helps you spot and counteract the first signs of the muscular tension that accompanies stress. And as your body relaxes, so will your mind. It is ideal to combine deep breathing with progressive muscle relaxation for increased relaxation.

Most progressive muscle relaxation practitioners start at the feet and work their way up to the face.

### Activity:

- Sit comfortably or lie down on a mat.
- Loosen your clothing, take off your shoes and get comfortable.
- Take 3-4 minutes and practice deep breathing techniques. Slowly breath in and out.
- When you're relaxed and ready to start, shift your attention to your right foot. Take a moment to focus on the way it feels.
- Slowly tense the muscles in your right foot, squeezing as tightly as you can. Hold and count to 10.
- Relax your right foot. Focus on the tension flowing away and the way your foot feels as it becomes limp and loose.
- Stay in this relaxed state for a minute, breathing deeply and slowly.
- When you're ready, shift your attention to your left foot. Follow the same sequence of muscle tension and release steps.

- Move slowly up through your body: contracting (10 seconds to max contraction) and relaxing (30 seconds - 1 minute) the muscle groups as you go.
  - Right foot - left foot
  - Right calf - left calf
  - Right thigh - left thigh
  - Hips and buttocks
  - Stomach and abdominal muscles
  - Chest
  - Back
  - Right arm and hand
  - Left arm and hand
  - Neck and shoulders
  - Face - jaw, eyes
  - Whole body
- Now minimally tense every muscle in your body so that you only feel the muscle tension ... jaws ... eyes ... shoulders ... arms ... chest ... back ... stomach ... legs ... feet ... be sure you keep breathing. Feel the tension in every part ... let your whole body relax. Feel the wave of calmness as you stop tensing.
- Now, with your eyes closed, take a deep breath and hold it for two seconds and exhale. Note the feeling of heaviness, and then the relaxation and calmness developing...



## SELF-MASSAGE EXERCISES FOR STRESS RELIEF

### Participant instructions:

**Scalp:** Spread your fingers apart and tuck your thumbs behind your ears. Use your fingers to knead into your scalp, tracing small circles as you move across your head.

**Eyes:** Don't worry - it's not your eyeballs you'll be massaging here. One way to soothe strained eyes is to first rub your hands together to warm them up and then cup them over your eyes. The base of your palm fits nicely along the curve of your cheekbones as your fingers extend over the top of your forehead and gently massage in a circular motion. Another eye-easer: Close your eyes and use your ring fingers to press gently on the point beneath your eyebrows near the bridge of your nose. Press for 5-10 seconds, release, and repeat a few times.

**Nose:** The tip of your nose is mostly soft cartilage and won't benefit from a massage, but the parts of your nose more connected to your sinuses might. Begin with your fingertips on the bridge of your nose between your eyes and let them slide down and along the tops of your cheekbones.

**Face:** Boost circulation to your skin by first rubbing your hands together to warm them up. Then lightly press your palms to your forehead, pulling your hands down your face across your cheeks and down to your chin. Press circles on your cheek a few times, as though you were washing your face.

**Ears:** Self-massage can relieve headaches. Gently squeeze and rub the outer edge of your ear between your thumb and index finger. Move gradually from the top of the ear down to the earlobe. Tug softly on your earlobe a few times. Repeat as many times as you'd like and switch to the other ear.

**Jaw:** You can rub light circles at the point at which your lower jaw attaches to your skull, near the temporomandibular joint. Your jaw may also benefit from massaging wider circles over the masseter and temporalis muscles. The masseter is the square muscle over your cheekbone, and the temporalis can be found above your ear.

**Neck:** Life is full of ways to strain the neck even by leaning in to read small print or just sitting in a seat all day. Use the heels of your hands to work circles into the taut muscles at the sides of your neck. Change to fingertip pressure to drum down the sides of your neck from behind your ears down toward your shoulders.

**Shoulders:** So much tension is stored in your shoulders. Just reach an arm across the front of your body and press circles firmly into muscles above the opposite shoulder blade. Switch sides.

**Hands:** Relaxation and stress relief go hand-in-hand with this massage. If you'd like, add lotion to your hand before beginning. Using the opposite hand, squeeze each finger with circling pressure around the joints from base to tip. Tug gently to stretch each finger. And don't forget the spaces in between! With your palm facing down, stroke your thumb between the tendons on the back of your hand that run down from the fingers. Take each finger between the opposite thumb and index finger and rub small circles from tip to wrist, first on the back of your hand then on the palm. Switch hands and repeat.

**Legs:** Depending on your size, the legs present a self-massage challenge. You may need to alternate between stroking, kneading, and drumming. Give yourself a strong foundation by resting your foot flat with your knee bent. With one hand on each side of your leg, stroke up from ankle to thigh. When you get up there, knead into the fleshy part of your thigh as if it were dough and then drum the outsides and fronts. Use your fingertips to gently massage circles around your kneecap. Put both hands to work kneading your calf muscle and finish off with broad strokes up and down the leg. Switch legs.

**Feet:** In terms of self-massage, your feet are a lot like your hands – except they're farther away and potentially harder to reach. Sit in a chair that allows you to comfortably cross one leg onto the opposite knee. First apply some lotion to the tops and soles of your feet. Then grip the fingers of one hand between your toes, much like you would when you hold hands with someone. Lightly tug the toes up as the heel of your hand rubs the top of your foot. This also gives the tendons between your toes a good stretch. At the same time, you can put the thumb of the other hand to work kneading into the sole of your foot. After you've done this for a while, turn your attention to the tops of your feet. Massage your thumbs into the top of the foot in opposing circles.

**Helpful Ideas:** Your own hands are your greatest assets, but you can add a few simple, affordable tools to your self-massage kit. Tennis balls are the go-to tool for many. Roll a ball beneath your foot while you work. Place it behind your back on your chair and gently roll the ball across the muscles of your middle and lower back, between tense shoulders.

# SPIRITUAL WELLNESS



Congratulations on your participation in this fun-filled week thus far! In addition to the deep breathing exercises on the next page, today, your participants will enjoy an audio-guided meditation session on your WALK! CD.

## Wellness Dimension Supported:

**Spiritual:** Guided meditation, deep breathing exercises.

## Guided Meditation

Visit this link to hear an audio-guided meditation session by National Fitness expert Chris Freytag.

<https://aegistherapies.com/resources/walk-with-aegis-meditation-audio/>

- If possible, have the guided meditation in a room that is quiet and in which you can dim the lights.
- There is truly no right way to meditate. Participants can stand or sit, and meditate with their eyes open or closed. The key is to remember that the activity is meant to relax the mind, as well as to reduce stress and negative thoughts.

## Participation Log

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2. Calculate your team's total daily miles:

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Total Daily Miles.

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## DEEP BREATHING EXERCISES FOR MEDITATION

**Participant instructions:** By concentrating on your deep breathing, this will allow the rest of your body to relax itself. Deep breathing is a great way to relax the body and so to balance your spiritual well being. Relaxation deep breathing is an important part of progressive muscle relaxation, visual imagery and stress relief.

1. Lie on your back or sit comfortably in a chair.
2. Slowly relax your body. You can use the progressive relaxation technique we described earlier.
3. Begin to inhale slowly through your nose, if possible. Fill the lower part of your chest first, then the middle and top part of your chest, and lungs. Be sure to do this slowly, over eight seconds.
4. Hold your breath for a couple of seconds.
5. Then quietly and easily relax and let the air out.
6. Wait a few seconds and repeat this cycle.
7. If you find yourself getting dizzy, then you are overdoing it. Slow down.
8. You can also imagine yourself in a peaceful situation such as on a warm, gentle ocean. Imagine that you rise on the gentle swells of the water as you inhale and sink down into the waves as you exhale.

# OCCUPATIONAL WELLNESS



Today, your participants will have some fun with activities that support the occupational dimension of wellness.

## Wellness Dimension Supported:

**Occupational:** Your participants name favorite activities supporting each dimension of wellness, and "Name the Occupation" game.

## Participation Log

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Total Minutes	

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# NAME THE OCCUPATION

**Participant instructions:** Match the famous person to their occupation.

Buzz Aldrin: \_\_\_\_\_

Bill Murray: \_\_\_\_\_

George W. Bush: \_\_\_\_\_

Kim Kardashian: \_\_\_\_\_

John Lennon: \_\_\_\_\_

Jackie Robinson: \_\_\_\_\_

Steven Spielberg: \_\_\_\_\_

J. K. Rowling: \_\_\_\_\_

Usain Bolt: \_\_\_\_\_

Albert Einstein: \_\_\_\_\_

- a. Astronaut
- b. Theoretical physicist
- c. Runner
- d. Baseball player
- e. Author
- f. Screenwriter
- g. Reality star
- h. Actor
- i. Singer
- j. President

## Answer Key

Buzz Aldrin:     **a.**    

Bill Murray:     **h.**    

George W. Bush:     **j.**    

Kim Kardashian:     **g.**    

John Lennon:     **i.**    

Jackie Robinson:     **d.**    

Steven Spielberg:     **f.**    

J. K. Rowling:     **e.**    

Usain Bolt:     **c.**    

Albert Einstein:     **b.**

# FAVORITE ACTIVITY



**Participant instructions:** Please answer the following questions. There is no right or wrong answer, just have fun!

What is your favorite activity to do with friends?

---

What are some of your favorite hobbies?

---

What is your favorite exercise to do?

---

What is your favorite way to relax?

---

What is your favorite book?

---

What is your favorite way to clear your head or meditate?

---

What is your favorite activity to do at the park?

---

# SOCIAL WELLNESS



Activities will be focused around the social dimension of wellness.

## Wellness Dimension Supported:

**Social:** Think of something fun that includes interacting with others like phoning a friend or writing a thank you card. Consider an activity such as reading a common article, or clipping a recipe and discussing it with a friend or family member, or any activity where participants will have the opportunity to connect with others.

## Participation Log

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Total Minutes	

ACTIVITY GUIDE

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**WALK!**  
with Aegis Therapies

## **RESOURCES**

The following pages are designed to be easily copied at your facility using your copy machine. You can also order full color versions of these pages online at [www.WalkWithAegis.com](http://www.WalkWithAegis.com).







# CERTIFICATE OF PARTICIPATION

This herby certifies that on October 1 - 7, 2019,

Participated in the **WALK! with Aegis Therapies**® wellness event in support of the international Council on Active Aging's 2019 Active Aging Week®.

We thank you for your participation and support of Active Aging Week and congratulate you for your commitment to health and wellness in your community.

Martha Schram, President & CEO, Aegis Therapies

Presented by:









# CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES

**DATE:** \_\_\_\_\_

Time for fitness, friends and fun! Join Aegis Therapies in celebrating health and wellness during WALK! with Aegis Therapies – a national event supporting International Council on Active Aging’s Active Aging Week. WALK! events will focus on the seven dimensions of wellness throughout the planning process, on the event day or both!

## WALK! with Aegis Therapies’ Dimensions of Wellness Activity Examples:

### Physical Wellness

Participants engage in physical activity such as walking (or other physical activity in accordance with the participant’s physical ability).

### Intellectual Wellness

Participants enjoy activities that help stimulate the brain and keep the mind sharp.

### Emotional Wellness

Participants engage in stress-relieving and muscle relaxation exercises so they can feel their best.

### Spiritual Wellness

Participants focus on a spiritual activity that helps balance body, mind and spirit, as well as restore concentration, mental clarity and inner peace.

### Occupational Wellness

Participants will have fun with activities that support the occupational dimension of wellness.

### Social Wellness

Participants engage in an activity involving social interaction, such as a community event, connecting with a friend or writing a thank you card.

### Celebrate!

WALK! with Aegis allows participants to celebrate wellness and spend time with family, friends and caregivers.

### For more information, contact:



Presented by:







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