



WALK!  
WALK!  
WALK!

# 2022 Team Leader Guide



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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 2022?

The fourteenth annual WALK! with Aegis Therapies® is a celebration of health and wellness that takes place on October 3 - 9, 2022. This event, held at hundreds of locations and various settings across the country, focuses on Aegis' seven dimensions of wellness using a series of customizable plans and activities to accommodate all participant levels and locations.

## **The seven dimensions of wellness are:**

- 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.

Please use this guide, along with the 2022 event support materials and activity videos available at [www.WalkWithAegis.com](http://www.WalkWithAegis.com), to help plan your 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 meet 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, participants, including patients, residents and staff, are encouraged to log into live events hosted by the EnerG by Aegis Teams. Details on these daily 30-minute physical activities, as well as recorded version are available at [www.WalkWithAegis.com](http://www.WalkWithAegis.com).

We want everyone to be able to participate! All activities will have modification options to accommodate participants of all abilities, and you can also review alternative seated activities. The following formula is used to calculate a 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**

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

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.



Emotional



Environmental



Intellectual



Occupational



Physical



Social



Spiritual

# It's a week of fitness, friends and FUN!

In addition to your 15-30 minutes of walking or physical activity, be sure to work in the additional dimensions of wellness! This year, we've developed Daily Activity Cards that help guide conversations with residents. These cards are printable and can be posted on a sharing board where residents can share their responses with their peers. Find these cards on page 15 of this guide, or at [www.WalkWithAegis.com](http://www.WalkWithAegis.com).

Want more options for activities addressing 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**

Use the guided meditation audio is on our website at [www.WalkWithAegis.com](http://www.WalkWithAegis.com) to help 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 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.

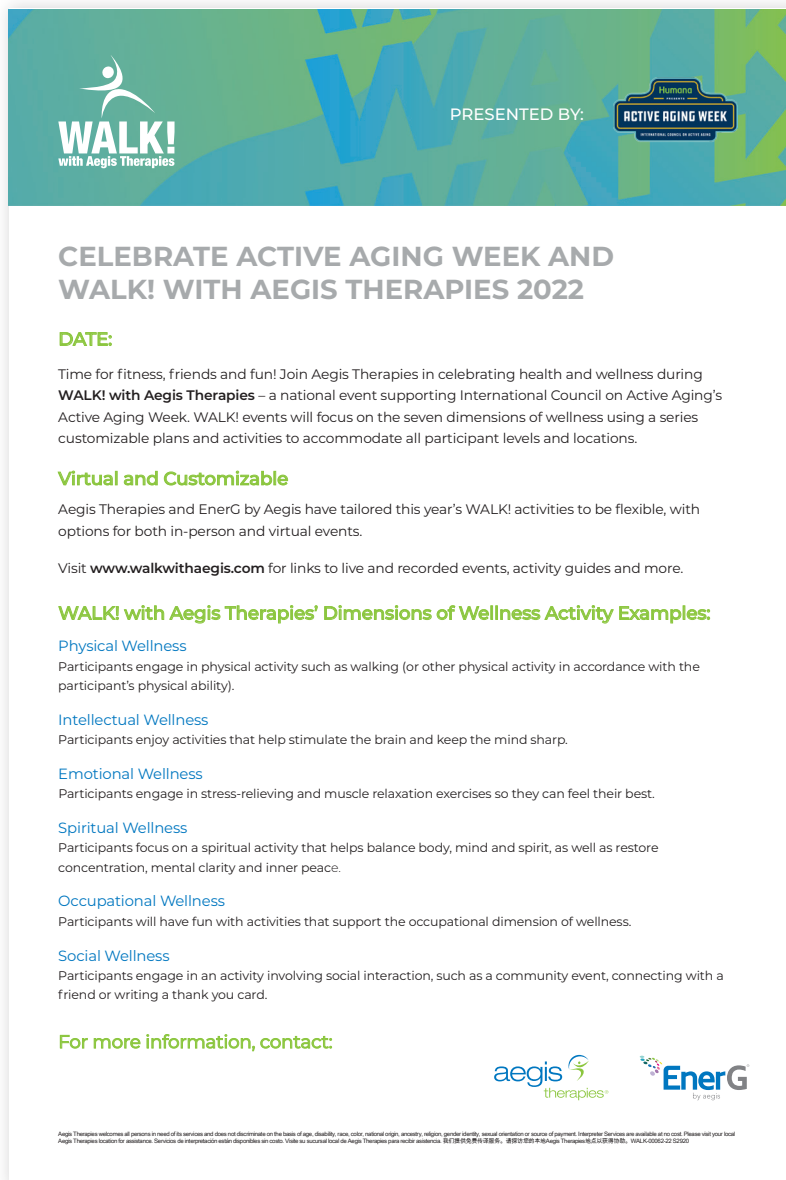


# Get the Word Out

Participating in WALK! with Aegis Therapies is a wonderful way to educate patients, staff and the larger community about 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 WALK! with Aegis Therapies 2022.

Posters and fliers can be downloaded at **[www.WalkWithAegis.com](http://www.WalkWithAegis.com)**.



The poster features a header with the WALK! logo, the text 'PRESENTED BY: HUMANITAS ACTIVE AGING WEEK', and a large stylized 'WALK!' background. The main text reads: 'CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES 2022'. It includes a 'DATE:' section, a 'Virtual and Customizable' section, and a 'WALK! with Aegis Therapies' Dimensions of Wellness Activity Examples' section. The examples are: Physical Wellness, Intellectual Wellness, Emotional Wellness, Spiritual Wellness, Occupational Wellness, and Social Wellness. At the bottom, it says 'For more information, contact:' followed by the Aegis Therapies and EnerG logos. A small disclaimer is at the very bottom.

**WALK!**  
with Aegis Therapies

PRESENTED BY: **HUMANITAS**  
**ACTIVE AGING WEEK**

**CELEBRATE ACTIVE AGING WEEK AND  
WALK! WITH AEGIS THERAPIES 2022**

**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 using a series of customizable plans and activities to accommodate all participant levels and locations.

**Virtual and Customizable**

Aegis Therapies and EnerG by Aegis have tailored this year's WALK! activities to be flexible, with options for both in-person and virtual events.

Visit [www.walkwithaegis.com](http://www.walkwithaegis.com) for links to live and recorded events, activity guides and more.

**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.

**For more information, contact:**

**aegis**   
therapies®

**EnerG**   
by aegis

Aegis Therapies welcomes all persons to 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. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Services are interpreter services regardless of cost. Visit us at [www.aegis.com](http://www.aegis.com) for more information. 我们提供无障碍服务。 请前往您当地的 Aegis Therapies 获取更多信息。 WALK! 2022.12.12-2023.01.02

# WALK! with Aegis Therapies 2022 Talking Points for Executive Directors

- Our Annual WALK! with Aegis Therapies event is a celebration of health and wellness. It is now in its 14th 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 to support Active Aging Week, the WALK! with Aegis Therapies has expanded into a six-day celebration of health and wellness.
- This event will be held at more than 700 locations.
- The ICAA will highlight WALK! with Aegis Therapies for Theme Day by inviting individuals across the country to join the WALK! with Aegis Therapies Active Aging event.
- With the current Public Health Emergency in mind, Aegis Therapies and EnerG by Aegis have tailored this year's WALK! activities to be flexible, depending on each individual or location's COVID-19 policies and procedures.
- Like past years, this year's campaign encourages a healthy and active lifestyle. Our staff will lead participants in daily physical activities created EnerG by Aegis staff on live and recorded Zoom meetings
- 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 during the planning process, your facility will take part in a physical walk on the day of your event.

### **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 2022. Please share this information with your designated company-approved spokesperson, and/or building administrator. Please also share with your PR and Marketing team.

Additional 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.

- Make sure to gather all participant consent forms so you can share your activities online. Consent forms can be found on [www.WalkWithAegis.com](http://www.WalkWithAegis.com).
  - Make a note of any resident who does not want to be included in online promotion and/or does not have a completed consent form, and make sure you and your team are not sharing their information or images.
  - Take photos of residents engaging in activities, collect information about the images, including names of all people pictured, what activity is being performed and any additional information about your event that will help explain what people see in the image.
  - Share images and descriptions with your social media teams.
  - Share images, along with signed consent forms, with Aegis to share on our corporate pages and WALK! promotional materials ([media@aegistherapies.com](mailto:media@aegistherapies.com)).
  - Use the template online to create a press release that summarizes your WALK! activities.
  - Contact [media@aegistherapies.com](mailto:media@aegistherapies.com) for assistance in pulling local media contact information to share your press release and photos.
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# 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 during this process, please reach out to the Aegis Public Relations contact, Kathryn Abrahamson, at 973-372-6766 or [Kathryn.Abrahamson@AegisTherapies.com](mailto: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](mailto: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.
- 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.

# 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.

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.

- *Daily Activity Cards*
- *Event Calendar*
- *Day 1 - Team Spirit Day*
- *Day 2 - Celebrating Music Day*
- *Day 3 - Rainbow Color Day*
- *Day 4 - Hawaiian Tourist Day*
- *Day 5 - Wedding Season Day*
- *Dimensional Activities*



# **WALK!**

**with Aegis Therapies**

## **Daily Activity Cards**

- 1.** Use the following pages to conduct resident interviews. Print and cut out each question per day to get residents involved and ask them these questions.
- 2.** Create a sharing board at your facility where residents can write their responses and post for their peers to see.
- 3.** Use group photos from daily activities and use these stories/residents photos for social media promotion/posts.

# Monday



## What is your favorite sport to watch?

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## What has been your favorite game you have watched? Can you recall who the teams were? The score? Who won?

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## If you played a sport, what is your favorite sports memory?

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# Tuesday



**What genre of music motivates and inspires you?**

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**Share what makes you feel accomplished at the end of every day.**

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**Share your favorite handmade project.**

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# Wednesday



**What was one of your most memorable art projects? (Maybe it was a project you completed when in school, helped your children/grandchildren with, or even a creative personal project.)**

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**Think of one of your favorite outfits. What colors were involved and how did/does the outfit make you feel?**

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**Where was the most beautiful place you have ever seen a rainbow and what emotions did you feel? If you haven't witnessed one, where is a location you can picture a rainbow being particularly memorable/beautiful?**

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# Thursday



**Where did you travel on one of your most memorable vacations?**

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**Share a fun vacation memory from your childhood.**

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**Where would you vacation if you could travel anywhere in the world? Why did you make this selection?**

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# Friday



What song played during your first dance? Did you practice before the day of the wedding? How does it make you feel when you hear that song now?

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What was your favorite part of your wedding day? (food, friends and family, dancing, etc.)

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How long did you know your significant other before you got married? How did you meet?

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Use the below sample **WALK! Calendar** to help plan the week's activities:

## 2022 WALK EVENT CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	INTELLECTUAL	OCCUPATIONAL	EMOTIONAL/ SPIRITUAL	ENVIRONMENTAL	SOCIAL
10:00 AM & 2:00 PM	<b>Fall Fighter Seated Balance LIVE ZOOM</b>	<b>Grip &amp; Grit LIVE ZOOM</b>	<b>Mindfulness &amp; Relaxation LIVE ZOOM</b>	<b>Power Pump LIVE ZOOM</b>	<b>Seated Cardio LIVE ZOOM</b>
DAILY THEME	<b>Show Your Team Spirit Day (Sports Theme)</b>  *Wear your favorite sports- themed clothing/ accessories	<b>Celebrating Music Day</b>  *Wear your favorite band t-shirt or share your favorite musician/ band/song	<b>Rainbow Color Day</b>  *Wear your favorite color or try to wear as many colors of the rainbow as possible	<b>Hawaiian Tourist Day</b>  *Wear your favorite tropical outfit and/or tourist accessories (camera, sunglasses, grass skirt, etc.)	<b>Wedding Season Day</b>  *Bring a photo of a memorable wedding or dress in your finest wedding apparel (as a guest or bride/groom)

# Monday

## Day 1 - Show your Team Spirit Day



**Activity:** Sports Game – Instructor’s Choice

**Dimensions of Wellness:** Physical, Social, Environmental

**Description:** Team sports are always a fun way to get your residents moving! During Show your Team Spirit Day, you have the great opportunity to select the sport of your choice to create a unique and fun experience for residents and staff! Review the four sport options below and select the one you think would be the most fun for your community. Materials and how-to instructions are included for each option. Enjoy!

### Sport: Team Basketball

**Materials Needed:**

- One medium-sized ball. Ideally, this ball would have some weight to it such as a fitness/Pilates ball or playground ball (beach balls will likely be too light for this game)
- Two laundry baskets, cardboard boxes or hula hoops
- Chairs for participants (ideally without armrests if possible)
- Dry erase board for keeping score

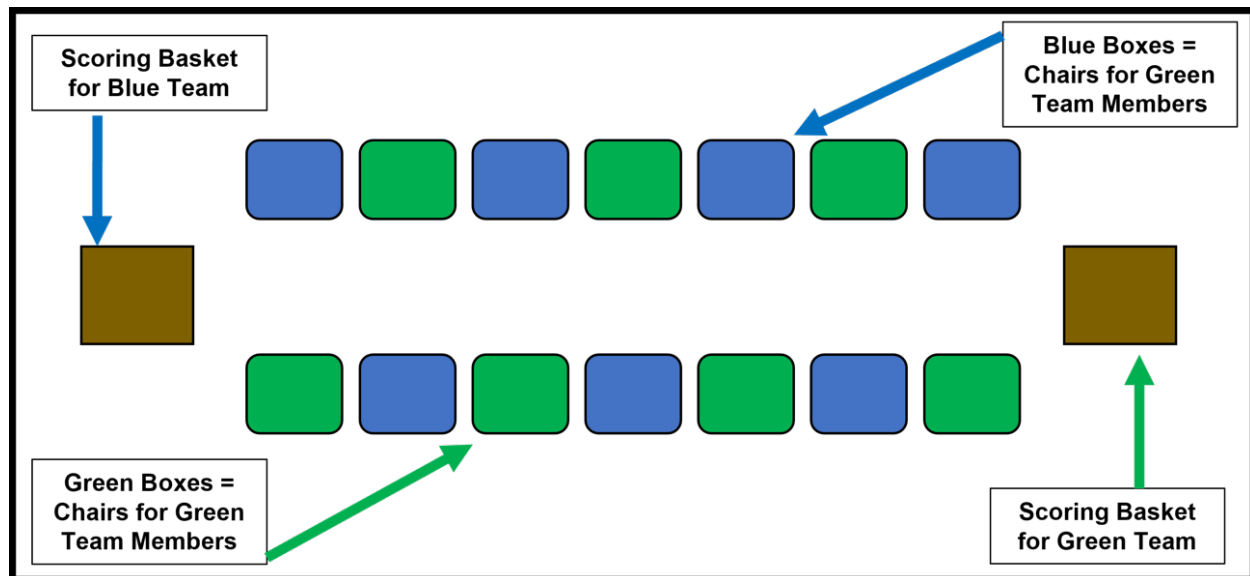
**Time Needed for this Activity:** 45 minutes to 1 hour

**Activity Instructions:**

Set up your participant chairs in two parallel rows facing one another with about 4 feet between (far enough away so that residents can easily pass the ball to one another across rows but not so close that it would be too easy). Residents will be split into two teams. Members from each team will be alternating in both rows (see chart on next page for details) to allow for passing the ball to both teammates on the same side and across on the parallel row for scoring. You can provide residents with colored leis, sweat bands, or other color indicators so they can easily identify members of their team during game play. You might even have them wear fun themed hats for each team (e.g., team 1 wears straw hats while team 2 wears ball caps, etc). Set up your laundry baskets, boxes or hula hoops on either end of the two rows for scoring. Finally, make sure that your dry erase board is set up nearby the playing area so residents can see the score as game is in session.

**See the chart on next page for layout details.**

### Setup Diagram:



**\*Note:** Arrows in the diagram above demonstrate passing options. Participants can pass to teammates on the same side or across. It is also an option for any team member to try and shoot a basket from their seat if they choose or pass to a teammate on the other end of the court.

**Rules:** Flip a coin to decide which team gets to start with the ball. Instructor/Coach will get to choose who starts with the ball. You can rotate/alternate which resident begins play each round to give everyone an opportunity to start with the ball. Once game play starts, the goal is for residents to pass the ball to their teammates whether that be someone on their side to the left or right or someone seated in the row across facing them. Players on the opposing team can block with their hands within their space but are asked not to physically touch the other players while trying to block a pass. To keep it easy to understand, Green team will always try to score on the right side of the court while blue will try to score in the basket on the left side of the court. You may choose to have residents on the outside and inside seats rotate halfway through your game to give everyone an opportunity to play near the baskets and have a chance to score. First team to reach a total of 5 baskets wins! You can play as many games as you like during your event. It's always a great idea to offer water to participants following the game and/or a snack.

**Tip:** If you have an EnerG bucks or Activity Bucks incentive program, this is a great activity to award some bucks. The winning team can get \$5 while all participants get \$1.

## Sport: Hockey and Soccer

### Materials Needed:

- One medium-sized ball. Ideally, this ball would have some weight to it such as a fitness/Pilates ball, playground ball, or soccer ball (beach balls will likely be too light for hockey or soccer play)
- Two laundry baskets, cardboard boxes or hula hoops
- Chairs for participants (ideally without armrests if possible)
- Dry erase board for keeping score
- Pool noodles cut in half or thirds (only for use in hockey game play)

**Time Needed for this Activity:** 45 minutes to 1 hour

**Activity Instructions:** Same as listed for basketball. See above.

### Rules:

For hockey and soccer play, replicate all the rules for basketball as listed above with a few slight modifications:

- For soccer play, use feet only for passing and scoring. For hockey, pool noodles cut in half should be used for game play passing and scoring.
- Turn the laundry baskets/boxes at either end of the playing space on their sides (openings facing the playing space) so that scoring can take place by kicking the ball in for soccer and hitting the ball in with noodles for hockey.
- Setup diagram shown on the previous page for basketball can be used for setup in both hockey and soccer options.

**Tip:** If you have an EnerG bucks or Activity Bucks incentive program, this is a great activity to award some bucks for- winning team can get \$5 while all participants get \$1.

## Sport: Balloon Volleyball

### Materials Needed:

- Two regular sized balloons. Manually blown up (no helium)
- Chairs for participants
- Volleyball net – If you don't have access to a volleyball net, you could use a rope or collapsible table between the teams (see diagram) to identify the boundaries.
- Dry erase board for keeping score



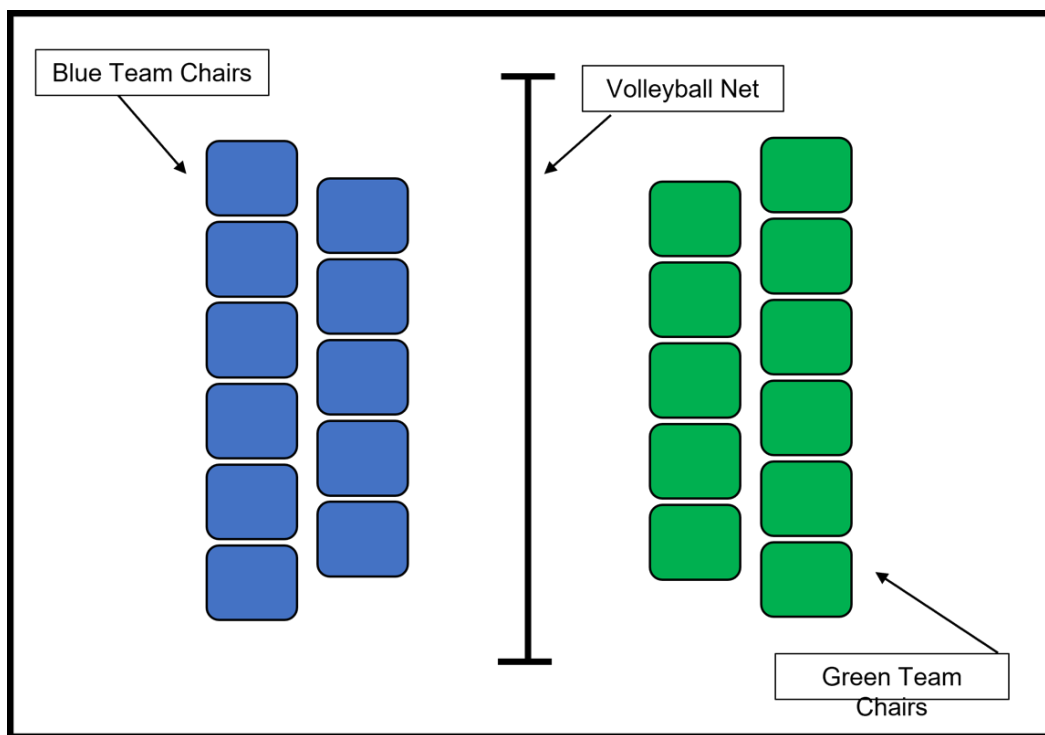


**Time Needed for this Activity:** 45 minutes to 1 hour

**Activity Instructions:**

Set up your participant chairs in four rows (two rows on each side of the net) facing one another with adequate space between teams (far enough away so that we can set up the net or a foldable table to easily distinguish boundaries and a point of reference to hit the balloon over). Residents will be split into two teams. Members from each team will sit together on their side of the volleyball net sitting in two rows facing the opposing team. You will want to stagger chairs and space the rows enough to allow for range of motion to hit the balloon without hitting their neighbors with the noodles. Finally, make sure that your dry erase board is set up nearby the playing area so residents can see the score as game is in session.

See the chart below for layout details.



**Rules:** Flip a coin to decide which team gets to start with the balloon. Instructor/Coach will get to choose who starts with the ball. You can rotate/alternate which resident begins play each round to give everyone an opportunity to start with the balloon. Once game play starts, the goal is for residents to hit the balloon over the net without letting it hit the ground when the balloon is in their zone. When the balloon hits the floor on the opposing team side, that will indicate one point scored. When game is in play, residents must stay seated. If anyone stands during game play, that can result in a foul and moving the ball to the opposing team to start play. The first team to reach a total of 10 points wins! You can play as many games as you like during your event. It's always a great idea to offer water to participants following the game and/or a snack.

**Tip:** If you have an EnerG bucks or Activity Bucks incentive program, this is a great activity to award some bucks. The winning team can get \$5 while all participants get \$1.

# Tuesday

## Day 2 - Celebrating Music Day

**Activity:** Elvis Bingo

**Dimensions of Wellness:** Occupational, Social, Emotional

**EnerG Champion Creator:**



**Shana Brown**

Lifestyle & Health Coordinator

Independence Village of East Lansing

EnerGizing Residents with Aegis since 2021

Activities professional since 2016



**Bio:** “I am Shana Brown. I have worked as an activities director for six years and at Independence Village of East Lansing for one and a half years. My college degree is in music therapy, and I was a practicing music therapist for three years in hospice before working in activities. With my background of knowing the era of music that seniors most connect with along with their suggestions, I’ve created a number of music bingos to tap into cognition, socialization, memory recall, and motivation to dance and sing. I hope your residents find music bingo as enjoyable as much as mine do.”

**Materials Needed:**

- Elvis bingo cards
- Markers, pens, or bingo chips to cover spaces
- Computer or device to access the Elvis Bingo Spotify Playlist
  - o <https://open.spotify.com/playlist/4CiSrIaqKUuGTCu0NWuGvb?si=81116ec7dacc4f99>

**Time Needed for this Activity:** 45 minutes to 1 hour

### Activity Instructions:

1. Distribute one bingo card to each participant..
2. Provide all participants with a pen, marker, or chips that can be used to mark off songs on the bingo cards.
3. Play a song clip from the Elvis Bingo Spotify playlist and allow residents to cover their space if they know the title of the song. Wait a few moments and then reveal the title of the song so those who don't know the title can mark their cards.
4. You can play with traditional bingo rules: 4 corners, across, down, diagonal, cover-all, etc., or create your own.
5. The Bingo cards attached can be edited if you prefer a more colorful template. You can customize them here: <https://mfbc.us/e/g6jwjef>

### Bingo Card Example:

## Elvis Bingo

Love Me Tender	U.S. Male	Jailhouse Rock	If I Can Dream	Way Down
For The Heart	Too Much	Guitar Man	Stuck On You	She's Not You
My Boy	Crying In The Chapel	Separate Ways	Hound Dog	Don't Be Cruel
Blue Suede Shoes	One Night	Always On My Mind	Little Sister	Don't Cry Daddy
It's Now Or Never	All Shook Up	Moody Blue	Fever	Return To Sender

myfreebingocards.com

## Elvis Bingo

One Night	U.S. Male	Hard Headed Woman	Moody Blue	Too Much
Burning Love	Hound Dog	She's Not You	Always On My Mind	If I Can Dream
In The Ghetto	Return To Sender	Love Me Tender	Jailhouse Rock	Separate Ways
Don't Be Cruel	Little Sister	Way Down	Stuck On You	Bossa Nova Baby
My Boy	For The Heart	Fever	Crying In The Chapel	Good Luck Charm

myfreebingocards.com

# Wednesday

## Day 3 - Rainbow Color Day



**Activity:** Stamped Greeting Cards

**Dimensions of Wellness:** Occupational, Social, Emotional

**EnerG Champion Creator:**



**Pat Gelinas**

Lifestyle & Health Coordinator

The Wellington at Springfield

EnerGizing Residents with Aegis since 2021

Activities professional for over 35 years

**Bio:** “Hi! My name is Pat Gelinas, and I work at The Wellington in Springfield, MA. I have been an Activity Director for over 35+ years, (I’m also a Certified Occupational Therapy Assistant) and for the last year and a half. I have been with Aegis Therapies as a Lifestyle and Health Coordinator. I enjoy the challenge of working with a diverse population of ages 63-103! I utilize my Guitarlele (a mix between a guitar and ukulele) in many programs on our Magnolia Trails, Memory Care Unit. We reminisce through music and enjoy action songs that include movement. I love to use recycled materials in craft making and enabling residents to run programs and participate in their past hobbies and interests...while introducing new programs and expanding the Aegis EnerG Program.”

**Total cost per person:** Once materials are obtained, hundreds of cards can be produced for pennies a piece!

- Stamp pads can be purchased for a few dollars each
- Fun foam stickers cost around \$1 - \$3 for a large bag at local discount or craft stores.
  - Tip: With a quick Google search, you can find discounted coupons online.
- Card stock costs pennies a sheet, especially when purchased in large packages
- Contact paper and sticky notes cost a few dollars each.

**Cost-Saving Tips:** Remember to utilize on-hand materials from your cache of crafts.

**Materials Needed:**

- 8 ½ x 11 card stock (cut in half and folded)
- Assorted recycled prescription bottles, vitamin bottles, or similar-sized containers.
- Fun foam stickers to make the stamp. These can be found at dollar stores, Walmart, craft stores, or online.
- Stamp sentiment
- Ink pads
- Contact paper
- Sticky notes

**Activity Instructions:**

1. Remove labels from prescription bottles and cover them with contact paper.
2. Layer 3 to 4 fun foam stickers on top of the prescription bottle (all going in the same direction) to form the stamp.
3. Place a sticky note in the center of the card. This will leave an open area for a sentiment or picture.
4. Use a newly created stamp with an ink pad to stamp around the sticky note.
5. Add sentiment or picture.
6. Write a note inside and share it with a friend, family member, or staff member.

**Greeting Card Example:**



# Thursday

## Day 4 - Hawaiian Tourist Day



**Activity:** Flying to Hawaii- An Armchair Travel Experience

**Dimensions of Wellness:** Social, Environmental

**EnerG Champion Creator:**



**Kayla Turner**

Lifestyle & Health Coordinator

The Amberleigh - Williamsville, NY

EnerGizing Residents with Aegis since 2021

Activities professional since 2019

**Bio:** “Hello! I’m Kayla Turner and I have worked as an Activities Director for 3 ½ years at The Amberleigh in Williamsville, NY. I work alongside my wonderful team and together we try to make as much fun as we can for our amazing residents. Our team includes Grace, Marcy, Katie and Beth and I couldn’t be any luckier have such positive and amazing women to make our department go so well. Our residents had a blast with this activity, and they were talking about it for days.”

### **Materials Needed:**

- Boarding Passes - customizable to your facility (see next page)
- Hawaiian Leis, beach balls, sunglasses, beach theme décor
- Cocktails or mocktails to serve on the “plane”
- Chairs set up in rows
- TV to access the Oahu Hawaii Documentary from YouTube: <https://youtu.be/146wHerwsBA>
- Spotify playlist- Hawaiian Luau music for boarding the plane/hula dancing/etc.  
<https://open.spotify.com/album/3YckBTPeQy9iAem7Gwku9g?si=DMiQNoiJQp60qvFlsIZUqQ>

**Time Needed for this Activity:** 1 hour 1 ½ hours

### Activity Instructions:

1. Distribute boarding passes to residents prior to the start of the activity
2. Provide all participants with fun things to wear such as leis, sunglasses or hats
3. Have the residents board the plane and as they walk into the room, scan their boarding passes. They can choose their seats and wait for takeoff.
4. You can then pretend to take off and serve drinks as they would on an airplane. We made blue lagoon cocktails and acted like flight attendants.
5. After enjoying cocktails they can get out of their seat or stay seated learn to hula dance with fun upbeat hula music so they are prepared for Hawaii.
6. When your plane lands, announce you are in Oahu and play the documentary.
7. After the documentary ends, ask if they have been to Hawaii or any memorable vacations they have been on.

### Printable Boarding Passes:

ENG → HNL				BOARDING DETAILS
<b>FIRST CLASS</b>				
PASSENGER NAME: _____				
ARRIVE	DEPART	DESTINATION		
<b>10/3</b>	<b>10/9</b>	<b>Oahu, HI</b>	<b>Flight 2330</b> Private Jet EnerG Unlimited cocktails!	

ENG → HNL				BOARDING DETAILS
<b>FIRST CLASS</b>				
PASSENGER NAME: _____				
ARRIVE	DEPART	DESTINATION		
<b>10/3</b>	<b>10/9</b>	<b>Oahu, HI</b>	<b>Flight 2330</b> Private Jet EnerG Unlimited cocktails!	



# Friday

## Day 5 - Wedding Season Day



**Activity:** Wedding Wonders

**Dimensions of Wellness:** Social, Intellectual, Emotional

**EnerG Champion Creator:**



**Jen Fackler**

Lifestyle & Health Coordinator

The Waterford at Levis Commons – Perrysburg, OH

EnerGizing Residents with Aegis since 2021

Activities professional since 2007

**Bio:** “I am Jen Fackler. I have been in activities since 2007 in skilled nursing, assisted and independent living. One of my favorite things is listening to the stories of the seniors I work with. This activity is meant to tap into some of the wonderful memories your residents may have, associated with their wedding day.”

**Activity Description:** A discussion and reminiscing activity engaging the senses as well as memory

**Materials needed:**

- Photos of wedding clothing printed from Google or from a bridal magazine. You can also use the photos at the end of this template:
- Cake (Optional)
- Champagne (Optional)

**Time needed for this activity:** 45-60 minutes

**Activity instructions:**

1. Have residents pass photos around, and have them choose their favorite dress, tuxedo,



bridesmaid dress, etc. You can have them vote on an overall favorite. Ask why they didn't choose the others.

2. Ask discussion questions:
  - a. Where did you get married (church, outdoors, justice of the peace, etc.)?
  - b. What did you wear?
  - c. Did you carry flowers?
  - d. For the men: Were you nervous? Where did you propose? How did you get the ring? (purchased, family heirloom, no ring, etc.)
3. If applicable, serve cake, champagne or other "reception" food.
4. Thank everyone for coming and sharing their stories with you.

**Additional notes:**

- \*As an extra piece of this activity, have staff and residents bring in their wedding photos to display in a prominent area.
- \*While serving food, have some love songs playing in the background.
- \*Don't be afraid to use pictures of some wild dresses. You may be surprised at who chooses them as a favorite!

**Wedding Photo**

















# 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.

Tlger	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 \_\_\_\_\_

RECS \_\_\_\_\_

# 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		

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			

# 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

**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



# 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 available at [www.walkwithaegis.com](http://www.walkwithaegis.com).

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

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).

## 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

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.

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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?

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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?

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# 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

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).







# Resources

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



**1. Log each participant's name and the total minutes they participated in all WALK! with Aegis events for the day.**

## 2. Calculate your team's 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).**





# 2022 CERTIFICATE OF PARTICIPATION

This hereby certifies that

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Participated in the **WALK! with Aegis Therapies®** wellness event in support of the International Council on Active Aging's 2022 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.

A handwritten signature in black ink, reading "Martha Schram".

Martha Schram, President and CEO of Aegis Therapies

Presented by:







PRESENTED BY:



## CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES 2022

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 using a series customizable plans and activities to accommodate all participant levels and locations.

### Virtual and Customizable

Aegis Therapies and EnerG by Aegis have tailored this year's WALK! activities to be flexible, with options for both in-person and virtual events.

Visit [www.walkwithaegis.com](http://www.walkwithaegis.com) for links to live and recorded events, activity guides and more.

### 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.

**DATE:**



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. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。WALK-00064-22 S2920







**AegisTherapies.com**