



WALK!

with Aegis Therapies

2021 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 2021?

Year 13 of WALK! with Aegis is once again a special version, with this week-long celebration of health and wellness supporting virtual-friendly events. Just as in year's past, this event, held at hundreds of locations and various settings across the country, focuses on Aegis' seven identified dimensions of wellness using a series customizable plans and activities to accommodate all participant levels and locations.

This year's WALK! events are designed to continue to support the need for virtual and distanced activities while helping support connection, wellness and most importantly active aging. With the current Public Health Emergency in mind, **Aegis Therapies and EngerG by Aegis have designed 2021's WALK! activities to be flexible, and allow each participant or participating location to design their event in a way that best supports and follows all applicable infection control policies and procedures.**

- 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 2021 event support materials and activity videos available at 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 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, 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.

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 pages 40-41 for 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.

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 you 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.

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 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 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 2021.

Posters and fliers can be downloaded at www.WalkWithAegis.com.



WALK!
with Aegis Therapies

PRESENTED BY: **ACTIVE AGING WEEK**

CELEBRATE ACTIVE AGING WEEK AND WALK! WITH AEGIS THERAPIES 2021

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 customizable plans and activities to accommodate all participant levels and locations.

Virtual and Customizable

We continue to make modifications to support the need for virtual and distanced activities. 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. Visit 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 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 call your local Aegis Therapies location for assistance. Servicio de interpretación está disponible sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 歡迎所有需要的人士參加。歡迎任何人士參加Aegis Therapies 提供之服務。 WALK! 000000-001 02/2021

WALK! WITH AEGIS THERAPIES 2021 TALKING POINTS FOR EXECUTIVE DIRECTORS

- Our Annual WALK! with Aegis Therapies event is a celebration of health and wellness. It is now in its 12th 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 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.
- 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 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 2021. 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** 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.
- 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)
- Use the template online to create a press release that summarizes your WALK! activities.
- Contact media@aegistherapies.com for assistance in pulling local media contact information to share your press release and photos.

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 973-372-6766 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**) 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**) 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. 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.



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.



WALK!
with Aegis Therapies

ACTIVITY GUIDE

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



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



Share your favorite home cooked meal or recipe.



Share your favorite holiday tradition.



Share your favorite childhood memory.



TUESDAY



Share your occupation.



Share your past or current favorite hobby.



Share your favorite handmade project.



WEDNESDAY



Share your top self-care tip.



Share what makes you happy.



Share your favorite prayer or ritual.



THURSDAY



Share your favorite outdoor activity.



Share your favorite vacation spot.



If you could visit anywhere, where would that be and why?



FRIDAY



Share something you'd tell your younger self.



Share one of your funniest moments.



Share your favorite joke.



USE THE BELOW SAMPLE WALK! CALENDAR TO HELP PLAN THE WEEK'S ACTIVITIES:

2021 WALK EVENT CALENDAR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	INTELLECTUAL	OCCUPATIONAL	EMOTIONAL/ SPIRITUAL	ENVIRONMENTAL	SOCIAL
10:00 AM	Flow Fit LIVE ZOOM	EnerG Exercise LIVE ZOOM	Cardio Kickboxing LIVE ZOOM	Core & More LIVE ZOOM	Dance Fitness LIVE ZOOM
11:00 AM	Gratitude Journaling Wellness Wednesday video	Nutrition & Brain Health Wellness Wednesday video	Guided Imagery Wellness Wednesday video	Tension Release Stretching Wellness Wednesday video	Laughter Yoga Wellness Wednesday video
2:00 PM	Flow Fit LIVE ZOOM	EnerG Exercise LIVE ZOOM	Cardio Kickboxing LIVE ZOOM	Core & More LIVE ZOOM	Dance Fitness LIVE ZOOM
3:00 PM	SHARE WITH US!*	SHARE WITH US!*	SHARE WITH US!*	SHARE WITH US!*	SHARE WITH US!*

*Please reference the Walk with Aegis leader packet for activities that align with each day and the dimension of wellness featured for the "Share With Us" 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.



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.



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.

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.

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Total Minutes	



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.

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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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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.



2021 CERTIFICATE OF PARTICIPATION

This herby certifies that

Participated in the **WALK! with Aegis Therapies** wellness event in support of the international Council on Active Aging's 2021 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 2021

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

We continue to make modifications to support the need for virtual and distanced activities. With the current Public Health Emergency in mind, Aegis Therapies and EngerG by Aegis have tailored this year's WALK! activities to be flexible, depending on each individual or location's COVID-19 policies and procedures. Visit **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:





AegisTherapies.com

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