



WALK!
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2024
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?

The sixteenth annual WALK! with Aegis Therapies® is a celebration of health and wellness that takes place on September 30th -October 5th, 2024. This event, held at hundreds of locations and various settings across the country, focuses on Aegis' seven dimensions of wellness using a series 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 2024 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 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.

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. Log onto MyCare to calculate a participants' collective miles.



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.

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 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 2024.

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 2024

DATE: September 30th - October 5th, 2024

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 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 your Aegis representative at 877-877-9889.

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 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. 我們提供免費的語音服務。請撥打您的本地Aegis Therapies電話或訪問網站。 WALK!00119124 25200

WALK! with Aegis Therapies 2024 Talking Points for Executive Directors

- Our Annual WALK! with Aegis Therapies event is a celebration of health and wellness. It is now in its 16th 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.
 - 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 Teams 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.
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- 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: 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 2024. 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 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.
- 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.

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 - "On Wednesdays We Wear Pink" Day*
- *Day 4 - Tourist Day*
- *Day 5 - Campout Adventure 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?



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



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



Tuesday



What genre of music motivates and inspires you?



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



Share your favorite handmade project.



Wednesday



What was your best memory from high school?



Are you still friends with anyone you went to school with?



What was the most challenging thing you accomplished?



Thursday



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



Share a fun vacation memory from your childhood.



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



Friday



What was one of your most memorable camping experiences? Include the city/state were you visiting.



Which do you prefer- camping in the forest, beach, or in the mountains and why?



What types of activities do you like to do while camping?



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

2024 WALK EVENT CALENDAR

TIME	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4
10:00 AM & 2:00 PM CST	<p>Brain & Body Movement</p> <p>Brain & Body Movement is a seated class focused on a warm-up, a mixture of sequencing, music (this helps find that beat and pattern), light weights and revisiting with more movement/sequencing, followed by a cool-down. This three-part class has many dimensions of wellness. Physical is the primary focus, but cognitive, social and emotional aspects are also targeted in this class.</p>	<p>Seated Pilates Dance</p> <p>Seated Pilates Dance is a musically based cardio, flexibility and strength class. Participants will perform Pilates-inspired movements to the beat of music. This is a fun and unexpected way to challenge coordination. This workout is designed as a full-body, feel-good and fun exercise. Optional but highly encouraged is a small Pilates ball or beach ball for the residents to hold on to while doing their movements.</p>	<p>Rock Steady Boxing</p> <p>This exercise program is based on the foundations of Rock Steady Boxing for Parkinson's disease. The format includes a warm-up and stretching, followed by simple boxing combinations that increase in complexity with each round. Participants can choose to be seated or standing based on their preferences and needs.</p>	<p>Seated Tai Chi</p> <p>Seated Tai Chi is a mind-body exercise that combines meditation, movements and deep breathing. Practicing Tai Chi can improve balance, focus, range of motion, stretching, inner strength and relaxation.</p>	<p>Scarf Stretch & Strength</p> <p>Scarf Stretch & Strength is an all-in-one class. By utilizing a scarf or a similar object this class can help with help with carpal tunnel and arthritis pain. The goal is to help improve flexibility, strength and mobility. Scarf Stretch & Strength is a beginner-friendly class with modification options.</p>
LEADER	Crystal Dawson	Karina Furlic	Beth Engler (Prerecorded AM) Shawn Reich (PM)	Shelby Megyeri	Jacenta Scott
DAILY THEME	<p>Show Your Team Spirit Day (Sports Theme)</p> <p>*Wear your favorite sports-themed clothing/accessories.</p>	<p>Celebrating Music Day</p> <p>*Wear your favorite band t-shirt or share your favorite musician/band/song.</p>	<p>Wednesday's We Wear Pink</p> <p>*Wear your favorite pink items.</p>	<p>Tourist Day (Visiting the US National Parks)</p> <p>*Dress like a hiker! Wear your favorite flannel shirt, pair of boots, sun hat or any other item you might wear on a mountain hike in the wilderness.</p>	<p>Campout Adventure Day</p> <p>*Wear something you might sport at a BBQ – T shirts, jeans or maybe a fun hat! Also, be sure to bring your favorite campfire song requests to the social today!</p>

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!

*Note: Due to this activity having several sports game options, team members who've participated last year can select another game option to add variety. For example, if they chose to play soccer last year, they might select hockey, volleyball or basketball this year.

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

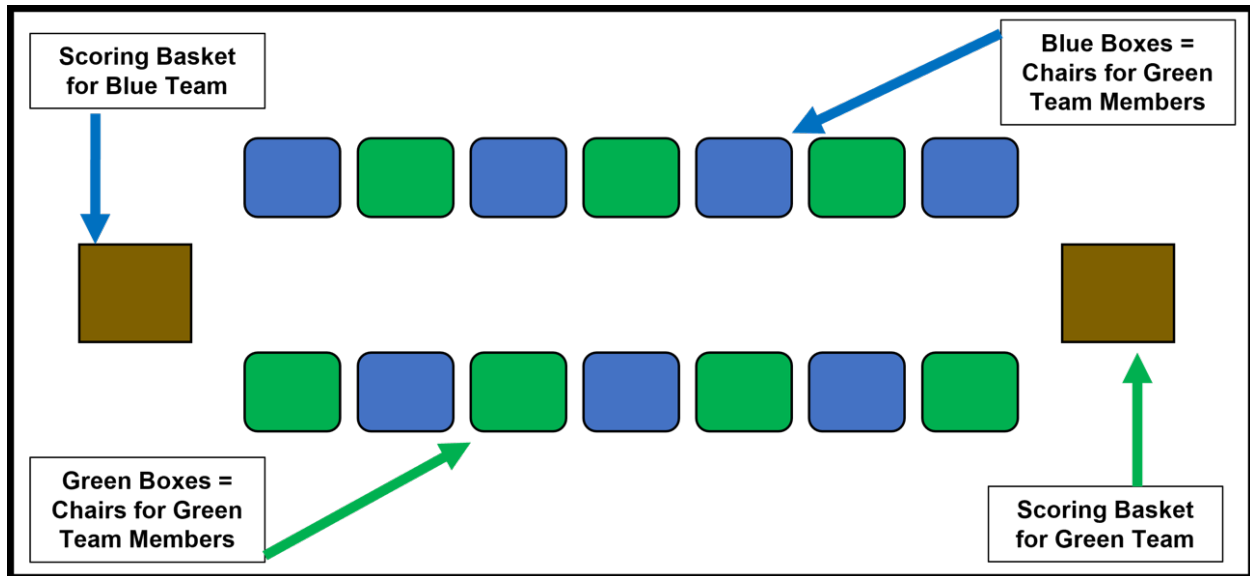
Time Needed for this Activity: 45 minutes to 1 hour

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

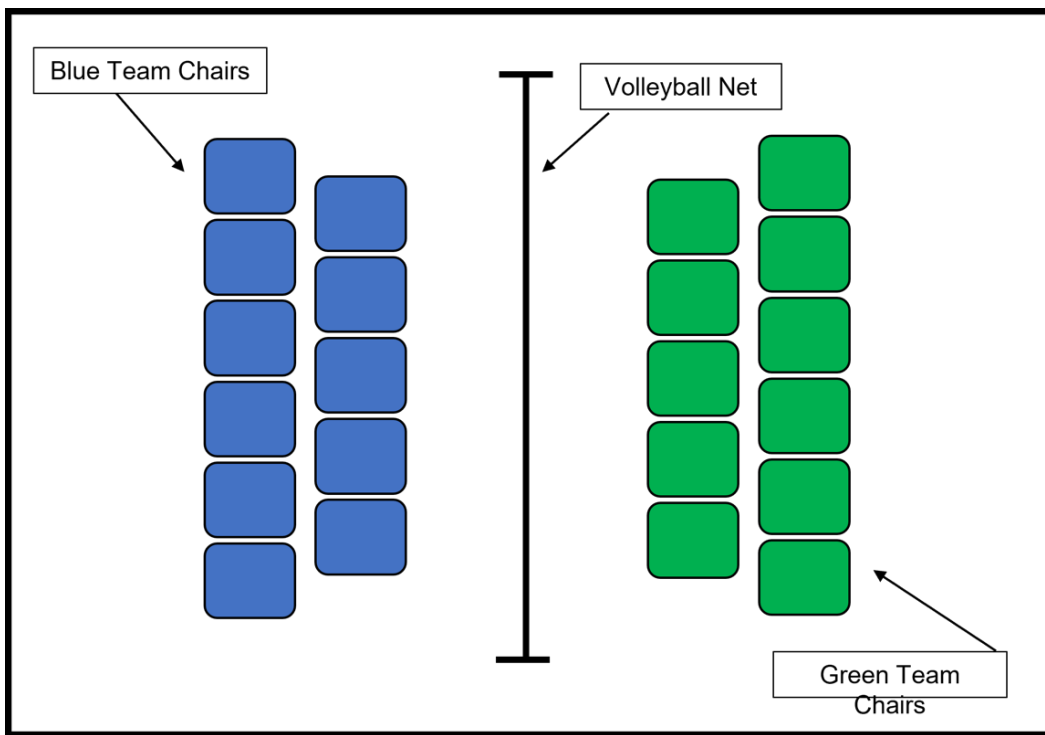


Time Needed for this Activity: 45 minutes to 1 hour

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: 1960's Motown Bingo

Dimensions of Wellness: Occupational, Social, Emotional

Materials Needed:

- 1960's Motown Bingo cards
- Markers, pens, or bingo chips to cover spaces
- Computer or device to access the 1960s Motown Bingo Spotify playlist
- Link to playlist:

[o https://open.spotify.com/playlist/3SaT9SQBEtJmzAFeJWAXt9?si=8edd68dd716b4629](https://open.spotify.com/playlist/3SaT9SQBEtJmzAFeJWAXt9?si=8edd68dd716b4629)

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 1960's Motown 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/utwvf2t>

Bingo Card Example:

1960s Motown

Please Mr. Postman	Ain't Too Proud to Beg	You Can't Hurry Love	I Second That Emotion	Come See About Me
Nowhere to Run	You Keep Me Hangin On	I Can't Help Myself (Sugar Pie, Honey Bunch)	Reach Out I'll Be There	Ooo Baby Baby
My Girl	You've Really Got a Hold on Me	Since I Lost My Baby	Choosy Beggar	You're All I Need to Get By
Ain't That Peculiar	Dancing in the Street	The Tears of a Clown	The Tracks of My Tears	Get Ready
I Heard It Through the Grapevine	Where Did Our Love Go	This Old Heart of Mine (Is Weak for You)	Ain't No Mountain High Enough	Do You Love Me

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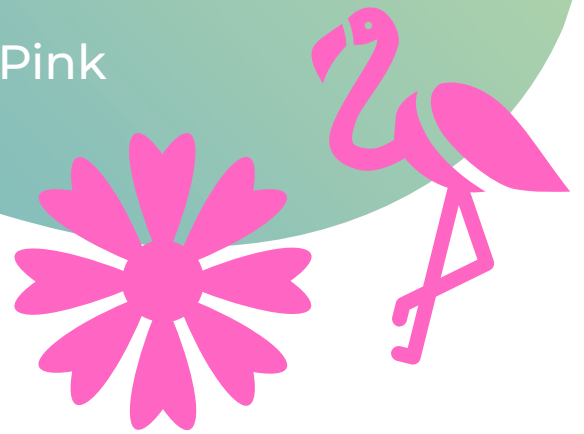
1960s Motown

Reach Out I'll Be There	I Want You Back	Where Did Our Love Go	Ooo Baby Baby	Please Mr. Postman
Get Ready	I Can't Help Myself (Sugar Pie, Honey Bunch)	Dancing in the Street	You Keep Me Hangin On	Papa Was a Rollin' Stone
Since I Lost My Baby	Come See About Me	The Tracks of My Tears	You've Really Got a Hold on Me	You Can't Hurry Love
You're All I Need to Get By	Baby Love	Heat Wave	I Heard It Through the Grapevine	Ain't That Peculiar
Choosy Beggar	Ain't Too Proud to Beg	The Tears of a Clown	Ain't No Mountain High Enough	I Second That Emotion

myfreebingocards.com

Wednesday

Day 3 - On Wednesdays We Wear Pink



Activity: We Wear Pink Acrostic Poem

Dimensions of Wellness: Intellectual, Social, Emotional

Activity Instructions:

Participants create words or phrases that correspond to the letters that describe something pink or correspond with pink day.

Example: P - Pig, I - Ice cream

We Wear Pink Acrostic Poem sheet example on next page.

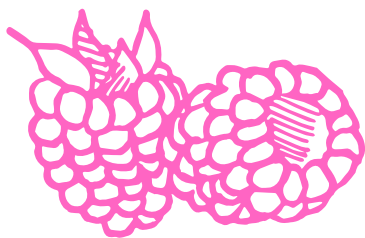
Raspberry Punch Recipe:

Ingredients:

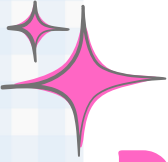
- 2 liter raspberry (or regular) Ginger Ale
- 24 oz. of Pink Raspberry Sherbet
- Fresh Raspberries

Instructions:

Mix Giner Ale with Raspberry Sherbet in a large bowl. Top off with fresh raspberries and distribute to residents to enjoy!



WE WEAR PINK ACROSTIC
POEM



P

I

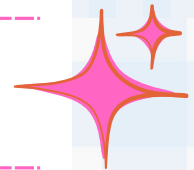
N

K

D

A

Y



Thursday

Day 4 - Tourist Day



Activity: Visiting the US National Parks - **An Armchair Travel and Fitness Experience**

Dimensions of Wellness: Social, Environmental

Materials Needed:

- National Parks Day Pass – can we create a customized national parks train ticket that includes EnerG logo, has a space for park visitor name (resident name), and lists the dates for WWA week similar to the boarding passes for last year?
- Intellectual Trivia and Word Game sheets – make enough copies for each resident to have their own copy to reference throughout your activity
 - National Parks Trivia Quiz
 - National Parks Spelling Bee
- *note- the resources above were downloaded from the Passport for Wellness website that corresponds to the fitness class video linked below. Here is a direct link to these resources if needed: <https://www.passportforwellness.com/national-parks-activities/>
- Dry erase board or easel with a large sheet of paper
- Markers- for use on boards
- Pens or pencils- for residents to write in answers on their sheets if they choose to
- TV to access the National Parks 4k scenic and relaxation video: <https://www.youtube.com/watch?v=tOHZ1mcAK8s>
- Optional additional themed activity to schedule at another time during National Parks Day: National Parks Fitness Class with Passport for Wellness <https://www.youtube.com/watch?v=u5aYa5gL28c>

Activity Instructions:

- Set up the room in rows facing the Television as if boarding a train to the National Parks
 - It helps to divide the chairs into two sides, creating an aisle between. Include two chairs per row on each side
- Distribute National Parks Train Passes to participants as they arrive – write their names on the tickets before giving to them
- Provide participants with fun things to wear as attendance prizes such as sunglasses, hats, or toy binoculars (all items suggested can be purchased as packs of 25 for under \$30 if your budget allows)

- Welcome everyone to their train ride through the National Parks. Use this script or create your own “Welcome to the EnerG Walk with Aegis National Parks Scenic Train Ride! Throughout our journey today, you will take in some breathtaking scenery, learn interesting facts about the US National Parks, share personal stories about parks you have visited in person, and test your knowledge with a little parks themed trivia. Sit back and relax as we kick off our trip together by taking in some beautiful scenes from our US national parks.”
- Play the first 5 minutes of the National Parks Scenic Relaxation video and allow participants to watch. During this time, you will visit Yosemite and Zion National Parks. After 5 minutes, turn down the volume enough to where participants can hear you as you guide them through the intellectual activities but still faintly hear the relaxing music. Allow the video to continue playing in the background throughout the rest of the activity.
- Distribute the US Parks Trivia Quiz (questions only) to all participants. As the leader, read each question aloud to participants and allow everyone to raise their hand for the multiple choice answer they choose. For example, question 1 reads “ What is the name of the tallest mountain in North America” – list off the possible answers aloud- a) Denali, b) Rainier, c) Dora, or d) Whitney. Then allow residents to think of their answer and as you read back the options, have residents raise their hands for the answer they choose. After everyone has had a chance to cast their vote by raising hands, read the answer and share with the group. Move on to the next question and continue this process until you have made it through all 10 questions in the quiz.
- Now it is time for our National Parks Spelling Bee! If possible, set up a dry erase board or easel to write the words as the group spells them. Verbally provide each of the 10 words and have your participants spell the words by shouting letters out, OR have each resident say a letter, spelling each word as a group by allowing each person to have a chance to contribute. For example, start in the front row and have the resident furthest to the left give you the first letter of the first word. Our first word in the activity is “Denali”, so that first person would likely say “D”, person 2 would say “E”, and so on. If anyone got the letter wrong, you could allow them to guess again or move to the next person until everyone has gotten a turn.
- The final piece of your activity will include opening a discussion for residents to share their favorite national parks memories. If they have never been to a national park, you can involve those individuals by asking them which park they would like to visit and why.
- Optional: as residents leave, have them drop their train tickets in a basket for a chance to win a prize

Printable Boarding Pass

 <h2>US National Parks Boarding Pass</h2>		<p>BOARDING DETAILS</p>  <p>CLASS: Executive Unlimited cocktails!</p>
<p>PASSENGER NAME: _____</p>		
<p>ARRIVE</p> <p>10/2</p>	<p>DEPART</p> <p>10/6</p>	<p>Welcome to the EnerG Walk with Aegis National Parks Scenic Train Ride! Throughout our journey today, you will take in some breathtaking scenery, learn interesting facts about the US National Parks, share personal stories about parks you have visited in person, and test your knowledge with a little parks themed trivia. Sit back and relax as we kick off our trip together by taking in some beautiful scenes from our US national parks.</p>

Friday

Day 5 - Campout Adventure Day



Activity: Campfire Stories- A humorous creative writing activity

Dimensions of Wellness: Social, Intellectual, Emotional

Activity Description: This fun collaborative creative writing activity is reflective of the popular book series “Mad Libs”. If you are not familiar, this activity involves creating a story based off of random words selected by choosing words that correspond with certain types of words that are listed within the story. The most fun aspect of the process is reading the story back after selecting random words without knowing the story they are being dropped into! Have fun with your residents by guiding them through this activity in pairs. The activity will close with the pairs reading their story creations aloud to the group.

Materials needed:

- Campfire story fill in the blank sheets
- Pens/pencils
- Optional: play this campfire video on your TV screen if available or select a similar campfire video of your choosing: https://www.youtube.com/watch?v=RAX_I4AgjiU


Activity instructions:

- Pair up your residents so everyone has a partner.
- Provide each pair with campfire story builder activity sheets.
- Partner 1 will ask their partners to select words that correspond to the word types listed (numbers 1-18) and will write down those words on page 1 of campfire story builder.
- Partner 2 will then ask partner 1 to select words that correspond to the word types listed (numbers 19-37) and will write down those words on page 1 of the campfire story builder.
- Pairs will then flip to page 2 of the campfire story builder. Select a partner to copy the words from page 1 to the corresponding blanks in the story on page 2 of the story builder.
- Pairs will select a partner to read their unique story aloud to the group as we go around the room for sharing. The stories will likely make everyone laugh as they were generated selecting words without knowing the theme of the story!
- Optional- post your resident stories around the tables at your Walk with Aegis closing happy hour social. This will give the rest of the residents a laugh that were not able to join the activity.



Additional notes:

- Tips for other themed activities today: Plan your week-end social to be campfire themed! Maybe you select a campfire themed signature cocktail, serve apple cider, or offer s'mores and/or BBQ themed items as your refreshments. You may also decide to have some fun yard games set up in your social area such as washers, cornhole, or ladder golf. Select campfire themed decorations and maybe play some themed music.

Sample Campfire Story Builder Activity:



Campfire Story Builder

Campfires Story Builder #1:

Partner #1- Name: _____

Partner #2- Name: _____

Partner 1- begin by asking partner 2 to give you some words in the categories listed for numbers 1-18. You will write down your partner's answers as you work through the list. You will switch roles at number 19 at which point partner 2 will write down partner 1's answers for the words listed in numbers 19-37.

1. Name 1 _____	11. Plural noun _____
2. Name 2 _____	12. Adjective _____
3. Adjective _____	13. Past tense verb _____
4. Past Tense Verb _____	14. Adverb _____
5. Adjective _____	15. Plural Noun (food) _____
6. Plural noun _____	16. Noun _____
7. -ing verb _____	17. Plural Noun (type of canned food) _____
8. Adverb _____	_____
9. Noun _____	18. Name 2 (same as #2) _____
10. Verb _____	_____



For the questions below, switch roles and have partner 2 write in partner 1's words.

19. Type of Animal _____	29. Adjective _____
20. Name 1 (same as #1) _____	30. Noun _____
21. Past tense verb _____	31. Name 1 (same as #1) _____
22. Noun _____	32. Name 2 (same as #2) _____
23. Name 2 (same as #2) _____	33. Verb _____
24. Past tense _____	34. Adjective _____
25. Noun _____	35. Noun _____
26. Animal (same as #19) _____	36. Plural noun _____
27. Past tense verb _____	37. Adjective _____
28. -ing verb _____	_____

the words you wrote on page 1 to the corresponding blanks. For example, number 1, will go in the first blank below. Repeat this to fill in the entire story aloud to the group. Pairs will take turns sharing. It will be fun to hear read through this fun process!

and (2) _____ went on a (3) _____
 _____ their (5) _____

_____d started (7) _____, (8) _____ to
 _____. They knew they needed to (10) _____
 _____ before it became too (12) _____ so
 _____ very (14) _____. For a snack they decided
 _____ on a (16) _____ and cook up a can
 _____. As it got dark outside, (18) _____ heard
 _____ make a sound in the woods! (20) _____
 _____ a (22) _____! Outside,
 24) _____ a (25) _____ from
 _____ (27) _____ but not before
 all the (29) _____ (30) _____!
 e, (31) _____ and (32) _____ left
 _____ up a (34) _____ (35) _____ and
 _____. It truly was a (37) _____ camping trip!

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Campfire Story Builder



Campfires Story Builder #1:

Partner #1- Name: _____

Partner #2- Name: _____

Partner 1- begin by asking partner 2 to give you some words in the categories listed for numbers 1-18. You will write down your partner's answers as you work through the list. You will switch roles at number 19 at which point partner 2 will write down partner 1's answers for the words listed in numbers 19-37.

- | | |
|--------------------------|---|
| 1. Name 1 _____ | 11. Plural noun _____ |
| 2. Name 2 _____ | 12. Adjective _____ |
| 3. Adjective _____ | 13. Past tense verb _____ |
| 4. Past Tense Verb _____ | 14. Adverb _____ |
| 5. Adjective _____ | 15. Plural Noun (food) _____ |
| 6. Plural noun _____ | 16. Noun _____ |
| 7. -ing verb _____ | 17. Plural Noun (type of canned food) _____ |
| 8. Adverb _____ | _____ |
| 9. Noun _____ | 18. Name 2 (same as #2) _____ |
| 10. Verb _____ | |

For the questions below, switch roles and have partner 2 write in partner 1's words.

- | | |
|--------------------------------|-------------------------------|
| 19. Type of Animal _____ | 29. Adjective _____ |
| 20. Name 1 (same as #1) _____ | 30. Noun _____ |
| 21. Past tense verb _____ | 31. Name 1 (same as #1) _____ |
| 22. Noun _____ | 32. Name 2 (same as #2) _____ |
| 23. Name 2 (same as #2) _____ | 33. Verb _____ |
| 24. Past tense _____ | 34. Adjective _____ |
| 25. Noun _____ | 35. Noun _____ |
| 26. Animal (same as #19) _____ | 36. Plural noun _____ |
| 27. Past tense verb _____ | 37. Adjective _____ |
| 28. -ing verb _____ | |

Fill in the story by transferring the words you wrote on page 1 to the corresponding blanks. For example, the word you wrote on page 1, number 1, will go in the first blank below. Repeat this to fill in the entire story and all 37 blanks.

Select a partner to read the story aloud to the group. Pairs will take turns sharing. It will be fun to hear the varying stories you all created through this fun process!

(1) _____ and (2) _____ went on a (3) _____ camping trip. They (4) _____ their (5) _____ (6) _____ and started (7) _____. (8) _____ to build a (9) _____. They knew they needed to (10) _____ a lot of (11) _____ before it became too (12) _____ so they (13) _____ very (14) _____. For a snack they decided to make (15) _____ on a (16) _____ and cook up a can of (17) _____. As it got dark outside, (18) _____ heard a (19) _____ make a sound in the woods! (20) _____ was scared and (21) _____ a (22) _____! Outside, (23) _____ (24) _____ a (25) _____ from inside the tent. The (26) _____ (27) _____ but not before (28) _____ over all the (29) _____ (30) _____! When the morning came, (31) _____ and (32) _____ left to go (33) _____ up a (34) _____ (35) _____ and gather (36) _____. It truly was a (37) _____ camping trip!



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.

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.



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.

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

2. Calculate your team's total daily miles:

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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 Mediation

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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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.

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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.



2024 CERTIFICATE OF PARTICIPATION

This hereby certifies that

Participated in the **WALK! with Aegis Therapies**® wellness event in support of the International Council on Active Aging's 2024 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 2024

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 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:
September 30th - October 5th, 2024





AegisTherapies.com