

3-9-2022

## Zoom in to Fitness: A Novel Way of Bringing Fitness Experts to Seniors

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### Recommended Citation

Wells, Tessa; Boyd, Jenna; Fisher, Gabriel; Kranz, Victoria; and Petricko, McKenzie, "Zoom in to Fitness: A Novel Way of Bringing Fitness Experts to Seniors" (2022). *Posters and Presentations: Physical Therapy*. 33.

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# Zoom in to Fitness: A Novel Way of Bringing Movement Experts to Seniors

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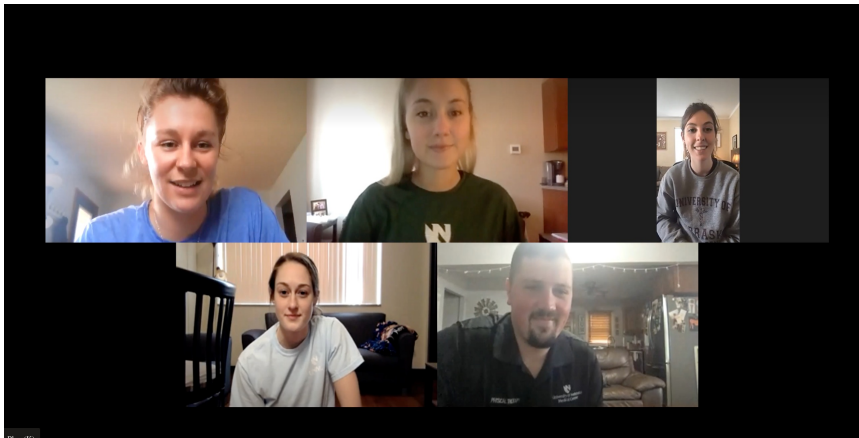
Victoria Kranz, SPT

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Tessa M. Wells, PT, DPT, CEEAA, GCS



# Who we are and what is Zoom into Fitness?



- A unique in-home exercise experience
- Fitness class designed for aging adults
- Whole body approach for individuals of any fitness level

# Objectives

1. Discuss the positive impact of physical activity on senior wellness, cognition and social connectedness.
2. Discuss an innovative strategy for senior activity amidst COVID-19 facility restrictions.
3. Identify design considerations for implementing a physical activity event in your facility, including possible community partners, facilitators and barriers.
4. Experience segments of a physical activity program at various intensity modification levels.
5. Explore additional modalities for senior engagement in a virtual environment to impact healthy lifestyle.

Presentation link  
– handouts –

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# Plan for today

- Background
- Presentation of research related to physical activity and wellness
- Design considerations and community partners
- Experience Zoom into Fitness!
- Group brainstorming for other modalities
- Q & A



# Lifestyle Medicine Framework



- Holistic picture of health and wellness
- More than absence of disease
- Ability to reverse disease processes and life fulfilled lives

## 6 pillars of Lifestyle Medicine

1. Physical Activity
2. Stress Management
3. Social Connections / Relationships
4. Sleep
5. Avoiding Risky Substances
6. Healthful Eating

# How Zoom Into Fitness Came To Be

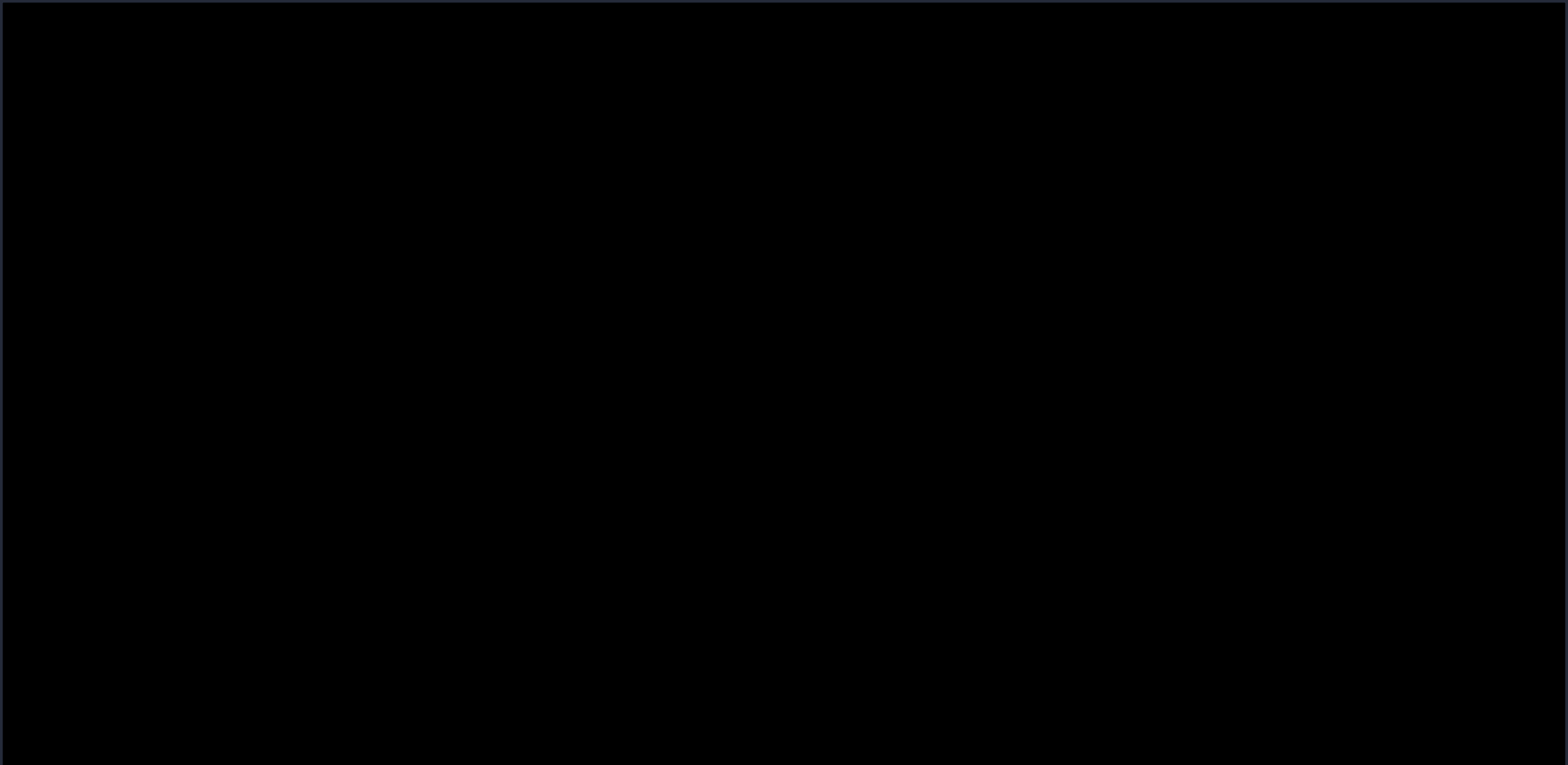
- COVID and the many obstacles it presented
- Physical activity, socialization and mental health are interlocked in a positive feedback loop
- "The relationship between physical and mental health: A mediation analysis"

<https://www.sciencedirect.com/science/article/pii/S0277953617306639?via%3Dihub>



<https://www.tikvahlake.com/blog/why-we-get-bored-and-what-it-can-mean/>

# Design considerations: “How To’s”



# Design considerations: Improvements



- **Obstacles:**
  - Equipment & space
  - Scheduling
  - Quarantine / location availability
- **Improvements:**
  - Zoom Instructions / tutorial before session
    - Exercise intensity as 'name' on zoom
  - Collecting pre & post data
    - Satisfaction with exercises
    - Ability to understand instructions
    - Ease of use
    - Contact information for another session
    - Interest in other sessions
- **Don't let perfection get in the way of progress!**

# Keep It Going!



[https://www.123rf.com/photo\\_129490239\\_happy-family-sport-activity-mother-father-and-kid-doing-morning-exercising-at-home-dad-mom-and-little.html?vti=m78m2d6aim4xoodhnb-1-2](https://www.123rf.com/photo_129490239_happy-family-sport-activity-mother-father-and-kid-doing-morning-exercising-at-home-dad-mom-and-little.html?vti=m78m2d6aim4xoodhnb-1-2)

- Make this into a longitudinal project with UNMC
- Virtual and in-person options
- Spread the word
- Connect this project to your community and help it grow

**Your Turn!**

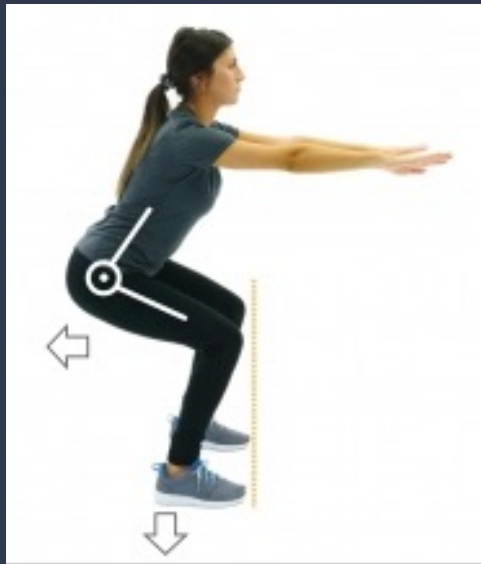
# Warm-up



## **Alternate 3 sets: 3 min total**

- **Marching/walking in place (30 seconds)**
- **Arm circles (30 seconds)**

# Squat



**3 sets of 10 repetitions**

- **Easier: (Jenna)**
  - Mini squat
- **Harder: (Gabe)**
  - Weighted squat
- Alternative exercise: (Tessa)
  - Sit to stand

# Shoulder Press



**3 sets of 10 repetitions**

- **Easier: (Jenna)**
  - pulse/small movements, sit with back support
- **Harder: (Gabe)**
  - Add weight (cans or dumbbells), eliminate back support/stand

# Bicep curls



**3 sets of 10**

- **Easier: (Jenna)**
  - **No weight**
- **Harder: (Gabe)**
  - **Add weight**

# Cool down



## Stretch 20-30 seconds each

- Calf stretch
  - Use chair for support
- Hamstrings
  - Sitting in chair, on ground or standing touch toes
- Chest
  - Sitting, use chair to stabilize
- Quad
  - Sitting on knees, standing pulling a leg, lunge position
- Shoulder
  - Cross over body pull



## Healthful Eating

- Cooking classes
- “Swap this for that” activities

## Stress Management

- Meditation Minutes
- Gratitude activities
- Incorporate mindfulness into things that already exist



## Sleep

- Sleep hygiene info sessions
- Timing of meals and/or meds

## Relationships

- Creative gatherings
- Support groups

**Share your ideas!**

Addressing LM Pillars: Healthful Eating, Stress Management, Sleep, and Relationships

# References

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Bezner, J. R. (2015). Promoting health and wellness: implications for physical therapist practice. *Physical Therapy*, 95(10), 1433-1444.

Exercise images: [https://www.hep2go.com/index\\_b.php?userRef=jflbjlifidnh](https://www.hep2go.com/index_b.php?userRef=jflbjlifidnh) accessed 2.24.2022

One-Minute Guided Meditation Minute <https://www.youtube.com/watch?v=kl4bDaZ83g4> from Medbridge.