

March 16, 2012

Interval Training and Functional Fitness for Seniors

Dr. Barbara Day Lockhart, Brigham Young University

The CardioWaves modified interval training program for mindbody wellness helps to establish a balanced ratio of sympathetic and parasympathetic nervous system activity. This balance is pertinent to maintaining a healthy immune system and offsetting the negative effects of stress. CardioWaves is individualized physical activity that each person can do regardless of conditioning or ability. This enables Seniors to adopt a physically active lifestyle and at the same time reduce the effects of stressors that are causing health problems. Dr. John Ratey and others have also concluded that interval exercise is the most effective exercise method for neurogenesis, the development of new brain cells. Neurogenesis occurs at any age and can help prevent or slow down the onset of Alzheimer's and other brain maladies affecting Seniors.

Functional fitness provides the basic foundation on which to build strength and cardiovascular fitness. Seniors are able to do these simple stretches that enhance postural alignment and gait. The development of a sound foundation will help Seniors get the maximum benefit from their physical activity.



The Egoscue Method

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Condition I 's Daily Menu

prepared on: Tue, Sep 13, '11

prepared by: Jim George

#	Sets	Reps	Duration	ECise
1	2	40		Standing Arm Circles
2	1	25		Standing Elbow Curls
3	1	40		Supine Foot Circles & Point/Flexes
4	1	1	0:01:00	Upper Spinal Floor Twist

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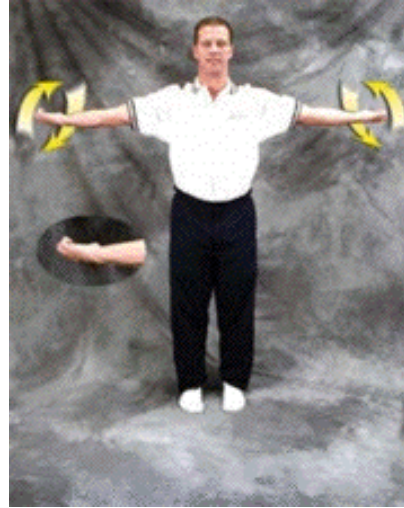
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1

Standing Arm Circles

prepared for Condition I



Do 2 sets. Each set consisting of 40 repetitions.

Instructions:

1. Stand with your feet pointed straight and hip-width apart
2. Place your finger tips into the pad of each hand and point your thumbs straight out
 - This is referred to as golfers's grip and maintaining this hand position is important for the exercise to be done correctly
3. Pull your shoulders back by squeezing your shoulder blades together, then bring your arms out straight from your sides up to shoulder level
4. With palms facing down and thumbs pointing straight forward rotate your hands up and forward in approx. 6 inch circles and continue as directed
5. Then reverse direction: palms should now face up, with thumbs pointed straight backward. Rotate your hands up and backward, continue as directed

Purpose:

This exercise promotes bilateral lumbar function through thoracic stabilization.





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2

Standing Elbow Curls

prepared for Condition I



Repeat this eCise 25 times

Instructions:

1. Stand at a wall with your heels, hips, upper back and head against the wall
2. Your feet should be pointed straight and hip width apart
3. Place your knuckles against your temples with your thumbs pointing down to your shoulders (golfer's grip)
4. Open and pull back your elbows so that they are against the wall then close your elbows together in front of your face
 - Keep your elbows up at shoulder level, do not let them drop down
5. Repeat as directed on your menu

Purpose:

This exercise promotes proper positioning of all load joints while performing thoracic flexion and extension.





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3

Supine Foot Circles & Point/Flexes

prepared for Condition I



Repeat this eCise 40 times

Instructions:

1. Lie on your back with one leg extended and the other leg bent and pulled up toward your chest
2. Clasp your hands behind the bent knee
3. Keep the foot on the floor pointed straight up toward the ceiling and your thigh muscles tight
4. Circle the lifted foot one way for the indicated number or repetitions, then reverse direction for the same number of reps
 - Make sure the knee stays absolutely still with movement coming from the ankle and not the knee
5. For the point/flexes, bring the toes back toward the shin to flex, then reverse the direction to point the foot forward for the indicated number of reps
6. Switch legs and repeat

Purpose:

This exercise promotes proper function of the lower leg muscles and encourages stabilization of the hip joint on the same leg





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4

Upper Spinal Floor Twist

prepared for Condition I



Hold this eCise for 01 min.

Instructions:

1. Lie on one side in the fetal position with your arms straight out from your shoulders in front of you
2. Stack your knees one directly atop the other, where they should remain throughout the e-cise
3. Open the top arm, lifting it up and over your body to the other side letting it rest to the floor or as close to the floor as you are able
4. Move your head to look in the same direction as that arm
 - Do NOT let your knees come apart while moving the arm to the other side
 - You can use your bottom hand to hold your knees together
 - Remember to breathe
 - Allow your body to open up
5. Hold as directed on your menu
6. Switch sides and repeat

Purpose:

This exercise promotes upper torso rotation to engage the pelvic girdle stabilization response

