

BINGOCIZE

Exercise Guidebook



PUBLIC HEALTH
CITY OF ABILENE TEXAS

CREATE SNAP-ED
BETTER HEALTH

ALTERNATE FOOT BALANCE

Instructions:

1. Lift your right foot slightly off the ground and tap floor
2. Switch to the left foot, and alternate between both feet.
3. Try to lift your foot higher or bring knee up to hip



Benefit

Improves leg strength and balance.

Leg Adaption

Sit or use a chair for balance

Arm Adaption

Start slowly if you use arms for balance

ANKLE FLEX

Instructions:

1. Sit or stand safely
2. Bend knee at a 90 degree angle with foot in the air
3. Write your name by flexing ankle of foot in air



Benefit

Ankle flexibility and balance.

Leg Adaption

Keep feet on ground and write using ankle

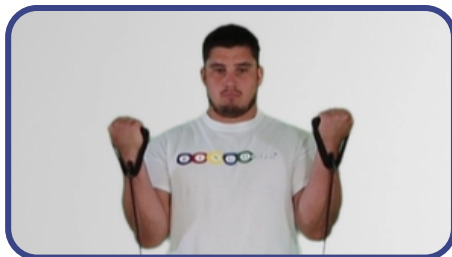
Arm Adaption

Use armrests or other support

ARM CURL

Instructions:

1. Sit and Secure the resistance band under both feet or hold light weights.
2. Keep a straight posture with arms by your sides.
3. Curl the resistance band or weights towards shoulders.
4. Extend the elbows back to starting position.



| Benefit | Leg Adaption | Arm Adaption |
|--------------|--|--|
| Arm strength | Put the resistance band on a stable object instead of under feet | Use a lighter weight or less resistance band |

ARM EXTENSIONS

Instructions:

1. Raise right arm straight up, palm forward
2. Bend right elbow, hand behind head like patting back
3. Grasp right elbow with left hand and gently stretch



| Benefit | Leg Adaption | Arm Adaption |
|------------------------------|-----------------------|-------------------------------|
| Arm strength and flexibility | Perform while sitting | Use armrests or other support |

BALLERINA

Instructions:

1. Stand tall with feet hip-width apart
2. Lift both arms above your head slowly while breathing in
3. Challenge: Try to also stand on your tip toes while lifting arms
4. Hold position and breath for a few counts
5. Lower your arms as you exhale



Benefit

Posture, balance, breathing.

Leg Adaption

Sit down, or keep your feet flat on the ground

Arm Adaption

Focus on moving to your tip toes, or only reach arms as far as you can

FREESTYLE STROKE

Instructions:

1. Stand or sit at the edge of a chair
2. Extend arms straight in front of you
3. Swing arms overhead in circle motions like swimming
4. Pull shoulders down as arms come down



Benefit

Upper body muscles, stability.

Leg Adaption

Place feet on cushion, or sit further back in chair

Arm Adaption

Squeeze shoulder blades while doing motion as much as comfortable

CALF STRETCH

Instructions:

1. Sit, stand with a chair for support, or stand freely.
2. Flex your feet, pulling toes towards you
3. Then flex your feet to point away from you, repeat.



| Benefit | Leg Adaption | Arm Adaption |
|-------------------------------|--|---|
| Flexibility, walking, balance | Sit down, lift and stretch one leg at a time | Use wall as support if you are standing |

SITTING CHEST PRESS

Instructions:

1. While sitting, place the middle of the resistance band behind your back or hold light weights in both hands
2. Hold onto the resistance band, extend arms out to sides
3. Try to touch hands together while keeping arms bent
4. Return to sides and repeat



| Benefit | Leg Adaption | Arm Adaption |
|-------------------------------------|-----------------------|--|
| Chest, shoulders, and arms strength | Perform while sitting | Use a less resistant band, only go as far as you can |

CHEST PRESS STANDING

Instructions:

1. Stand with feet shoulder width apart, place the middle of the resistance band behind your back
2. Hold onto the resistance band, extend arms out to sides
3. Try to touch hands together while keeping arms bent
4. Return to sides and repeat



| Benefit | Leg Adaption | Arm Adaption |
|-------------------------------------|-----------------------|--|
| Chest, shoulders, and arms strength | Perform while sitting | Use a less resistant band, only go as far as you can |

LATERAL RAISES

Instructions:

1. Sit or stand comfortably.
2. Hold a resistance band securely under feet or weights in each hand.
3. Lift both arms to the sides until parallel to the floor.
4. Hold briefly, then lower arms back down.

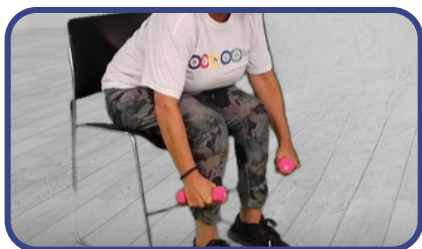


| Benefit | Leg Adaption | Arm Adaption |
|---|-----------------------|---|
| Deltoid muscles, arm movement, shoulder stability | Perform while sitting | Perform one arm at a time, or move arm only as far as comfortable |

LOW ROW

Instructions:

1. Sit with a straight back, feet flat and hip-width apart.
2. Hold resistance band handles with arms extended in front.
3. Pull hands back towards sides, squeezing mid-back muscles.
4. Release and extend arms back to starting position.



| Benefit | Leg Adaption | Arm Adaption |
|--------------------------|-------------------------------|--|
| Back muscles and posture | Sit further back in the chair | Reduce range of motion or do not use resistance band |

MORNING WALK

Instructions:

1. Sit with a straight back, feet flat and hands on thighs
2. Lift each knees to a 90 degree angle in the motion of walking in place
3. Challenge: pump arms back and forth in sync with the opposite legs movements

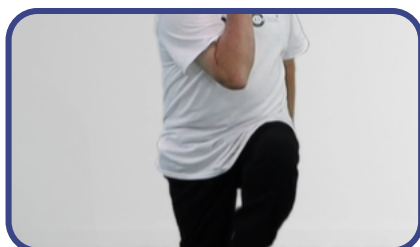
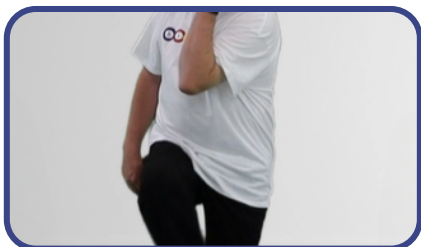


| Benefit | Leg Adaption | Arm Adaption |
|--|------------------------------------|--------------------------------------|
| Arm and leg strength, mobility, heart health | Begin with toe taps or heel lifts. | Sway arms gently or keep them rested |

OBLIQUE CRUNCH

Instructions:

1. Stand or sit securely with feet flat and core engaged
2. Raise knee and twist torso to opposite elbow
3. Hold briefly, then return to starting position



| Benefit | Leg Adaption | Arm Adaption |
|----------------------------|--------------------------------------|--------------------|
| Build muscle and stability | Raise knee or torso twist separately | Hands on shoulders |

REVERSE FLY

Instructions:

1. Stand or sit with feet shoulder-width apart
2. Hold resistance band straight in front of chest with arms extended
3. Pull arms away from center, squeezing shoulder blades together
4. Return to starting position and repeat



| Benefit | Leg Adaption | Arm Adaption |
|--------------------------|-----------------------|--|
| Back muscles and posture | Perform while sitting | Reduce range of motion or do not use resistance band |

THE TWIST

Instructions:

1. Stand or sit with feet shoulder width apart
2. Sway hips and twist torso to one side
3. Hold the position for a count
4. Sway hips and twist torso to the other side, repeat

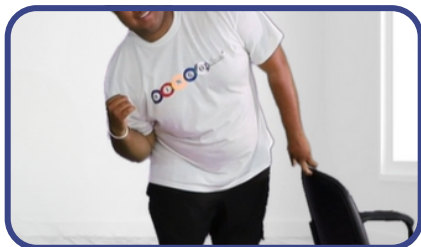


| Benefit | Leg Adaption | Arm Adaption |
|------------------------------|-----------------------|---------------------------|
| Coordination and flexibility | Perform while sitting | Only go as far as you can |

SIDE FLEXION

Instructions:

1. Stand or sit with back straight
2. Bend to side, bringing elbow towards hip
3. Return to center and repeat on other side



| Benefit | Leg Adaption | Arm Adaption |
|--------------------------------|---|--|
| Flexibility, strength, balance | Perform while sitting, focus on torso bending | Limit arm movement, focus on torso bending |

SIDE STEPS

Instructions:

1. Sit with back straight, feet together
2. Lift one foot and step sideways
3. Bring feet together and repeat on other side



| Benefit | Leg Adaption | Arm Adaption |
|--------------------------------|---|--------------------------------------|
| Strengthen hips, and stability | Adjust step width or use resistance band for added support. | Use armrests, focus on leg movements |

SINGLE ARM CROSSOVER

Instructions:

1. Sit or stand with arms extended to sides
2. Pull one arm across chest, assisting with opposite hand
3. Hold stretch, then switch arms



| Benefit | Leg Adaption | Arm Adaption |
|-----------------------------------|-----------------------|---|
| Shoulder flexibility and mobility | Perform while sitting | Only stretch as far as possible, get help if needed |

SINGLE LEG HAMSTRING CURL

Instructions:

1. Stand behind chair, grip back for support
2. Bend one knee and lift it up towards your bottom
3. Hold for a count, and repeat with other leg



| Benefit | Leg Adaption | Arm Adaption |
|-------------------------------------|-----------------------|--|
| Chest, shoulders, and arms strength | Perform while sitting | Use a less resistant band, only go as far as you can |

SIT TO STAND

Instructions:

1. Sit or stand with legs shoulder-width apart
2. If sitting, rise an inch from the chair and hold for a count
3. If standing, squat into a sitting position an inch above a chair, or sit in the chair



| Benefit | Leg Adaption | Arm Adaption |
|--------------------------------|---|---|
| Strengthens lower body muscles | Perform while sitting, rise from chair as much as comfortable | Perform one arm at a time, or move arm only as far as comfortable |

SKIER

Instructions:

1. Step sideways so feet are shoulder-width apart
2. Tap opposite foot behind one another
3. Challenge: Try to tap your foot as far as you are safely able



Benefit

Leg strength and coordination

Leg Adaption

Perform while sitting, tap feet lightly, step only as far as able

Arm Adaption

Rest arms where they feel comfortable

TOP SHELF REACH

Instructions:

1. Sit at edge of chair
2. Reach arm overhead and stretch to side as if reaching for a top shelf



Benefit

Shoulder mobility

Leg Adaption

Perform while sitting

Arm Adaption

Move arm only as far as comfortable

STATIC BALANCE

Instructions:

1. Stand upright
2. Lift one leg off the ground up to a 90 degree angle
3. Balance on leg for a few counts, switch and repeat
4. Challenge: Close your eyes or keep hands close by your body



| Benefit | Leg Adaption | Arm Adaption |
|---------|--|--|
| Balance | Perform while sitting or while holding on to a chair | Hold onto a chair or another support, or perform while sitting |

STEP UPS

Instructions:

1. Stand with arms out in a T shape
2. Bring leg up into a 90 degree angle with toe pointed at the ground
3. Tap the tip of toe to the ground forward from your foot
4. Challenge: Perform with your eyes closed

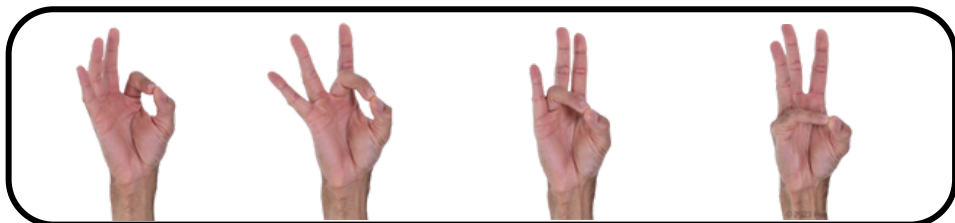


| Benefit | Leg Adaption | Arm Adaption |
|-------------------------|---|---------------------------------------|
| Leg muscles and balance | Perform while sitting or with a chair support | Rest arms where they feel comfortable |

THUMB TO FINGERS

Instructions:

1. Tap each finger to your thumb
2. Challenge: Try to do it backwards or opposite on each hand, try to go as fast as your can while being accurate



| Benefit | Leg Adaption | Arm Adaption |
|----------------|-----------------------|---|
| Hand dexterity | Perform while sitting | Use a forearm rest, only reach fingers as far as able |

TOES TO THE SKY

Instructions:

1. Sit or stand comfortably with legs shoulder-width apart
2. Left your leg with toes pointed up to the sky
3. Hold position for a few counts, return, and repeat



| Benefit | Leg Adaption | Arm Adaption |
|-------------------|---|--|
| Ankle flexibility | Perform while sitting or with chair support | Perform while sitting or with chair support, focus on ankles |

TRICEP EXTENSIONS

Instructions:

1. Seated or standing, feet flat and shoulder apart
2. Lift one arm as if flexing muscles, palm facing the ear
3. Hold a resistance band with the other hand and extend it down
4. Straighten the arm with the band, return and repeat



| Benefit | Leg Adaption | Arm Adaption |
|--|-----------------------|---------------------------------------|
| Strengthens triceps, helpful for getting up from sitting | Perform while sitting | Only go as far as you can comfortably |

TRUNK ROTATION

Instructions:

1. Sit at the edge of chair, feet flat and shoulder width apart
2. Stretch arms to sides at shoulder height, forming a T shape
3. Exhale while twisting upper body to the right
4. Rotate further into twist for 3 counts
5. Inhale and return to center, Repeat twist to the left



| Benefit | Leg Adaption | Arm Adaption |
|------------------|-----------------------|---|
| Mobility to turn | Perform while sitting | Place arms down, focus on torso stretch |

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