

**Session: 290 IDEA World 2022**  
**The Active Aging Toolbox: Tactics for Brain, Body & Balance**  
**Presenter: Erika Quest**



As the active aging market continues to grow in numbers clients are looking for trained professionals to help them manage their aches and pains, injuries and post-surgery exercise plans. This workshop will focus on the common concerns facing this demographic and corrective exercises to meet their needs. Using the Balanced Body Movement Principles, build confidence in exercise programming and training strategies for this dynamic population.

**Why Active Aging Strategies?**

- Addresses research-based protocols proven to help with fall prevention and reaction time
- Creates balance
- Allows for active recovery
- Incorporates movement principles
- Promotes injury prevention in class settings

**Exercises & Sequences:**

- Variable and scalable based upon training environment
- Drills and games allowing for a fun and healthy environment to promote improving 4 out of 5 types of aging
- Focusses on The 3Bs of Brain, Body & Balance (BONUS B = BUDDY)

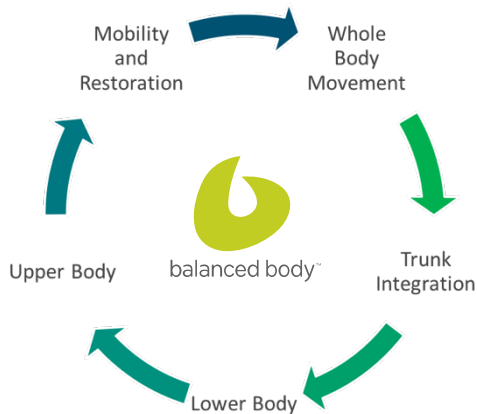
**Whole Body Experience:**

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| <ul style="list-style-type: none"> <li>- Neuromotor</li> <li>- Strength</li> <li>- Core</li> </ul> | <ul style="list-style-type: none"> <li>- Dynamic Flexibility</li> <li>- Mobility</li> <li>- Balance</li> </ul> |
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**Atmosphere:**

- Encourages realistic progress towards goals specifically tailored towards Active Agers
- Quality of repetitions vs. quantity of repetitions
- Invite vs. demand

## Incorporation of Movement Principles:



1. Whole Body Movement
2. Trunk Integration
3. Upper Body
4. Lower Body
5. Mobility and Restoration

### **Exercise Toolbox: The 3 Bs!**

In this toolbox, you'll find the 3B categorization system to help qualify which exercises will meet your training needs and goals. While some of these exercises may cross over into other "Bs" the main focus point of the exercise will reside in its respective category. The 3B system stands for:

- Brain
- Body
- Balance

#### **Brain:**

This category involved exercises and games which are specific to improving brain health and developing neural pathway connections facilitating better functional age.

Exercise	Movement Principle	Modification	Challenge	Prop
Clock Reaction	Lower Body	Omit Prop	Larger Steps	Variable
Phone Number + Gait Walking	Lower Body	Widen Stance	Walk Backwards	Band
Hot & Cold	Lower Body	Lift Heel	Knee Higher	Variable
Bridge + Ankle	Lower Body	Lower ROM	Ankle Mobility + Single Leg	Ball
Step & Punch	Whole Body	Omit Step	Full Lunge	Weights

#### **Body:**

Exercises included in this category will largely focus on strength, stability, mobility and muscle development / areas of the body which are beneficial for fall prevention and reaction time.

<b>Exercise</b>	<b>Movement Principle</b>	<b>Modification</b>	<b>Challenge</b>	<b>Prop</b>
Squat w. Adductor	Lower Body	Small ROM	Add Hop	Ball
Sumo Squat Rotation/Lateral	Lower Body	Small ROM	S/L Balance	Band or Roller
Lateral Lunge Halo	Lower Body	Small ROM	Add Hop	Weights or Roller
Ab Curls	Trunk Integration	Ball Higher	Lift Contact Point or Add Band & Stab.	Ball
Lunge, Squat, Star	Whole Body	Small ROM	Add Hop and/or Partner	Weights
Swan or Swim	Trunk Integration	Small ROM	Lift Lever	Ball
Tail Wag	Trunk Integration	Omit Prop	Add Balance	Ball
Clam Oblique Twist	Trunk Integration	Knees Bent	Knees Straight	Ball
Plank Rotation	Whole Body	Quadruped	Full Plank	Band

**Balance:**

Because balance begins to decline at the age of 30, it is incredibly important to challenge our clients in multiple body positions. Exercises in this category will address ways to incorporate the aforementioned.

<b>Exercise</b>	<b>Movement Principle</b>	<b>Modification</b>	<b>Challenge</b>	<b>Prop</b>
Running Man	Whole Body	Small ROM	Large ROM	Weights
Star Standing	Whole Body	Small ROM	Large ROM	Band
S/L Deadlift	Whole Body	Small ROM	Large ROM	Roller
Bird / Dog	Trunk Integration	Omit Lever	Add Windshild Wiper	Weights or Band
Core Balance	Trunk Integration	Omit Prop	Large ROM	Roller

**Notes:**