

Chapter 2

Physical Activities



≈ Online Dancing

≈ Yoga

≈ Walking

≈ Gardening

Let's be active!

Daily physical activity helps to keep us independent by preventing disease, improving mental health, and keeping us sharp. It keeps us healthy and happy – just like staying connected, learning new things, and keeping time to be relaxed.



Dancing



Do you love to dance?

Dance can help keep your mind sharp and your body healthy. There are dances for everyone - it can be adapted to any age, culture, or disability. Some dances work your memory and keep you sharp, others just let you express yourself to music you like.

How good is it for you? Dancing has been shown to improve flexibility, balance, cognitive ability, and muscle strength. It helps control blood

pressure, high cholesterol, and keeps your heart in good shape. It can help reduce muscle and joint pain, improve coordination, minimize anxiety, stress and depression as well as slow the onset of dementia.

How can the online world help? There are many places online to either teach (or remind you) how to dance, to find music, or to do line dancing.

- [Seniors Resource Center Line Dance](#) This video presents how good and fun it could be to dance.

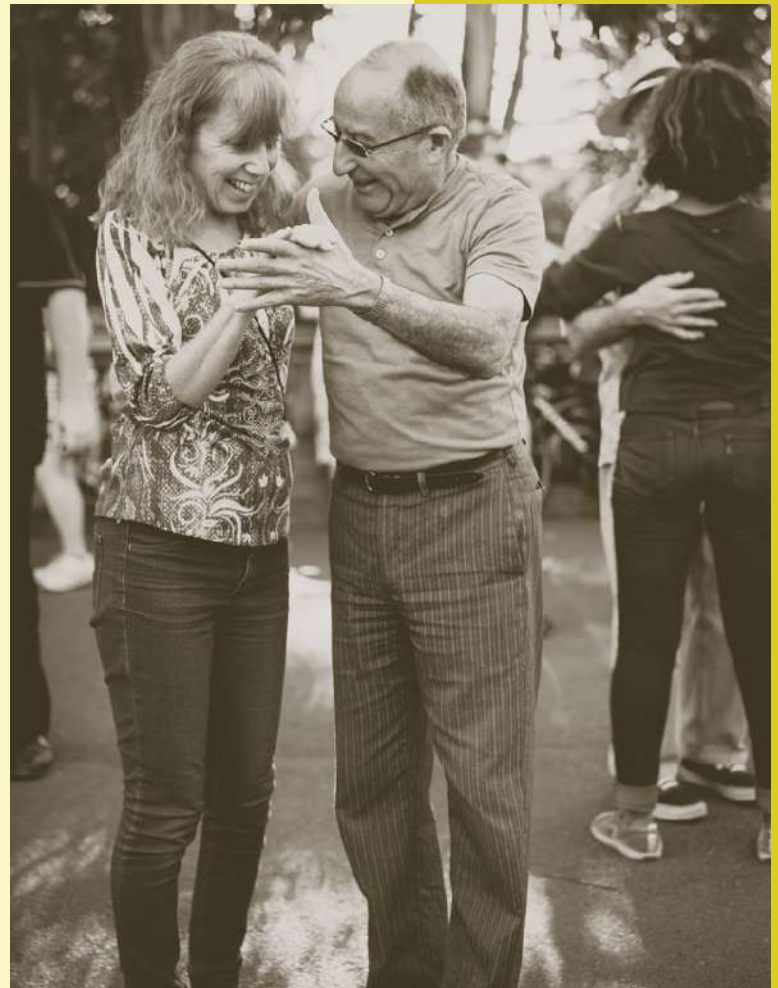
Don't be put off by the idea of line dancing, many of the dances you know have been adapted to line dancing.

Safety tips: Contact your doctor to make sure that dancing is an activity that you can engage in. Remember to take breaks, have some water handy and wear shoes or be bare foot.

Don't have a dance partner? Not to worry, you don't need one! Whether you need to keep a social distance or are living on your own, the online world offers countless and easy to access online dancing options to help you stay connected, active, and have fun at the same time.

There are many videos so you can find a style you like: line dance, free style dance, zumba dance, ballet dance and much more.

You can also search for any dance style you want. If you are having trouble, please refer to the guide 'Welcome to the online world'.



Line dances

Some dances from Michael & Michele

- [Jersey Boys](#)
- [When you smile](#)
- [Rolling Rhythm](#)

For more from them, click on [Michael & Michele](#) If you scroll down, you will find a list of dances.

1) Select a dance you want to learn. They have dances for beginners, intermediates & improvers.

2) On the left side of the screen a list of steps to learn. Often, you will have videos displayed on the right side of the screen.

3) To learn the dance, click on a TEACH video. Enjoy!

4) To dance with the music and follow the steps, click on a DEMO video.

Here are some other dances:

- [Saddle Brook Senior Line Dancing Class](#) The instructor teaches a dance followed by the dance with music.
- [Line dances for Seniors and Beginner](#) Same principle: teaching followed by dancing with music. It's 40 min.: Electric Slide, Cupide Shuffle, and more! Sound is not perfect.
- [Mambo Sourire](#) Instruction followed by demo. In French.





- [I like your soul Line Dance Instruction](#) created by Jill Weiss.
 - [I like your soul Line Dance Demo](#) Dance with music.
 - [Sand Line Dance Instruction](#)
 - [Sand Line Dance Demo](#)
- For more from her, click on [Jill Weiss](#).



Ballet for everybody

Canada's National Ballet School
Sharing Dance 2021

Intro	Part C
Part A	Part D
Part B	Full
Chorus	Full adv

Dansons Ensemble 2020

Part 1	Part 5
Part 2	Part 6
Part 3	Full
Part 4	Full&music

To have a translation, click on , then on , then on sous-titre, then traduire automatiquement, select the language of your choice.

Dances live!

With COVID-19, some instructors offer live classes on zoom.

[Michael and Michele](#)

You will see the zoom classes on the left side of the page. Voluntary donation for each class.

[Jill Weiss](#) Scroll down you will see the classes offered. 7\$ per class.

To find more options

- 1) Open a browser (such as Google Chrome),
- 2) type key words like dance classes on zoom and click on what you are interested in. Read carefully about the cost.

Exercises



From dances to exercises

These are dance based exercise routines to help stay healthy and happy.

- [Dance Fit for Over 60s – Online class #1](#) You dance while seating all the time. Created by a dance company.
- [Dance Fit for Over 60s – Online class #2](#) You dance while seating and then standing.
- [Central YMCA](#) does have numerous videos of exercises for older adults. Click to see a list of videos available.
- [Zumba Gold for Older Adults and Beginners](#) This is one example in the Zumba Gold series.
- [25-minute Chair-Based Spinal Mobility Routine for Older Adults](#) This is one example of videos from the Chair-Based Workouts for Older Adults series.
- [Senior Fitness with Meredith](#) She has many fitness videos for seniors - one good example:
- [Senior Fitness – Low Impact Salsa Dance](#)

Walking



Did you know that being active helps you deal with stress and worry? Walking has been shown to improve sleep, slow down mental decline, and even lower your risk for Alzheimer's disease. Walking can also help you improve your circulation, strengthen your bones, and, if this is a goal of yours, lose weight.

You might know about this. Just a refresher about safety...

1) The most important component when you walk is to make sure you are stable and have good traction. A first step is to find good walking shoes or boots. They need to have an excellent grip and to stabilize your ankles.

- [Hiking and Trekking poles](#)

2) Many people find that hiking poles add some confidence for walking, especially in winter or where the ground is uneven.

3) In the winter (ice or snow), you can take steps to be safer.

This article has some suggestions:

- [7 Hacks to make your boots slip-proof](#) One option is to buy ice grips and install them before you go for a walk. But if it is too slippery, it might be better to avoid going for a walk that day.

4) Don't forget to bring water with you, drink, and take it easy.

5) For your own safety, please choose the trail that is right for you. To ensure the utmost safety, go at your own pace, and refrain from trying to keep up with others.

Some people we know have drop foot; because of that they chose trails that are rather flat (no rocks to climb on). They don't want to take the chance to fall. But still they walk at least once and sometimes 3 times a day! In the winter, they love the ice grips they have added to their boots.



Yoga



Yoga is an Indian way to harmonize the mind, body, and spirit. It involves meditation, breathing exercises, and movement exercises.

The physical side of yoga - called hatha yoga - consists of some slow exercises and postures, many of which can be adapted for seniors. Yoga, as with other exercise, can lower the risks of cardiovascular disease and reduce arthritis, pain, and inflammation. It also increases sleep quality and

quality of life. Additionally, yoga can lead to improve your ability to soothe yourself, develop your self-awareness and improve your social functioning.

Where: Thankfully, you can do yoga from the comfort of your own home! When the weather is right you can do yoga outdoors as well.

How can the online world help? There are many free lessons and demonstrations available to help you get started.



Follow-Along Yoga Videos

- [Yoga for Seniors – Slow and Gentle Yoga](#)
- [Full Length Gentle Yoga Class for Beginners and Seniors](#)
- [Chair Yoga – Yoga for Seniors](#)
- [Standing Yoga for Seniors](#)
- [Yoga for Flexibility](#)

Yoga apps

Check out these free apps for some amazing yogic experiences! You will need to go to the App store (Apple) or the Android store (Android) to find them.

Yoga for Beginners Mind + Body:

This app allows for you to create your own workouts sessions. It includes visual instructions on how to do the yoga poses.

Simply Yoga: With this yoga app you can choose how long you would like your session to be, and then the program will guide you in your yoga poses from there.

Track Yoga: This app features an awesome program that allows you to unlock content the more you practice yoga.

Gardening



« To nurture a garden is to feed not just the body, but the soul »

Alfred Austin

Gardening, especially outdoors, can help you get exercise, burn calories, and strengthen your muscles. You will need to bend, squat, stretch, and pull in your outdoor space. But all at your own speed. And a few hours of exposure to sunshine will boost your vitamin D levels!

Gardening is also stress-reducing. It preserves hand-eye coordination - keeping brain and

body in sync. It may also decrease your risk of developing dementia.

Here are some suggestions to make gardening easier.

- [Gardening tips for seniors](#)
- [Easier gardening for seniors](#)

If you have never gardened before, consider reading the how-to guides below:

- [How to start a garden – 10 steps to gardening for beginners](#)
- [Follow these 10 steps to start your first garden off right](#)



Your first step is to decide on whether you'd like to garden indoors, outdoors or both. You might think that gardening **outdoors** is not a possibility because you live in an apartment, a condo or a residence for seniors. Make sure you ask, because many places are happy to have an additional person to help. Your residence may even provide a new garden bed where you (and your neighbours) can grow what you want.

While many gardening activities are done outdoors, you can grow some kinds of flowers, herbs, plants and vegetables indoors. The type of plants you can have depends on the sun you have in your home. But there is a plant for every situation!

- [Indoor gardening ideas for seniors](#)
- [How to start an indoor garden the right way](#)
- [Super-easy houseplants you will love](#)
- [Air purifying plants: 20 of the best for your home](#) To clear the air you can choose some air purifying plants.

A garden needs looking after; it needs care but it also gives back. Every day you can go and see how your plants are doing. Each new bud, leaf and flower are the result of your good care!

We would love to receive your feedback, your suggestions.

Please write an email to lira_well_being@laurentian.ca or call Josée Turcotte

Safety precautions for outdoor gardening

Gardening can be a lot of fun. It might be a good idea to wear a hat with a large brim, long-sleeves and/or sunscreen. You can also use a kneeling pad. As time will fly... don't forget that it's better to garden more often with shorter periods of time than one long gardening session. Your back and your knees will thank you! Any gardener needs this lesson repeated many times.

