The Fitness Plan

Aerobic Exercises

Some examples…

Check the "Objectives Column" with your Case Manager.

Exercises	Instructions	Images	Objectives (# of repetitions or # of minutes)
Walking	Walk from room to room taking rest periods when needed.		
Chair Walking	In a seated position, go through the motions of walking.		
Chair Squats	Bend your knees and squat down as far as you can as before sitting in the chair with or without using the arms of the chair for support; then stand up again.		
Leg Lifts	From a standing position and with hands resting on the back of a chair, raise your left leg backwards, forwards and sideways and then replace it. Repeat with the right leg.		
Toe Taps	From a seated or standing position, tap the toes of one foot and then the other.		
Heel Raises	From a standing or seated position, raise yourself up on your toes.		

Muscle-Strengthening Exercises

Some examples…

Check the "Objectives Column" with your Case Manager.

Exercises	Instructions	Images	Objectives (# of repetitions or # of minutes)
Arm Circles	In a standing or seated position, with arms extended straight out from the side body, make circles with arms clockwise and then counter-clockwise.		
Lunges	Stand with feet apart about the width of the pelvis, back straight, step forward with left foot, bending both legs until your right knee almost touches the ground. Straighten up. Repeat with the other leg.		
Strengthening the Glutes	While sitting, place a ball under the arch of your foot, then and push down with your foot while flexing or working the buttocks muscles. Repeat with the opposite foot.		
Strengthening the Deltoids and Pectorals	From a standing or sitting position, place a ball under your arm. Lower your arm towards your body while squeezing the ball against you, then release. Repeat with the other arm.		
Wall Push-ups	Standing or sitting upright in front of a wall, push against the wall with your arms.		

Flexibility Training Exercises

Some examples…

Check the "Objectives Column" with your Case Manager.

Exercises	Instructions	Images	Objectives (# of repetitions or # of minutes)
Runners' Stretch	Stand facing a wall with your arms straight in front of you and your hands flat against the wall. Extend your left leg straight back, with your heel flat on the floor. Lean into the wall without bending your back knee until you feel the stretch in the back leg. Hold for 15 seconds.		
Back of Leg Stretch	In a seated position, stretch one leg straight in front and rest it on the floor, then hinging at the hips, not the waist. Stop when you feel a stretch at the back of your thigh. Hold for 20 seconds. Repeat with other leg.		
Arm Stretches	Reach your arms above your head, out to the side and then in front of you.		
Back Stretch	From a seated position, curve your back and point your head towards your chest, then sit back up straight.		
Shrugs	In a seated position, shrug your shoulders, holding for 15 seconds before releasing.		

Balance-building Exercises

Some examples…

Check the "Objectives Column" with your Case Manager.

Exercises	Instructions	Images	Objectives (# of repetitions or # of minutes)
Marching Band Walk	With arms outstretched on either side, walk forward while looking ahead and lifting one leg and keeping it raised for 1 second each time before advancing.		
Head Dance Walking	Walk slowly across the room while slowing turning your head as far to the right as you can. Walk back to your starting point while slowly turning your head as far to the left as you can.		
Rock Around the Clock Circles	Stand straight with your feet together and make your body rigid as a board. Begin to sway in a circle with your body. Sway for one minute in each direction.		
Heel to Toe Walking	Place the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost. Look ahead. Walk forward.		
Weight Transfer	With one hand on the back of a chair, shift your weight from one foot to the other.		

Client's Exercise Calendar

Create an exercise schedule for clients who want to continue the exercise program in-between PSWs visits by using the exercise calendar provided.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking							
Chair Walking							
Chair Squats							
Leg Lifts							
Toe Taps							
Heel Raises							
Arm Circles							
Lunges							
Strengthening the glutes							
Strengthening the deltoids and pectorals							
Wall Push-ups							
Runners' Stretch							
Back of Leg Stretch							
Arm Stretches							
Back Stretches							
Shrugs							
Marching Band Walk							
Head Dance Walking							
Rock Around the Clock Circles							
Heel to Toe Walking							
Weight Transfer							

Functional Fitness Assessments

The purpose of assessments:

- To provide a baseline measurement so can compare future performance so as to be able to measure changes;
- To provide information as to the physical fitness of the client in order to design an appropriate individualized exercise program for the client;
- To help motivate clients through a record of their performance;
- To help identify a risk of frailty and falls due to inactivity.

When To Assess:

An initial assessment should be done before the client begins the Dr Actif program.

Reassessments can be done every 3 to 6 months.

Take your time with the assessments so that the client does not feel stressed by them.

The Three Assessments:

1. **TUG Test (Timed Up-and-Go)** measures general mobility by assessing ability to rise from a chair and to walk with good speed.
2. **5 Rep Sit to Stand (STS)** measures lower body muscular strength and balance by assessing stamina in raising and lowering into a chair.

   Together these two assessments are good predictors of risk of falls and of frailty. *http://www.medscape.com/viewarticle/578505_4; Podsiadlo D, Richardson S. The Time "Up & Go": A Test of Basic Functional Mobility for Frail Elderly Persons. Journal of the American Geriatrics Society 1991; 39(2):142148*

3. **The Functional Fitness Confidence Scale (FFC)** assesses the client's confidence level in performing the activities of daily living, reflecting the client's perceived judgment as to their physical stamina, muscular strength and flexibility.

   Confidence tests are important to administer because clients who are worried about falling tend to be less active, which in turn feeds the cycle of inactivity and disuse leading to higher risks of frailty and falls. *A.M. Myers. Department of Health Studies and Gerontology, University of Waterloo, Ontario, Canada, N2L 3G1. Funded by Searle Canada Inc. and Health Canada.*

1. TUG (Timed Up-and-Go) Test

Instructions

Have client sit in a standard chair, like a dining room chair, that has a back and arm rests (about 46 cm or 16" high). Ask them to sit back in the chair with their back against the back of the chair and arms resting on the chair's arms.

On the word "go", the client is to get up and walk at a comfortable and safe pace in a straight line for 3 meters (10 feet), turn and return and sit down again in the chair. The client can use a walking aid if the individual normally uses one.

Time the number of seconds it takes for the client to complete the task.

Allow the client can take a practice walk before being timed.

TUG Scoring Scale

# Seconds to Complete Task	Level
Less than 7	1
7.1 - 8	2
8.1 - 9	3
9.1 - 10	4
10.1 - 11	5
11.1 - 12	6
12.1 - 13	7
13.1 - 14	8
14.1 - 15	9
More than 15	10

Client's Score (Test 1): ____

2. STS (Sit-to-Stand) Test

Instructions

Have the client sit a standard chair, like a dining room chair, that has a back and arm rests (about 46 cm or 16" high). The chair should be placed against a wall to prevent slipping.

On the word "go", the client is to get up as quickly as possible to a fully erect position and sit back down in the chair 5 times without stopping without using the arm rests if possible.

Allow the client to practice one sit-stand cycle before being timed.

Time the number of seconds it takes for the client to complete the task. Counting aloud can keep the client oriented. Stop the watch when the standing position is achieved on the 5th repetition. Do not mention it if they use their hands. Record the time in seconds that it takes for the client to complete the task.

STS Scoring Scale

# Seconds to Complete Task	Score
Less than 9	1
9.1 – 10.0	2
10.1 – 11.0	3
11.1 – 12.0	4
12.1 – 13.0	5
13.1 – 14.0	6
14.1 – 15.0	7
15.1 – 16.0	8
16.1 – 17.0	9
More than 17	10

Client's Score (Test 2): ____

3. FFC (Functional Fitness Confidence) Test

0% 10% 20% 30% 40% 50% 60% 70% **80%** **90%** **100%**

Not at all confident Moderately confident **Completely confident**

(1) Get up from a low chair without using the chair arms? _____%

(2) Cut and file your toenails? _____%

(3) Hold your arms above your head (for instance when doing your hair)? _____%

(4) Bend down to tie up your shoes without having to sit down? _____%

(5) Reach your arm back over your shoulder to touch the middle of your back (for instance, to pull up a zipper)? _____%

(6) Do 15 minutes of light house work? (such as cleaning bathrooms, washing or vacuuming floors) _____%

(7) Climb up one flight of stairs _____%

(8) Climb up three flights of stairs _____%

(9) Lift a bag of sugar (1 kg) from the counter to an overhead cupboard _____%

(10) Lift a bag of potatoes (5 kg) from the floor to the counter _____%

(11) Walk an hour around a shopping mall _____%

(12) Run quickly (about 50 feet) to catch a bus or cross a busy street when the light is changing _____%

Functional Fitness Confidence (FFC) Scoring Scale

Overall confidence **Add all scores and divide by 12 then code the score**	**Score**
91-100%	1
81-90%	2
71-80%	3
61-70%	4
51-60%	5
41-50%	6
31-40%	7
21-30%	8
11-20%	9
Less than 20%	10

Client's Score (3): ____

Overall Functional Fitness Level

Score 1 (TUG) + Score 2 (STS) + Score 3 (FFC) = TOTAL = Overall FFL Score

_____ out of 30 (__/30)

Client's score record and calculation of FFL Score:

Name of client:					Start Date:		
Follow-up Dates	TUG in seconds	TUG Score	STS in seconds	STS Score	Total	FFL Score	Comments

Legend pour FFL:

Score	Description of Functional Fitness Level
0 – 9	Good physical condition
10 – 18	Weakened physical condition
19 – 30	Compromised physical condition