

	Written/ Pictures	Videos
	It Program Overview	Overview Video
	<p>Try to Practice Proper Breathing and to vary your breath with breathing techniques. These techniques can change your mood and how you feel. Here is summary of proper breathing at rest and exercise.</p> <p>Proper Breathing is from the abdomen (Diaphragmatic Breathing): rather than shallow breathing into your chest. Inhale through your nose: This filters and warms the air, making it easier for your lungs to process.</p> <p>Exhale almost fully: Empty your lungs to remove stale air and carbon dioxide. Maintain a relaxed posture: Sit or stand tall, allowing your lungs to fully expand. Practice mindfulness: Being aware of your breath can help you regulate it and reduce stress.</p> <p>During exercise, focus on breathing in through your nose and out through your mouth, which applies to most activities, including higher intensity aerobic exercises. While extreme aerobic efforts may necessitate mouth breathing, the general rule is to inhale through the nose and exhale through the mouth. NEVER HOLD YOUR BREATH!</p> <p>Breath It Program</p>	<p>Videos:</p> <p>Proper Breathing Video:</p> <p>Improper Breathing Video:</p> <p>Breath Assessment Video:</p> <p>Breath Training</p>
	Step It Program	Do throughout day: Power Stepping Video
	Strike It Program	4 Positions: Do throughout the day one to several times. Hold few seconds
1. Squeeze and Lean Back	<p>Neck and Upper Back Squeeze and Lean Back</p>	Video: Squeeze and Lean Back
2. Hands Interlaced Overhead Press		Video: Overhead Press
3. Mid-Section Core: Draw in and Brace Abdomen and Buttocks		Video: Core
4. Lunge Reaching Up		Video: Lunge
	Move It Program	4 Moves: Do throughout the day one to several times
1. Standing Bird Dog	<p>Standing Bird Dog From a Standing Position bend forward at 90 degrees angle (perpendicular) holding one hand at a shoulder level and the other leg straight out to the side. Inhale and lift the opposite hand and leg at the same time. Hold for 10-15 seconds. Do 1-2 sets of 10-15 reps. Engage the core and maintain a neutral spine. Do 1-2 sets of 10-15 reps.</p>	Overall Move It Video
2. Standing Leg Rotations	<p>Standing Leg Rotations The best way to improve your stability exercises. Try to hold on to one foot in a support and rotate the other foot in a circle. Do 1-2 sets of 10-15 reps. Engage the core.</p>	Overall Move It Video
3. Arm Abductions and Circles	<p>Arm Abductions and Circles Raise arms from the side overhead (at least 90 degrees) and then lower them back down. Do 1-2 sets of 10-15 reps.</p>	Overall Move It Video
4. Standing Leg Abduction	<p>Standing Single Leg Abduction This is a both a balance exercise and mobility exercise. Try to hold on to one foot in a support and rotate the other foot in a circle. Do 1-2 sets of 10-15 reps. Engage the core.</p>	Overall Move It Video
	HIIT IT Program	Do one HIIT exercise throughout the day one to several times
Choose one: Marching in place	<p>Marching in Place Progress this by lifting your legs higher.</p>	Overall Micro HIIT Video
Choose one: Running in Place	<p>Running in Place Progress this by lifting your legs higher.</p>	Overall Micro HIIT Video
Choose one: Skipping Rope without Rope	<p>Skipping Rope without Rope Start this without feet leaving ground. Progress this by having legs leave ground.</p>	Overall Micro HIIT Video
Choose one: Stair Stepping	<p>Stair Stepping Go up and down on step by alternating lead leg. Progress this by going faster or using higher step.</p>	Overall Micro HIIT Video
	Build It Program	6 Exercises: 5-15 reps one or more sets 2-3 x a week
1. Squat	<p>Supported Squats</p>	Video: Supported Squats
2. Hinge	<p>Hinge</p>	Video: Hinge
3. Supported Push Ups	<p>Push Ups</p>	Video: Push Ups
4. Split Squats	<p>Split Squats or Lunges</p>	Video: Lunge
5. Scapular Row	<p>Scapular Rows and Squeezes</p>	Video: Row
6. Calf Raises	<p>Calf Raises</p>	Video: Calf Raise
	<p>Do as little as 1 up to 5 or more reps for 5 to 15 + seconds</p> <p>Holds. 2-3 x a week. Can be done daily. Holds can be held longer up to 30+ secs. CAN TAKE LESS THAN 5 MINUTES-see video</p>	Video: Complete Core Program
Core	I consider the core musculature system above the waist and below the ribs. It is important to have a stable and resilient core for activities of daily living and performance. Most core exercises are done with little to no movement in order to build stability. That is why most of the core exercises I employ are holds, where muscles are engaged and held statically.	
Bridges	<p>Push through heels. Advanced Single Leg.</p>	Video: Bridges
Crunches	<p>Can be done with hands under head</p>	Video: Crunch
Double Leg Lift: Modified is a Single Leg Lift	<p>SIDE-LYING LEG LIFTS Pull Hip to Ribs</p>	Video: Double Leg Lift; not shown single leg modified
Planks	<p>Pull Elbows to Knees. Advanced on Toes not Knees.</p>	Video: Planks (modified shown)
Bird Dogs	<p>Keep Hips and Shoulders Level</p>	Video: Bird Dogs Can be done with only leg or only arm is a way to modify
Side Bridges	<p>Pull Elbow to Knees. Advanced not on Knees, but on FEET. HEAD TO HEELS MODIFIED SIDE PLANK</p>	Video: Side Bridge ie Side Plank
Mobility		
Cat Cow Stretch: start on your hands and knees with your wrists directly under your shoulders and your knees under your hips. Inhale as you arch your back, lifting your head and tailbone toward the ceiling (cow pose). Exhale as you round your spine, tucking your chin to your chest and drawing your belly button toward your spine (cat pose). Repeat this sequence for several breaths.		Video: Mobility Floor for Core
Child's Pose: Begin on your hands and knees, then sit back on your heels while reaching your arms forward, lowering your chest toward the ground. Rest your forehead on the mat and relax your entire body. This stretch gently elongates the spine and releases tension in the back.		Video: Mobility Floor for Core
Cobra pose: It targets the spine and lower back. Lie face down with legs extended and palms under shoulders. Inhale, lifting chest while keeping elbows close, then exhale, lowering back down. Hold briefly and repeat for improved flexibility and muscle strength. Do not go to far up. Just to first resistance barrier. Some older people should not go up more than a few degrees.		Video: Mobility Floor for Core
Thoracic Mobility: To enhance thoracic mobility, start in a quadruped position and sit back. Put hand behind head, then rotate raised elbow your torso towards opposite hand while keeping your hips stable. Do a few repetitions. Repeat on the other side, focusing on controlled movement and breathing.		Video: Thoracic Mobility
Core Breathing		
Develop Your Core with Deep Core Breathing	<p>Deep Core Breathing - Develop the Core with Breath</p> <ol style="list-style-type: none"> Get comfortable: On Back or Quad Position. You can do this also in standing or seated position. Focus on breath: Inhale deeply through your nose, letting your abdomen expand (from your lower abdomen all the way up to first rib) and feeling your diaphragm move downward. Pause briefly. Engage core: Exhale slowly through your mouth, gently contracting your abdominal muscles by pulling your belly button toward your spine as much as you can safely. Activate pelvic floor: Keep engaging your abdominals and also activate your pelvic floor muscles, as if stopping the flow of urine throughout all breath phases. Maintain posture: Throughout, maintain good posture, keeping your spine neutral and shoulders relaxed. Repeat: Position this deep breathing with core and pelvic floor engagement for several breaths, increasing duration over time. Regular practice: Incorporate this into your daily routine, especially before activities requiring stability and strength. 	Video: Deep Core Breath
Advanced Core		
Static Flexion Hold	<p>Seated with knees bent. Keeping back Straight Lean Back and statically hold for a few seconds. Repeat. Can perform a Twist from above Ribs.</p>	Video: Static Flexion Hold
Static Sternal Lift Hold	<p>Lying on Stomach Perform a Chin tuck with Shoulder Squeeze. Then lift Chest off floor by Engaging Low Back and Gluteal Muscles. Hold for at least 30 sec. Repeat.</p>	Video: Static Sternal Lift Hold