

Lifelong Balance

» **ADAPTING MOVEMENT TO YOUR NEEDS**



Welcome to class! We will begin shortly!

Today's Discussion

Adapting Movement to Your Needs

Today's Discussion

1

How to move
with illness
or physical
limitations

2

Importance of
flexibility and
hydration

3

Create a
fitness plan

What do you want to spend the
most time talking about today?



Should you exercise if you're ill or under the weather?

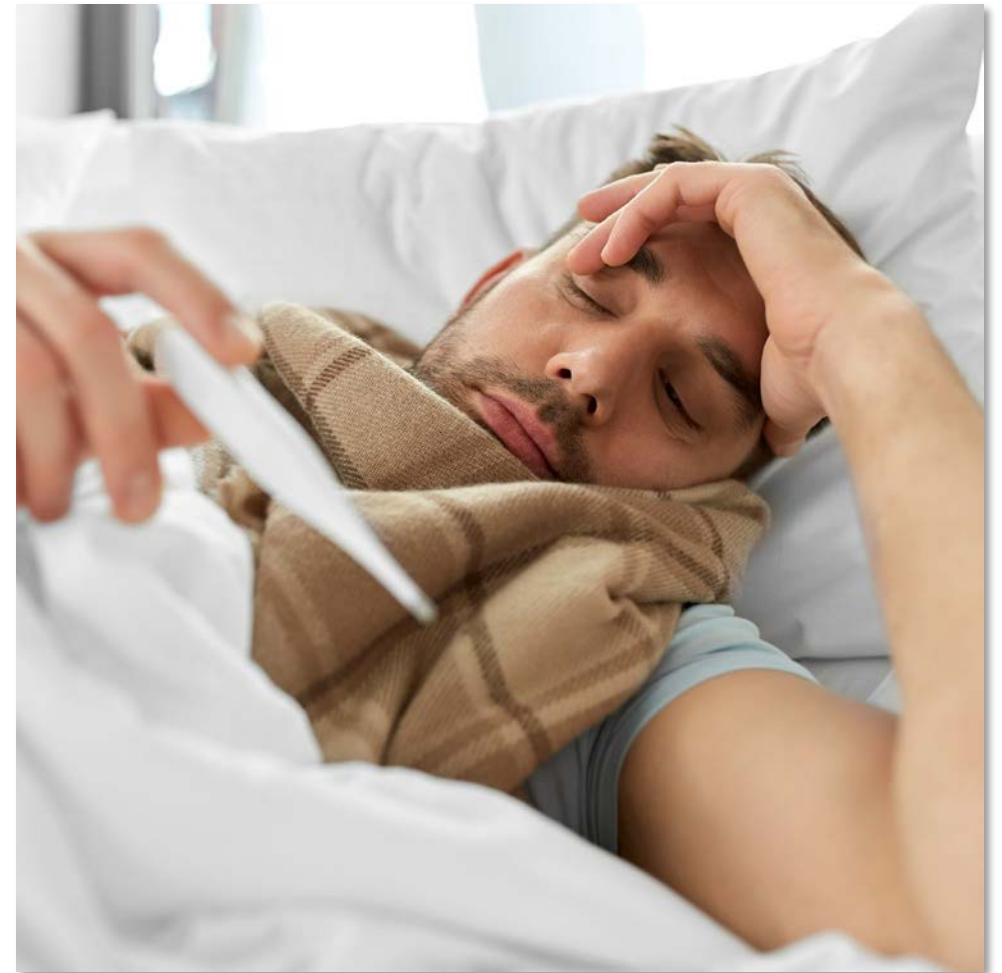
Physical Illnesses Above the Neck

- Light activity is okay
- Mild symptoms (runny nose, sneezing, sore throat)
- Tune in to energy levels, sleep, and appetite
- Movement (like stretching or walking) may help circulation and mood
- Rest days are part of progress, not setbacks



Physical Illnesses **Below the Neck**

- Rest and recover when illness symptoms are intense
- Skip activity with chest congestion, cough, or fever
- Notice if you have fatigue, body aches, and low appetite
- Focus on fluids, nourishment, and sleep
- Ease back into movement when you feel better



Physical Injuries and Limitations

- Modify movements to stay within a pain-free range
- Do what you can
- Follow the **MEAT** protocol
- Healing takes time, be patient with your body

- M** **MOVEMENT:** gentle activity supports healing
- E** **EXERCISE:** rebuilds strength
- A** **ANALGESICS:** help manage pain
- T** **TREATMENT:** see a doctor or physical therapist for guidance

Most Common Physical Injuries

What areas are most frequently affected by overuse or improper form?

- A. Back/lower back
- B. Knee
- C. Shoulder
- D. All of the above

Modifications for Back Limitations

What to Focus On

- Gentle movement like short walks, water exercise, recumbent cycling
- Core stability in supported (or seated) positions
- Posture-friendly activities

Limit or Avoid

- Heavy lifting or twisting
- High-impact exercise (running, jumping)
- Prolonged inactivity/bed rest

Modifications for Knee Limitations

What to Focus On

- Low-impact cardio like walking on flat ground, stationary bike, swimming
- Strengthening hips, glutes, and core to support knees
- Controlled, smaller-range movements

Limit or Avoid

- Running, jumping, or twisting
- Deep squats or lunges that strain the joint

Modifications for Shoulder Limitations

What to Focus On

- Cardio that emphasizes the legs, like walking, cycling, elliptical
- Gentle posture and core exercises
- Pain-free range of motion with light activity

Limit or Avoid

- Overhead lifting or reaching
- Heavy pushing or pulling
- Movements that cause sharp pain

When Is It Okay to Push Through Pain?

When it may be okay to move through pain:

- Pain feels manageable
- It's acceptable to you
- The activity feels worth doing

Pain is manageable when:

- It's 4 or 5 out of 10
- It's no worse the next day
- Function stays stable



Signs That You Pushed Too Far

Pain is:

- Sharp, severe, or unusual
- Increasing in pain or swelling
- Limiting your movement or strength
- Affecting your daily activities
- Not improving with rest



Injury Prevention Tips

Warm up properly

- Prepare your muscles and joints before activity

Use proper form

- Learn and maintain good technique

Listen to your body

- Rest or reduce intensity as needed

Increase intensity gradually

- Add weight, distance, or frequency slowly to prevent overuse injuries



What types of movement help you feel better when facing injury, illness, or physical limitations?

Flexibility

- Flexible muscles and connective tissue move more easily and efficiently
- Improved flexibility helps reduce stiffness and lowers injury risk
- Regular stretching supports balance, posture, and range of motion



Understanding Stiffness



- Stiffness can develop from aging, inactivity, dehydration and more
- Tight tissues limit movement and increase injury risk
- Gentle movement and hydration help maintain flexibility

Water and Flexibility

- Water keeps muscles and connective tissues elastic and healthy
- Hydrated tissues move more freely and recover more easily



Improve Hydration

Drink enough water to keep muscles and joints moving comfortably

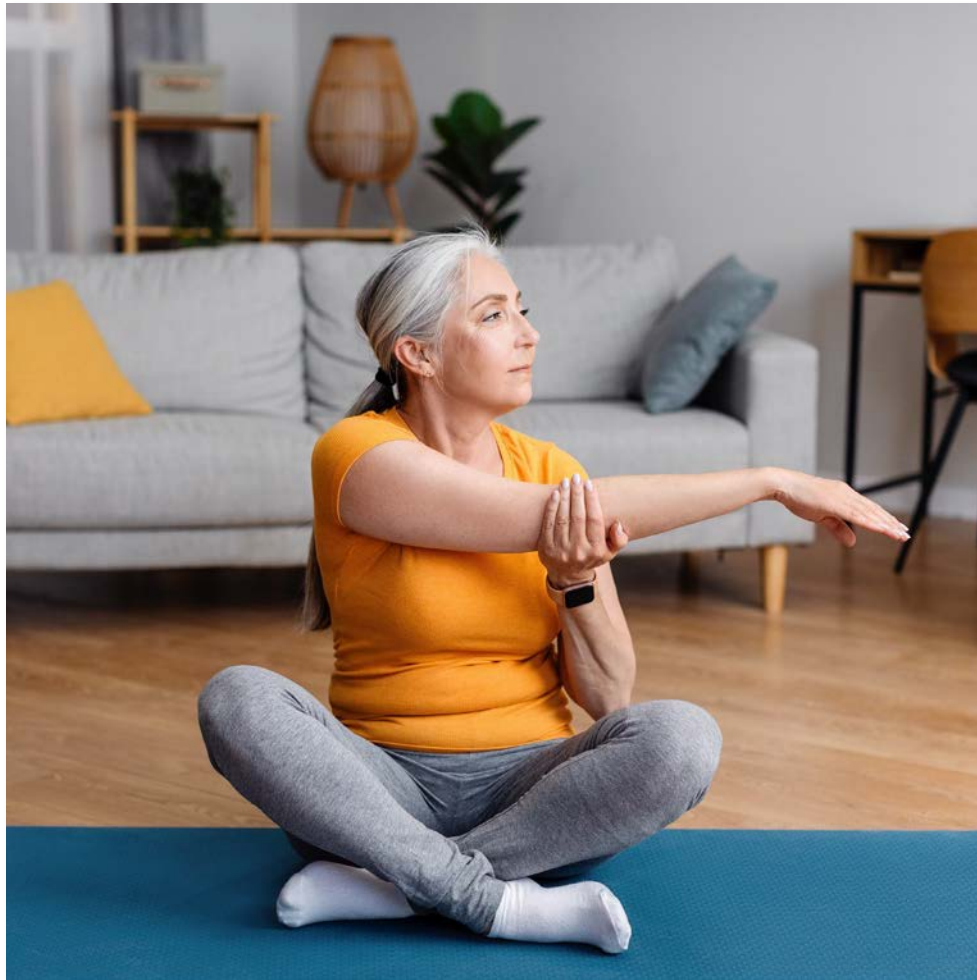
General guideline:

- 72–104 oz per day (9–13 cups)*

**Individual needs may vary*



Stretching Tips



- Stretch after your muscles are warm (after light movement or exercise) and after your workout
- Hold each stretch for 10-30 seconds and breathe steadily
- Focus on major muscle groups used during your workout
- Avoid bouncing or forcing a stretch

Fitness Plan

Week of: 6/27	MON	TUE	WED	THU	FRI	SAT	SUN
Cardio	Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		
Resistance		Use stretch bands for upper body for 5-10 minutes				Use stretch bands for upper body for 5-10 minutes	Use stretch bands for upper body for 5-10 minutes
Flexibility	Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		
Rest Day							

What is realistic to add to your routine this week?

Which types of physical activity would you like to include more of?

Create Your Own Fitness Plan

Week of:	MON	TUE	WED	THU	FRI	SAT	SUN
Cardio							
Resistance							
Flexibility							
Rest Day							

Find Your Fitness Inspiration: Create a Movement Vision Board

Gather magazines, photos, or words that represent how you want to feel when you move (strong, calm, energized) and build your own board



This Week

Choose a weekly goal, or make up your own:



Apply modifications
if ill or injured



Increase
movement



Drink an adequate
amount of water



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it **SMART**



Specific



Measurable



Action-
Oriented



Realistic



Timely

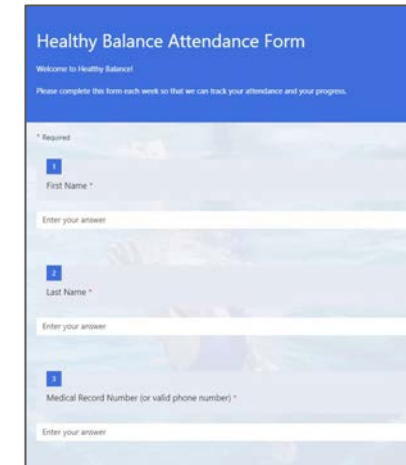
I will add in two days of full-body stretching
this week.

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» FOOD PREP FOR LIFELONG HEALTH

Discussion/Reflection Question:

How do prepare quick and easy healthy foods?



The image shows a digital form titled "Healthy Balance Attendance Form". It includes a welcome message and instructions to complete the form weekly. The form has three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a small blue icon with a white letter 'i' and a text input area with the placeholder "Enter your answer".

Have you filled out the attendance form?

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Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME