

Thank you to UW Brain Health & Wellness & Marigrace for inviting me today.
I'm 67, facing the same daily activity challenges as you, especially these last few months.
Let's explore some ways to move it...

“...I just put one foot in front of the other and I breathe.”



Pat Summitt

- 1976 Olympic Silver Medal, U.S. Women's Basketball player
- 1984 Olympic Gold Medal, U.S. Women's Basketball Coach
- 2009 - First college basketball coach (male or female) to win 1000 games
- NCAA winningest D1 basketball coach, Univ of Tennessee (Career-1098)
- 2011 Early-onset Alzheimer's diagnosis, age 59
- 2012 Presidential Medal of Freedom
- 2016 RIP

I'm inspired today by Coach Summitt, who walked this path.

She was an incredible coach and human being.

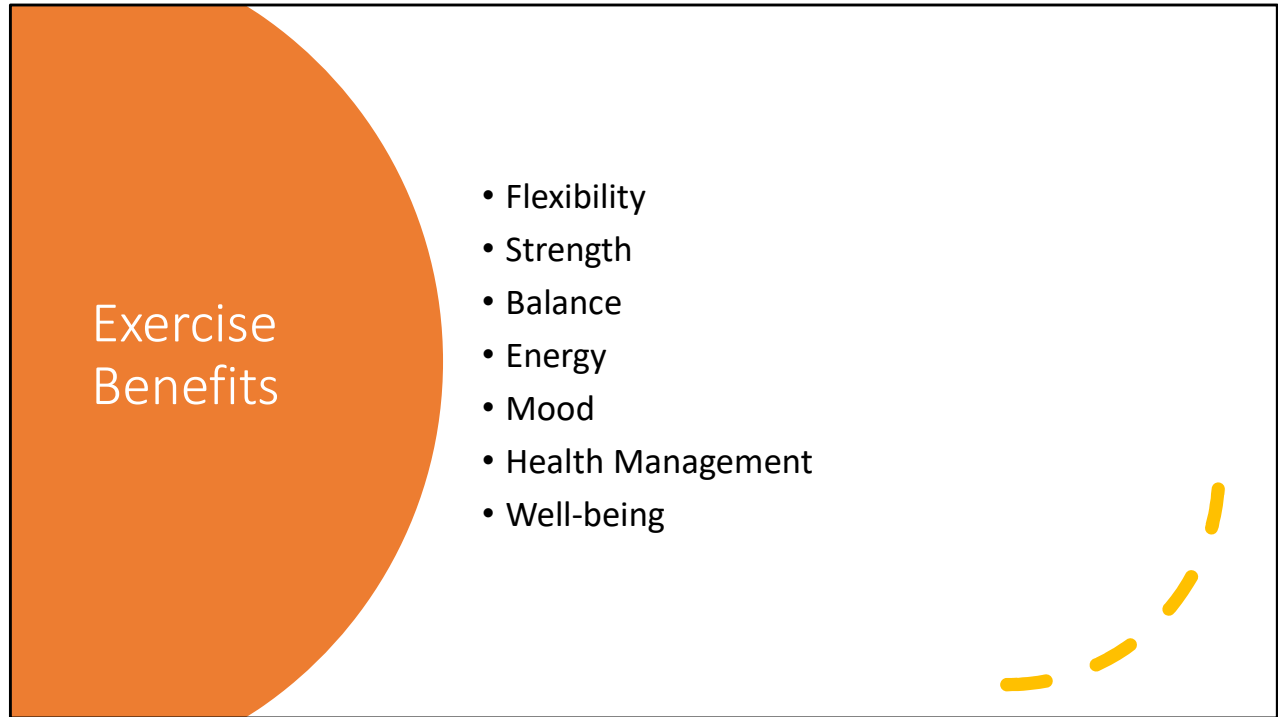
What we can learn from her:

Champion your own activities.

Make a plan.

Execute!

Always be rallying!



Reduce aches & pains.

Able to grip & lift everyday objects.

Staying upright!

Minimize risks of other health issues & isolation in a COVID world.

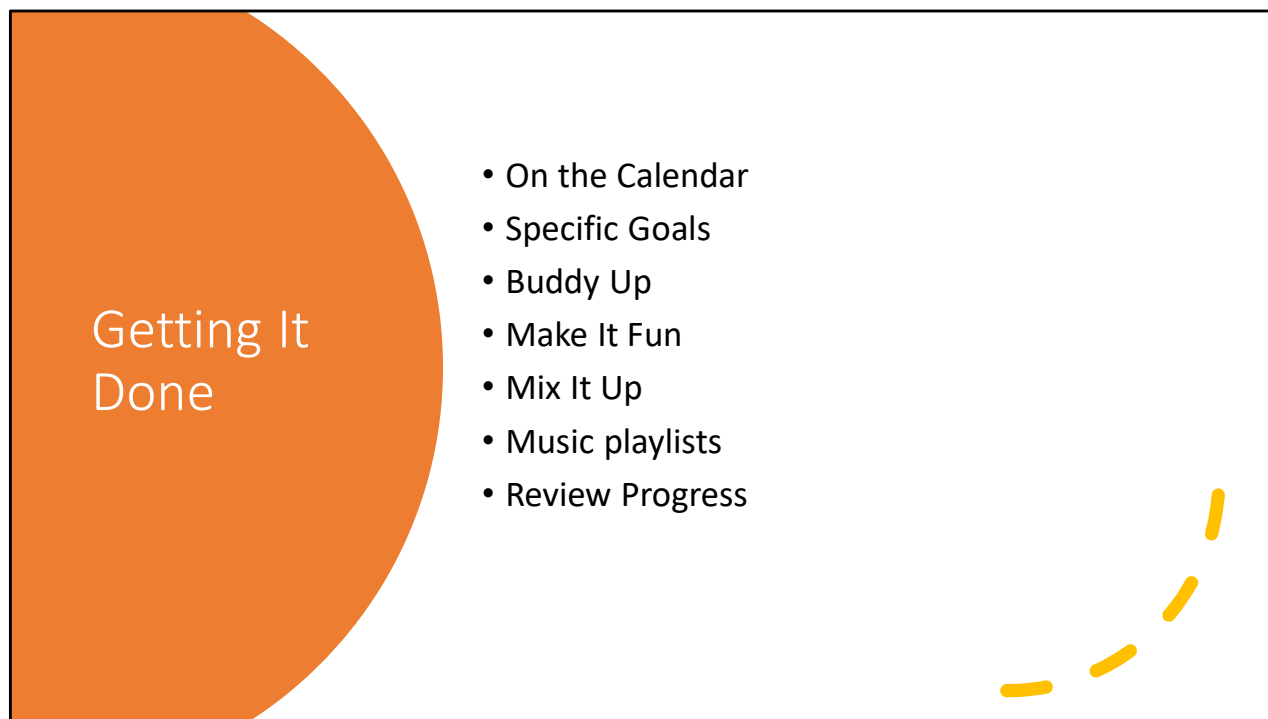
Keeps you on the sunny-side!

Ready to enjoy your life and your loved ones.



Your Choice:

Not a chore!
Get off the couch!
Use it or lose it!
Motion is lotion!



Getting It Done

- On the Calendar
- Specific Goals
- Buddy Up
- Make It Fun
- Mix It Up
- Music playlists
- Review Progress

Calendars: Outlook, Pocket, Phone, Wall.

Goals: Start slow & build.

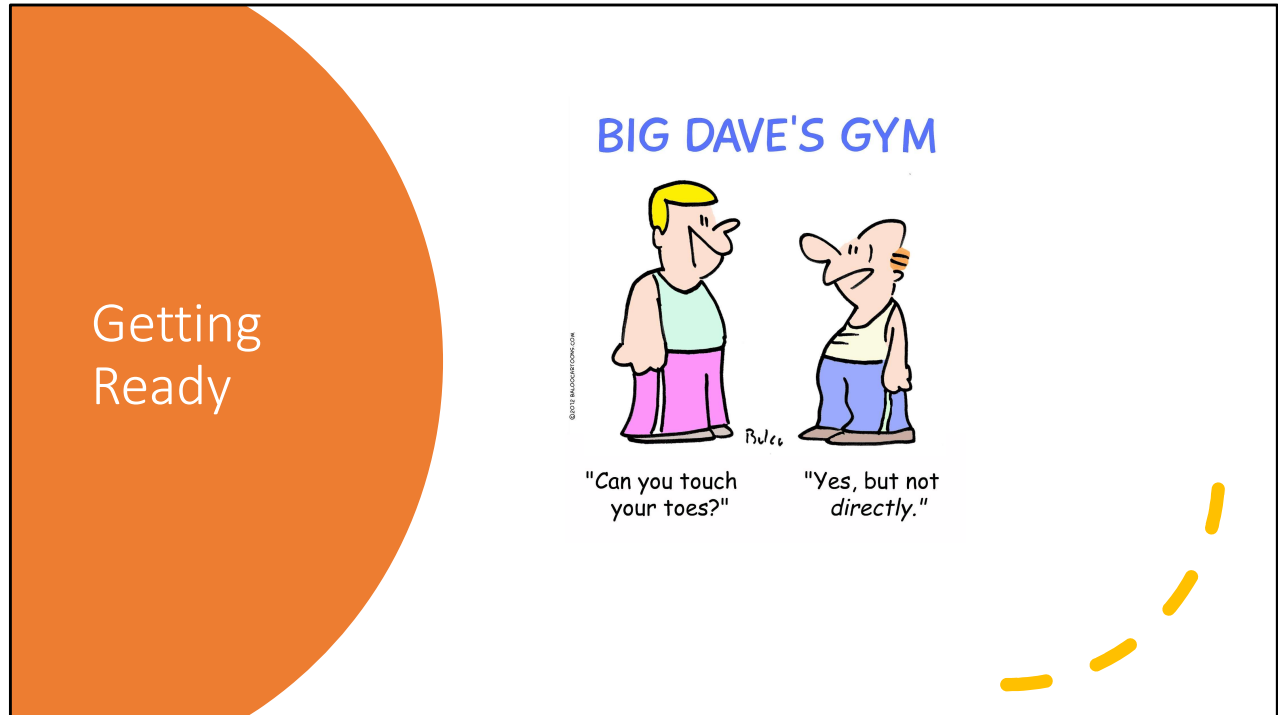
Baby steps vs. Giant steps.

Make it fun: Costume or goofy hat. Socially-distant parade. Kazoos!

Playlists! Create your Move It soundtrack.

Check in - How's it going? Fitness trackers!

If it's to be, it's up to me!



Start from wherever you are.

First, tell your heart, brain & muscles that you are moving from resting to active state.

Warm up & stretch!

Demo: (ADAPT + MOB)

Intro stretches

Front foot lifts

Seated knee raises

Sl-o-o-w-l-y stand up ++ sit down.



At-Home
(or close)

- Ballet/Barre positions
- Badminton
- Basketball dribble/shoot
- Beach Ball Toss
- Corn Hole Toss
- Dance moves (ChaCha/Hip Hop/Zumba)
- Gardening & yard stuff
- Horseshoes
- Matter of Balance exercises
- Meditating
- Nerf ball tag
- Ping Pong
- Putting
- Skipping Rope
- Silver & Fit – Apps & Home Fitness Kits
- Steps/Stairs: 1-2-3 Up/1-2-3 Down
- Tether ball
- Vacuuming to the oldies!
- WALKING
- Yoga
- Yo-yoing

Something old, something new.

Variety!

20-45 minutes X 3 days

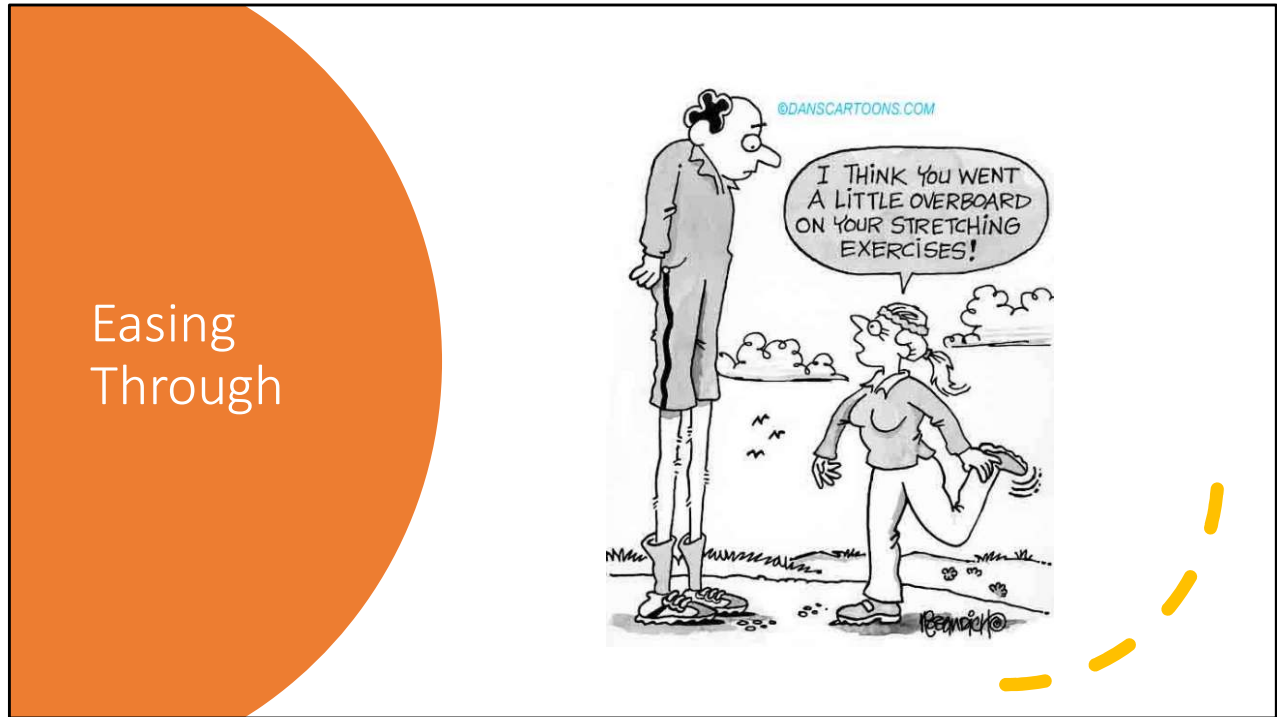
3 x 10 min/day X 3 days

2 x 15 min/day X 3days

Adaptive gardening: containers & raised beds

Golf Putting – inside or outside

Silver & Fit/Silver Sneakers: Use Medicare Advantage benefits



Easing Through

Moving between a resting state and active state - Tell your heart & your brain!

Warm up & stretch.

Stretch & cool down.

Stretches:

Arm reach up, R + L.

Hand arrow shoulder height, R + L

Hand arrow down, R + L

Big bear hug.



Safety

- Be alert
- You may be seated!
- Footwear
- Hat + sunscreen
- Warm up & stretch
- Hydrate!
- Pace yourself
- Take breaks
- Use assistive devices + handrails

Alert:

Be mindful of your meds.

Don't mix with Happy Hour!

It doesn't matter how slowly you go, as long as you don't stop!

Sneakers - no flip flops.

Fill the water bottle.

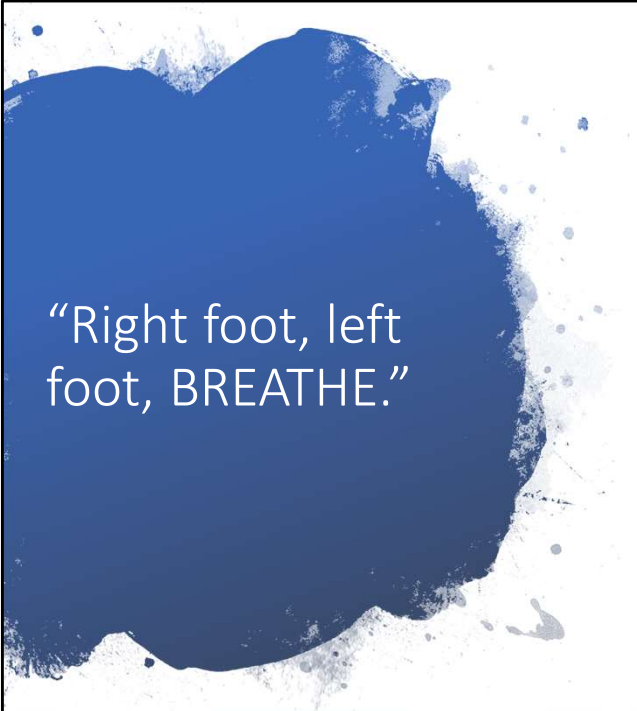
Knee pads for weeding.

Props:


Stretch bands

Chair

Hand & ankle weights



“Right foot, left foot, BREATHE.”



Candace Parker

- U of Tennessee/NCAA basketball champion
- Coached & inspired by Pat Summitt
- WNBA Multiple MVP & Championships, Los Angeles Sparks
- 2008 + 2012 Olympic Gold Medal- USA Women's Basketball
- Alzheimer's Assn. Celebrity Champion

The opening quote: Candace asked Coach Summitt – “How do you face each day,” following her diagnosis.

Candace edited her response to these 5 words. And had it tattooed on her forearm.
(Let's start each day that way: Right foot, left foot, breathe!

And move it, move it!



Resource List

- Adaptive Gardening:
<https://tonigattone.com/blog/>
- Music + Memory:
“Alive Inside” movie (Netflix)
<http://www.aliveinside.us/#about>
<https://musicandmemory.org>
- Playlists:
 - Boomer Playlists:
<https://open.spotify.com/playlist/7jV8WVUX2LvAhEDydQDrym>
 - Boomer Café 50 Best:
<https://www.boomercave.com/2015/05/28/the-50-best-songs-of-our-boomer-generation/>
 - Genre Playlists + Creating Playlists:
<https://musicandmemory.org/news-events/covid-19-support/>
 - Cecilia's ADAPT Playlist
 - Alzheimer's Assn. “Music Moments” compilation:
<https://www.alz.org/musicmoments/overview.asp>