

# Exercise for you and for the one you care for

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# Prevalence of Care Giving

## Overall Stats:

- It is estimated that 80 percent of all care received by older Americans is provided by family members.
- The average length of care giving is 4.3 years.
- Many caregivers fulfill multiple roles. Most caregivers are married or living with a partner (62%), and most have worked and managed care giving responsibilities at the same time (74%).

## Caregivers and Work

- Almost 60% of all caregivers either work or have worked while providing care.
  - 62 percent have had to make adjustments to their work life, such as reporting late to work or giving up work entirely.

Source: <http://www.caregiving.org/>

# Physical Strain on Care Givers

- Studies show that approximately one-third of caregivers provide intensive care although they are themselves in “fair to poor” physical health.
- Studies have found that caregivers may have increased blood pressure and insulin levels, may have impaired immune systems and may be at increased risk for cardiovascular disease among other adverse health outcomes.

Source: [http://www.caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=439&expandnodeid=384](http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=439&expandnodeid=384)

# Benefits of Physical Activity

- What do you do for preventative care?
- What can physical activity do for you?
  - Decrease risk of disease
  - Lower blood pressure and cholesterol
  - Decrease stress by releasing endorphins
  - Prevent against musculo-skeletal injuries
  - Increase self efficacy

# Physical Activity 101

- The make-up of your body:
  - Bones
    - Load and movement
  - Organs
    - Efficiency of the heart and lungs
  - Muscles
    - Importance of warming up
  - Connective Tissue
    - What is it?

# ACSM Guidelines

	<b>Muscular Strength and Endurance</b>
<b>What is it?</b>	<u>Strength</u> : Ability to overcome a larger external force <u>Endurance</u> : Repeatedly overcome or sustain a force
<b>Type:</b> <i>What activities?</i>	Any activity that creates <b>overload</b> to the muscles in the form of an external force. <i>Examples?</i>
<b>Frequency:</b> <i>How often?</i>	2-3 days per week for each major muscle group.
<b>Intensity:</b> <i>How hard?</i>	To the point of fatigue within 8-12 repetitions.
<b>Time:</b> <i>How long?</i>	At least one set of repetitions for each major muscle group.

# ACSM Guidelines

	<b>Flexibility</b>
<b>What is it?</b>	Ability to move our joints through a <b>full</b> range of motion
<b>Type:</b> <i>What activities?</i>	Any activity that focuses on elongating the muscles and moves joints safely through their full range of motion. <i>Examples?</i>
<b>Frequency:</b> <i>How often?</i>	At least 2-3 days per week for each major muscle group
<b>Intensity:</b> <i>How hard?</i>	To the point of tension (mild discomfort), but not pain.
<b>Time:</b> <i>How long?</i>	<u>Static Stretching</u> : 10-30 seconds for each stretch; may be repeated

# ACSM Guidelines

	<b>Cardio-respiratory Fitness</b>
<b>What is it?</b>	Efficiency of the heart and lungs to deliver nutrients to the body when in need
<b>Type:</b> <i>What activities?</i>	Any activity that uses large muscle groups, can be maintained continuously, and is rhythmic and aerobic in nature. <i>Examples?</i>
<b>Frequency:</b> <i>How often?</i>	Start with 3 – 4 days per week
<b>Intensity:</b> <i>How hard?</i>	“Talk Test”: A level that elevates the heart rate but still allows you to talk without being out of breath.
<b>Time:</b> <i>How long?</i>	30-60 minutes of continuous or intermittent aerobic activity. Build up gradually.



# Exercising for the Care Giver

- Importance of your Core
- Keeping good range of motion
- Proper lifting mechanics
- Proper body alignment
- Programming

# 10 Essential Exercises for Care Givers

## 80/20 BODY SQUAT WEIGHTS



## PUSH UPS



# 10 Essential Exercises for Care Givers

## SUPERMAN with RETRACTION



## LUNGES with ROTATION



# 10 Essential Exercises for Care Givers

## CROSSCHOP



## REVERSE WOODCHOP



# 10 Essential Exercises for Care Givers

## STABILITY BALL CROSS CRUNCH



## BENT OVER ROWS/ STABILITY BALL ROWS



# 10 Essential Exercises for Care Givers

## BIRD DOG



## HIGH KNEE BALANCE



# 10 Essential Exercises for Care Givers

Option for overhead reach:

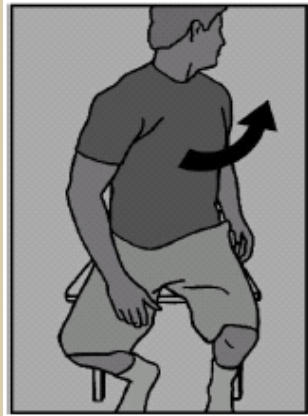


Option for rotation:



# An Everyday Flexibility Routine

Standing Torso Rotation



Standing Anterior Delt Stretch



Standing Tricep Stretch



Standing Quad Stretch



Seated Hamstring Stretch





# An Everyday Flexibility Routine

## Seated Piriformis Stretch



## Seated Pretzel Stretch



## Seated Lower Back Stretch



# Sleep

- Inhibitions of a good nights sleep
  - What keeps you up at night?
- Lack of sleep is the third highest impediment to overall performance

# Summary

- Take care of yourself!!
  - SLEEP!
  - Eat
  - Exercise
  - Take time for yourself

# Questions?

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