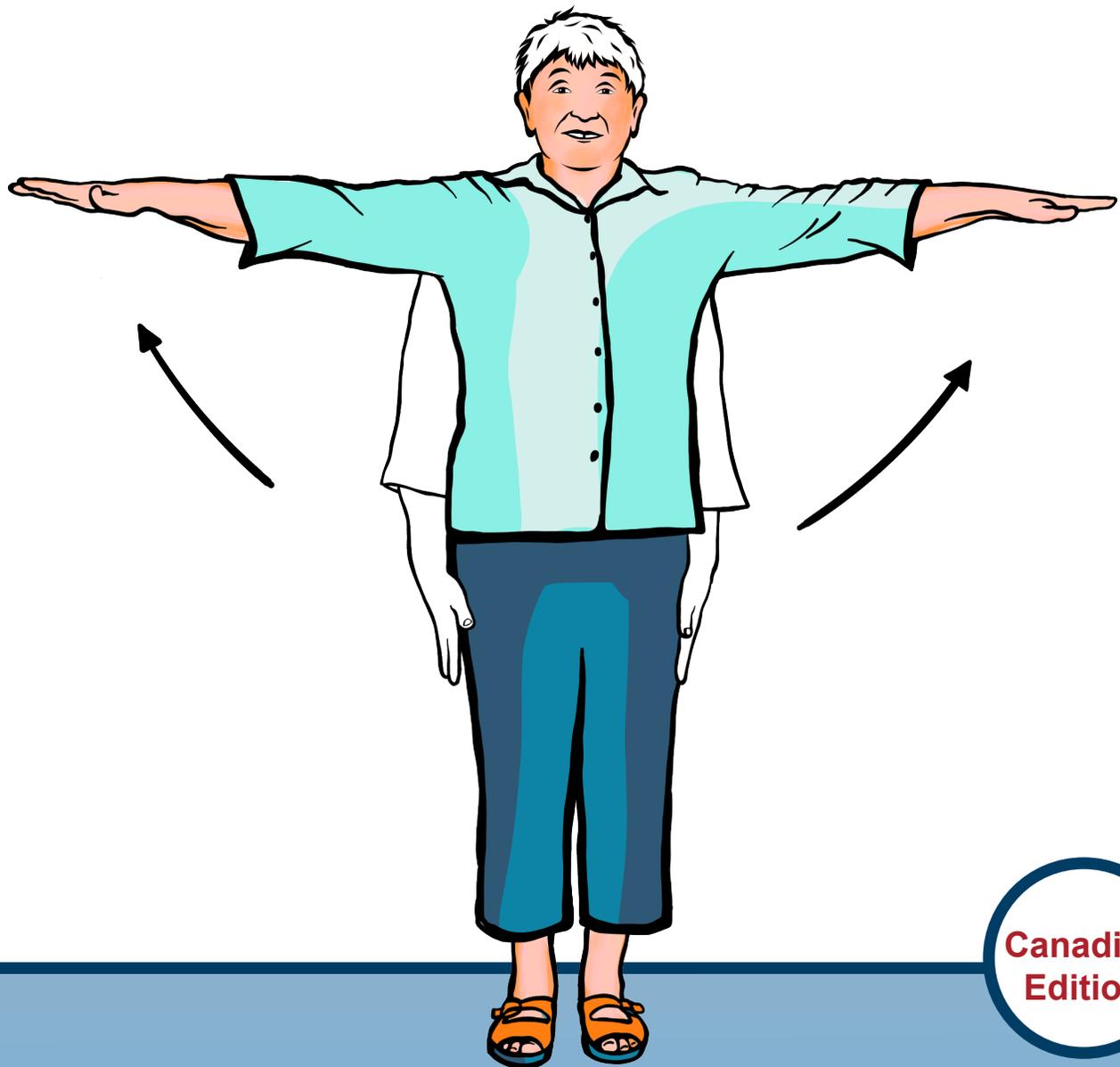


Daily Dozen

Visual Exercise Guide for Seniors 65+

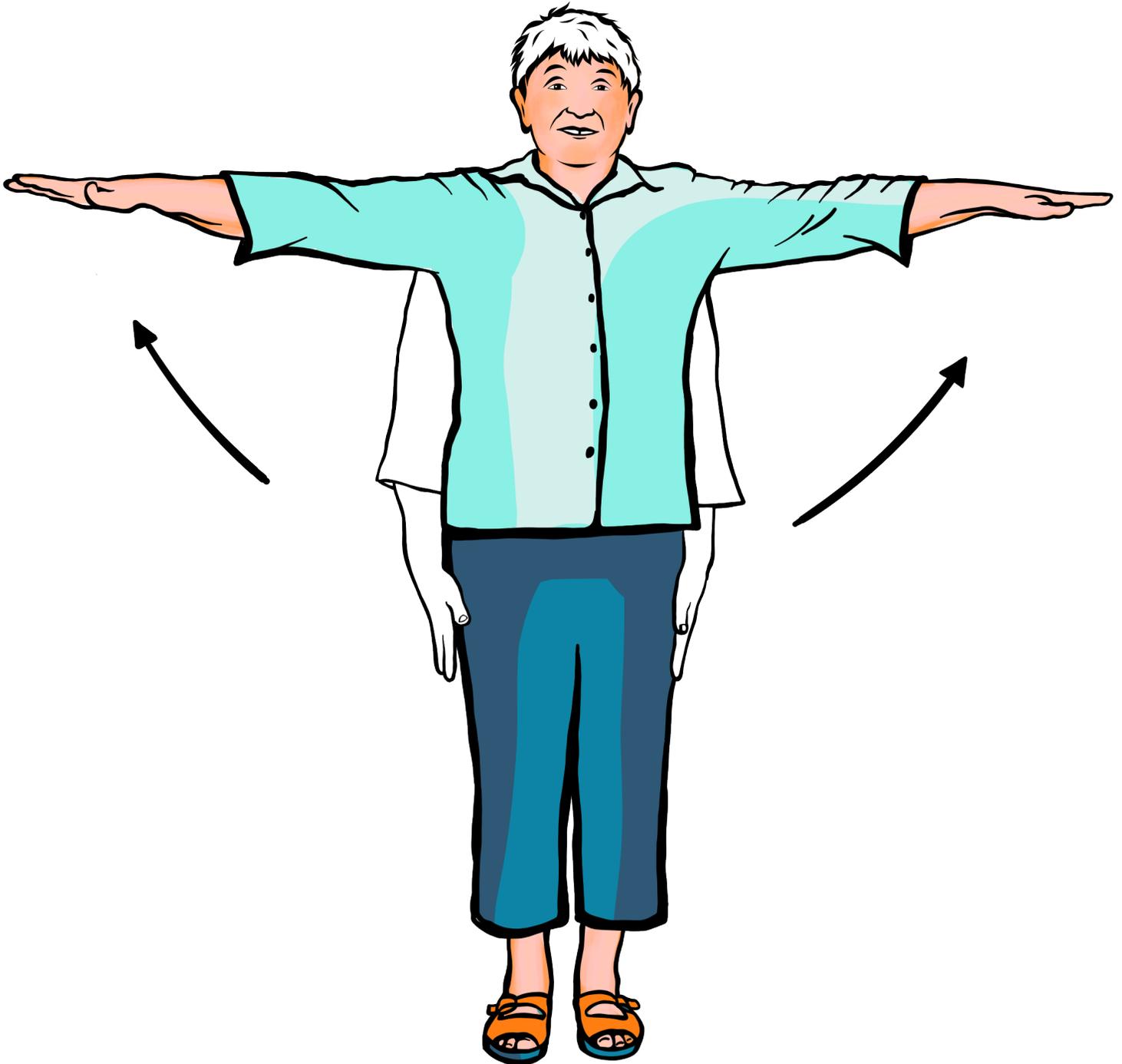


Canadian
Edition

Iwona Buziak-Mohamed

Daily Dozen

Visual Exercise Guide—for Seniors 65+



Iwona Buziak-Mohamed

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Welcome to the Daily Dozen: Visual Exercise Guide—for Seniors 65+

The Daily Dozen: Visual Exercise Guide—for Seniors 65+ was created to encourage people in their 60s and beyond to be physically and socially active by including a few exercises into their daily routine.

The exercises included address three areas of physical health:

1. Balance
2. Strength
3. Stretch

This book includes;

1. Daily Dozen: Visual Exercise Guide—for Seniors 65+ twelve posters. One exercise on each page with a description in both English and French.
2. One—page poster. It includes illustrations of all 12 exercises and names.
3. One—page weekly calendar to keep track of the exercise routine.

The posters are 8.5 x 11 inches. These can be cut out of this book, laminated and mounted on the wall. You can copy the weekly calendar as you need to keep records of exercise.

Table of Contents

Introduction	4
Senior’s Health	5
Initial idea for this visual guide	6
Hallway Exercise Stations for Senior residents	7
Development of Daily Dozen	8
Daily Dozen Team	9
Daily Dozen 12 Posters	10
Daily Dozen list of exercises	35
One-Page Poster	37
One-Page Weekly Calendar	39



Introduction

“Movement is a medicine for creating change in a person’s Physical, Emotional, and Mental states”

Carol Welch

In an interview with Roger Baril, Welch said: “As we grow older, many get more disassociated from their bodies. What we suffer from is not just lack of movement but lack of a variety of movement.”

Illustrations of an exercise routine are crucial in everyday life of people who can’t read instructions. The inability to read instructions prevents people from using resources that don’t contain graphics or illustrations, which explain the instructions visually.

The illustrations act as an everyday life reminder for people who can’t read English or French, especially seniors, many of whom may not have access to the internet.

Daily Dozen: Visual Exercise Guide—for Seniors 65+ was inspired by Canadian Physical Activity Guidelines for older adults - 65 years and older.

Both Dr. Rolfe, who is a Registered Kinesiologist, Ph.D. (Exercise Science) and volunteer exercise instructor with South-East Ottawa Community Health Centre, and Ms. Campbell, an active senior resident of Ottawa Community Housing (OCH), selected these exercises.

Links to the above mentioned sources:

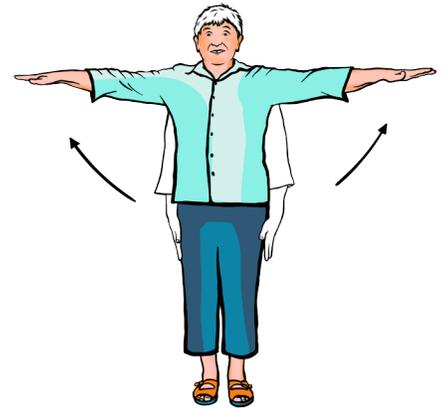
<https://www.biosomatics.com/about-us>

<http://somaticsmove.com/movement-medicine-interview-carol-welch-baril-roger-baril/>

<https://csepguidelines.ca/adults-65/>

<http://www.och-lco.ca/>

<http://www.seochc.on.ca/>



Senior's Health

The one most important thing for seniors is health!

We want to address:

Why are some seniors not physically active?

- They may not know how, where, and when they should exercise.

How can we help?

- We can help by introducing a visual guide in places that seniors use daily, such as hallways.

This guide:

- Is easy to understand.
- Saves time and resources of caregivers.
- Gives more independence to those who are unable to read the instructions.

Are you a senior?

We invite you to:

- Use this book as a guide.
- Try the featured exercises.
- Keep a record of your exercise routine in a weekly calendar included in this book. You can reprint it weekly or laminate it and reuse it.

Are you a caretaker?

- We invite you to help the senior you care for to choose the appropriate exercises and use a weekly calendar. You can reprint it weekly or laminate it and reuse it.



Initial idea for this visual guide

One day, when I was sitting in Silvana’s office, Senior Program Coordinator at the Catholic Centre for Immigrants (CCI), she had a concerned look on her face.

She said: “We want to encourage our seniors to keep physically and socially active and I found the Canadian Physical Activity Guidelines for older adults - 65 years and older, but there is a problem!”

—Firstly—most of the seniors don’t have access to the internet to get these guidelines.
—Secondly—they can’t read them.

Silvana asked: “Would you draw a few pictures based on those guidelines so we can share them with our seniors?” I said yes.

But when I illustrated the suggested Canadian Physical Activity Guidelines exercises and showed them to the seniors I volunteered with as an ESL facilitator, I realized there was another, much bigger problem.

Most of these seniors would not be able to use the guidelines, even if they had an illustrated format. They simply were not able to perform the suggested exercises.

If I were to create a visual aid, it would have to be a useful resource for all seniors with language barriers, not just a few.

So, I decided to do some research on:

- The kind of exercise seniors should be doing
- The exercise preference of most seniors
- The best number of exercises included in the guidelines
- The safest exercises that they can do independently and without props which could create yet another problem.



Hallway Exercise Stations for Senior residents

To start with, I went to see Danielle, a Registered Kinesiologist, Ph.D. (Exercise Science) and volunteer exercise instructor at the South-East Ottawa Community Health Centre and the apartment building where I was a volunteer.

I wanted to know what her recommendations were and if possible, to team up with her to create those visual guidelines. After all, I am an artist, not a specialist in senior physical activities. Danielle invited me to participate in a gym class she volunteered for seniors, where I met some of the seniors I already knew.

One day, while I was watching Danielle's gym class, one of the active seniors, Barbara asked: "Can we have those drawings on our hallway walls? We are using the hallways for our daily walking routine; many people can't go outside for a walk. It is too cold in winter, too hot in summer and we have a rainy season as well."

Three things appeared clear to me:

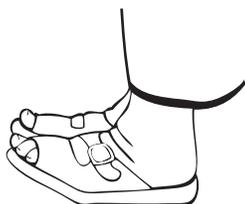
1. For years, I knew about seniors going to a shopping mall early in the morning to walk, exercise and socialize with others. However, it never occurred to me that people who can't go to a shopping mall for a walk may be facing long dull apartment building hallways to walk endlessly. What an unappealing perspective.
2. Barbara was a native-born English-speaking Canadian. Yet she was the one who suggested that the visual aid should be available for everyone in the building regardless whether they speak the language or not.
3. Barbara never knew that the Canadian Health Activity Guidelines existed! After asking several native English-speaking friends who are in their 60s and beyond, none of them knew about such guidelines. I thought it was unfortunate, because people need to know about the resources that exist for them.

"Yes!", I said to Barbara, "but we have to find out if the building management will allow hanging our visual guide on the hallway walls."

After the meeting with the manager of the apartment building, I realized I had to make sure to address not only the aesthetics but their concerns regarding residents' safety, fire hazard, logistics of the installation of the visual guide in the hallways of their building and cost of production.

I also had to include a written description for each exercise and since there are two official languages in Canada, English and French had to be included.

The most important news was: we got permission to install our visual guide.



Development of Daily Dozen

From then on, I started collecting Danielle's suggestions, feedback from the seniors residing in the apartment building and the Ottawa Community Housing management. It was important to meet the objectives of all the people involved.

The rest of the year was spent on creating this visual guide. It was a long year going back and forth from the initial ideas, exercise choices, concerns, logistics, to the design styles and the name for the visual guide. I even involved my mother Julianna, who became my model for this and other visual aids for seniors.

At the end, we were left with a set of 12 exercises. I called it Daily Dozen, a name that is associated with daily routines of many kinds and is a metric that people easily remember.

The collaboration between diverse groups of people to create this unique visual aid paid off with a great result. I am confident our Daily Dozen: Visual Exercise Guide—for Seniors 65+ will make a difference in our seniors' lives.

Maybe you work with seniors with language barriers and want to help improve their lives with a simple exercise routine.

Maybe you live with a senior that you care for, and you don't know how to explain a simple exercise routine that could supplement their daily walking routine.

We want to encourage you to bring Daily Dozen: Visual Exercise Guide—for Seniors 65+ to your community, whether it is an apartment building, a residence, a shopping mall or an individual home.

It is a great visual resource to encourage seniors to be more physically active and it will give seniors a sense of belonging and help to reduce their social isolation.

Daily Dozen Team



Iwona Buziak-Mohamed

Graphic artist and volunteer facilitator of English as a Second Language (ESL) Senior Circle with Catholic Centre for Immigrants (CCI) Ottawa

I participated in the Daily Dozen project because there was a need for a Visual Guide for seniors to be able to follow in their daily recommended physical activities. I am honoured to work on this project believing that it can help many seniors to stay fit and healthier.

Danielle Rolfe

Registered Kinesiologist, Ph.D. (Exercise Science), volunteer exercise instructor with South-East Ottawa Community Health Centre (SEOCHC)

The Daily Dozen, in my professional opinion, offers an effective, low-cost, and accessible solution to physical inactivity and social isolation experienced by many seniors living in apartments. The fact that it was conceived, built and tested by the very communities it aims to benefit makes it truly viable.



Silvana Valentone

English as a Second Language (ESL) Teacher; Program Coordinator, Seniors Circles, with the Catholic Centre for Immigrants (CCI) Ottawa

I participated in this project because through years of teaching and working with older adults with different abilities and from diverse cultures, I've learned that visual aids are key to getting a message across. As a Positive Psychology enthusiast, I'm a firm believer in the power of physical activity to help us all lead healthier and happier lives. Daily Dozen brings easy exercises into a visual format that will encourage seniors to keep active and engaged.



Barbara Campbell

Volunteer with South-East Ottawa Community Health Centre (SEOCHC) and Ottawa Community Housing (OCH) to help with seniors' social integration programs in her apartment building

I want to help seniors living in poverty to have the safety and respect that the rich take for granted. I observed that many people walk in the hallways as exercise. I suggested putting up signs of exercises so they could add to the walking. This amazing team has taken that idea and it is now becoming a possibility. The healthier we are, the easier it is to look after ourselves. The more visible we are, the better chance we have that someone will miss us if we aren't around for a few days.



Daily Dozen 12 Posters

Daily Dozen was created with apartment building hallways in mind as exercise stations, installed on every floor, but it can be hung easily on any wall, even in a room.

It is an aesthetically pleasing, practical and interactive art, which can serve both purposes:

1. Help seniors keeping physically and socially active.
2. Decorate hallways with interactive art.

The next 12 pages contain Daily Dozen: Visual Exercise Guide—for Seniors 65+ twelve posters. One exercise on each page with a description in both English and French.

You can cut the pages of this book and even laminate or frame them before installing or simply pinning them to the wall.

If you would like to print multiple copies of the exercise posters for your residents, please contact HAPY Publications through the website hapy.ca for printing permission and the PDF format of this book.

I hope you will enjoy using this simple walking routine supplement as much as we enjoyed creating it.



Daily Dozen Model

At 69, Julianna became the Daily Dozen model. She is physically active, which makes her fit and independent. Besides exercising daily, she regularly goes swimming and walking. Bicycles were her only means of transportation throughout her life. She still rides a bike today.

However, like for many senior immigrants, language presents a challenge to Julianna. Reading and writing in English is still very difficult for her. She is also my mother.

1



Walk

Marchez

Daily Dozen: Visual Exercise Guide—for Seniors 65+

①



1. Walking—

Walk for 5–10 minutes to warm up the body. Walk at a pace that is a challenge, but you should still be able to carry a conversation (but not sing!).

2



Extend your leg behind you

Étirez vos mollets
(en tendant votre jambe derrière vous)

Daily Dozen: Visual Exercise Guide—for Seniors 65+



2. Leg Extensions (strength)—

Face and place both hands on the wall, weight is shifted to the left leg, and right leg is straight and extended behind the body to strengthen the buttocks.

Repeat 12 times and then switch to the other side.

3



Raise your toes

Soulevez vos orteils
(en vous appuyant sur vos talons)

Daily Dozen: Visual Exercise Guide—for Seniors 65+

3



3. **Toe Raises** (balance)—

Lean back against the wall for balance (only slightly) raise toes off ground, heels remain on the floor and then place them back in starting/standing position.

Repeat 12 times.

4



Raise your heels

Soulevez vos talons
(en vous appuyant sur vos orteils)

Daily Dozen: Visual Exercise Guide—for Seniors 65+

4



4. Heel Raises (balance)—

Stand facing a wall (hold for balance if needed), raise heels off ground, toes remain on the floor and then place them back in starting/standing position.

Repeat 12 times.

5



Push off the wall

Pompes au mur

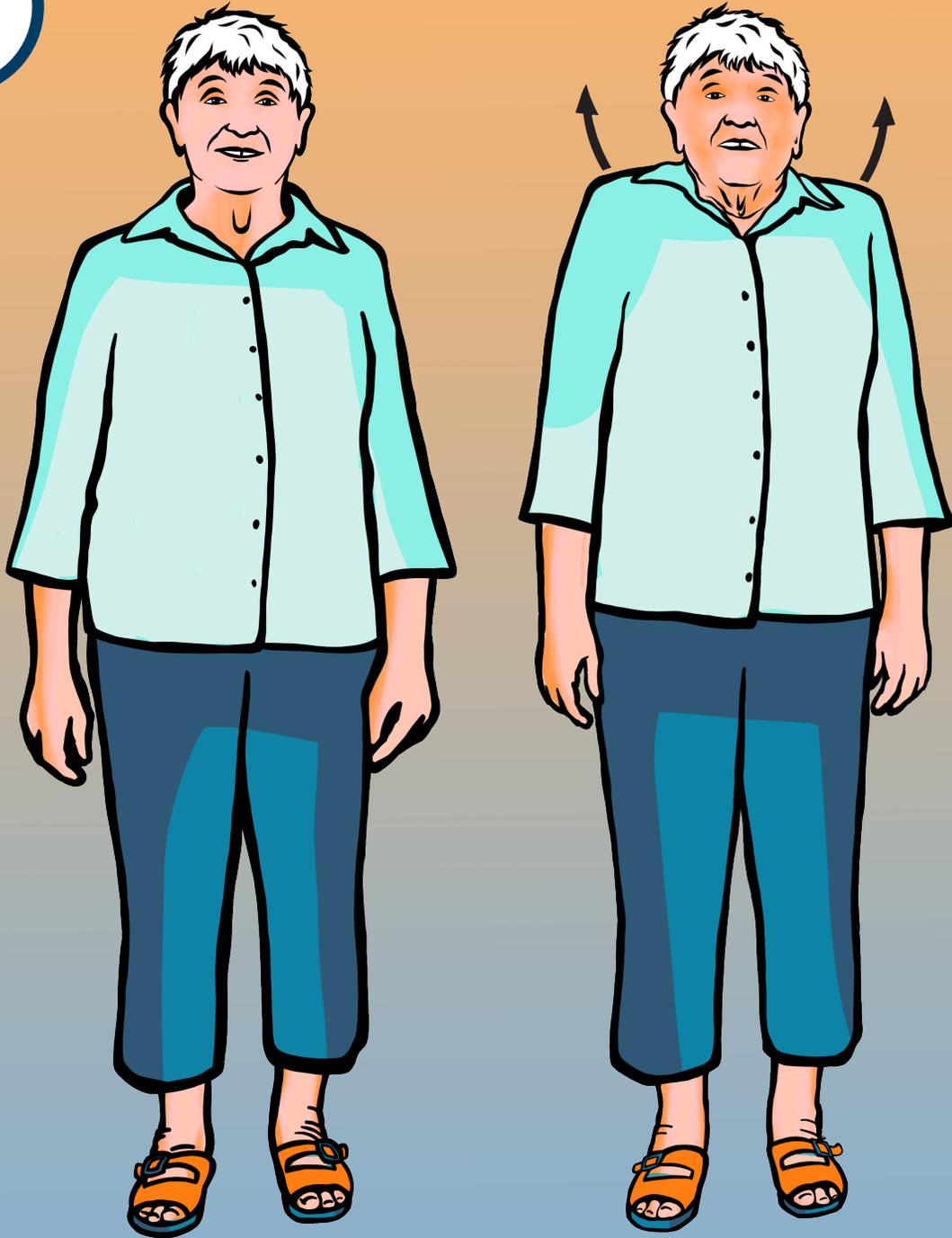
Daily Dozen: Visual Exercise Guide—for Seniors 65+



5. **Wall Push-Ups** (strength)—

Standing about two feet away from the wall, bend the elbows and bring the torso closer to the wall. Keep back and neck straight. Do not bend over! Repeat 12 times.

6

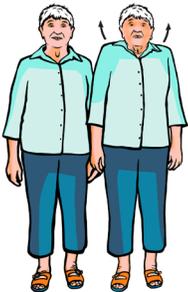


Shrug your shoulders

Haussez vos épaules

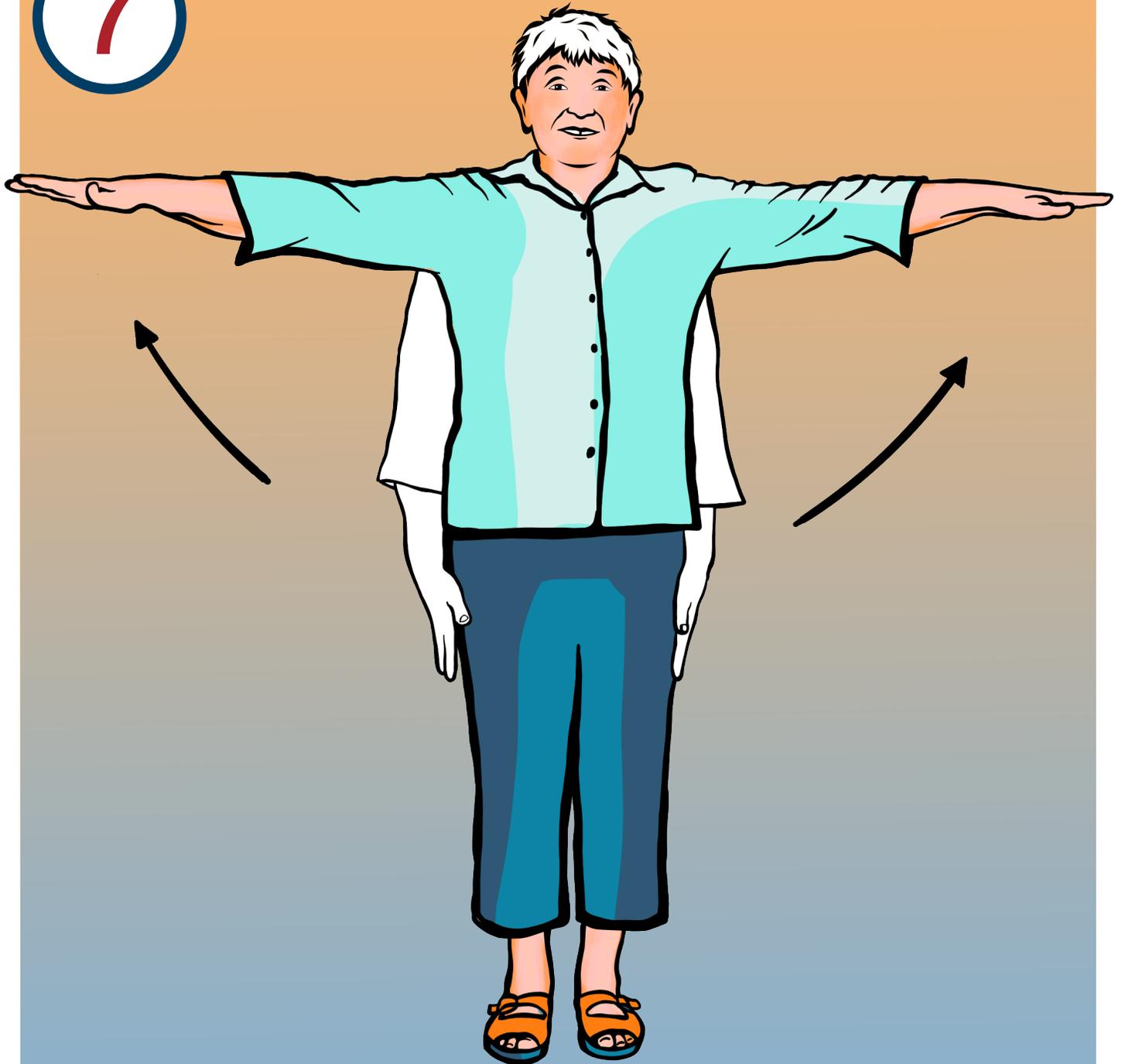
Daily Dozen: Visual Exercise Guide—for Seniors 65+

6



6. *Shoulder Shrugs* (stretch)—
Raise both shoulders to the ears (looks like “I don’t know”)
and then lower. Repeat 12 times.

7

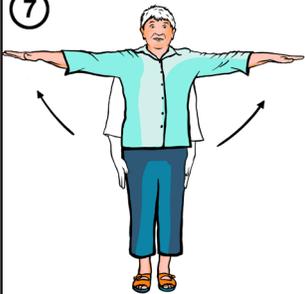


Raise your arms to the side

Soulevez vos bras sur le côté

Daily Dozen: Visual Exercise Guide—for Seniors 65+

7



7. Lateral Shoulder Raises (strength)—
Start with arms at sides. Raise arms sideways to shoulder height or lower, hold and then lower back down to sides. Repeat 12 times.

8



Stretch your chest

Bombez votre poitrine
(en vous appuyant sur le bas de votre dos)

Daily Dozen: Visual Exercise Guide—for Seniors 65+

8



8. Chest Stretches (stretch)—
Place hands on hips and squeeze elbows together behind the back. Hold for 30–60 seconds. Repeat 12 times.

9



Straighten your leg behind you

Étirez vos hanches et vos mollets

Daily Dozen: Visual Exercise Guide—for Seniors 65+

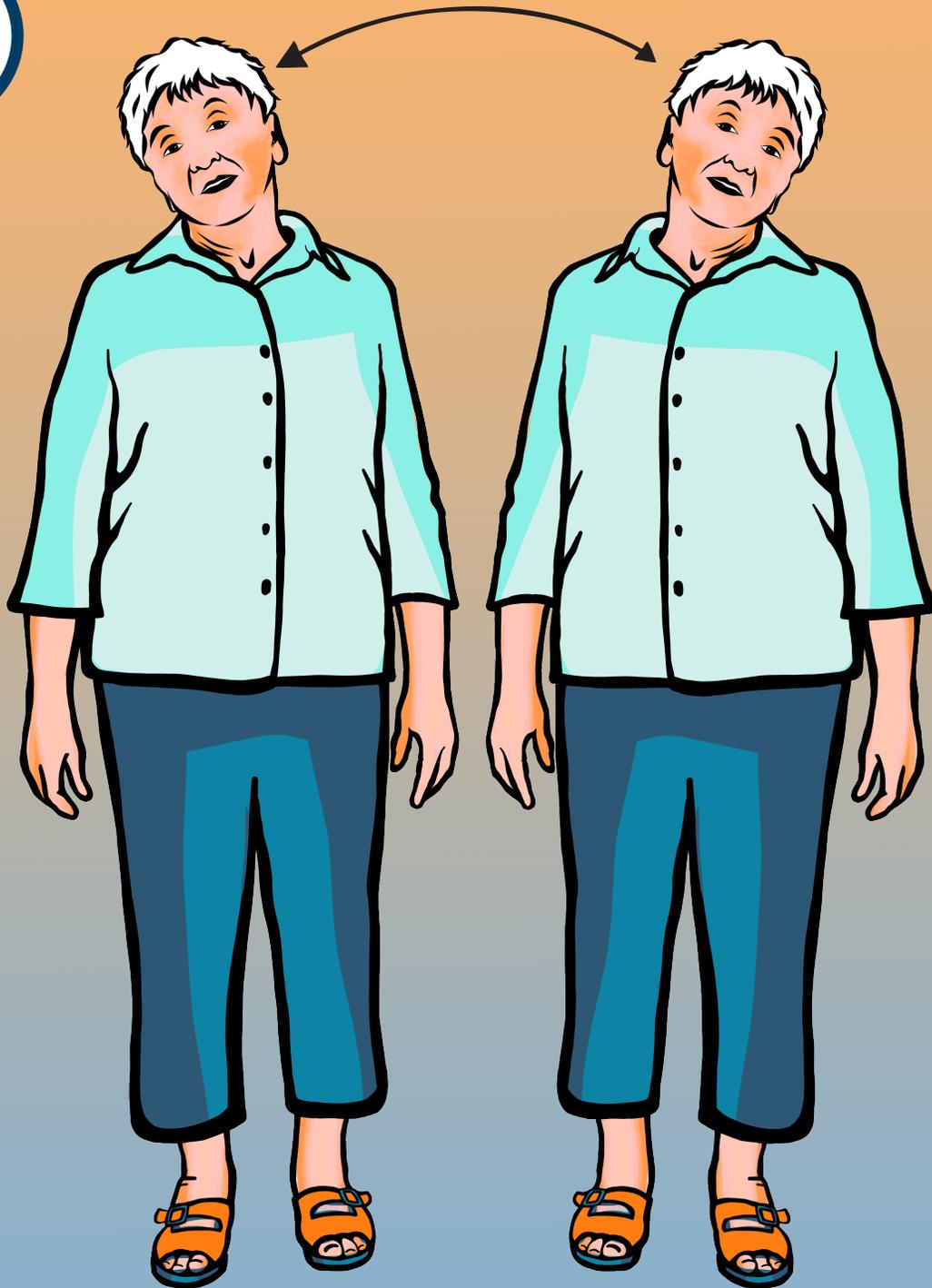
9



9. Hip and Calf Stretches (stretch)—

Face the wall and place both hands on a wall lower than shoulder height. Step right foot back about a meter away from the front foot. Straighten the right leg and bend the left knee. Push the right heel into the ground. Keep your upper body upright. Hold for 30–60 seconds and repeat on the other side.

10

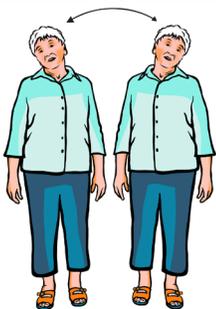


Drop your head to your ear

*Inclinez votre tête
d'un côté vers une épaule*

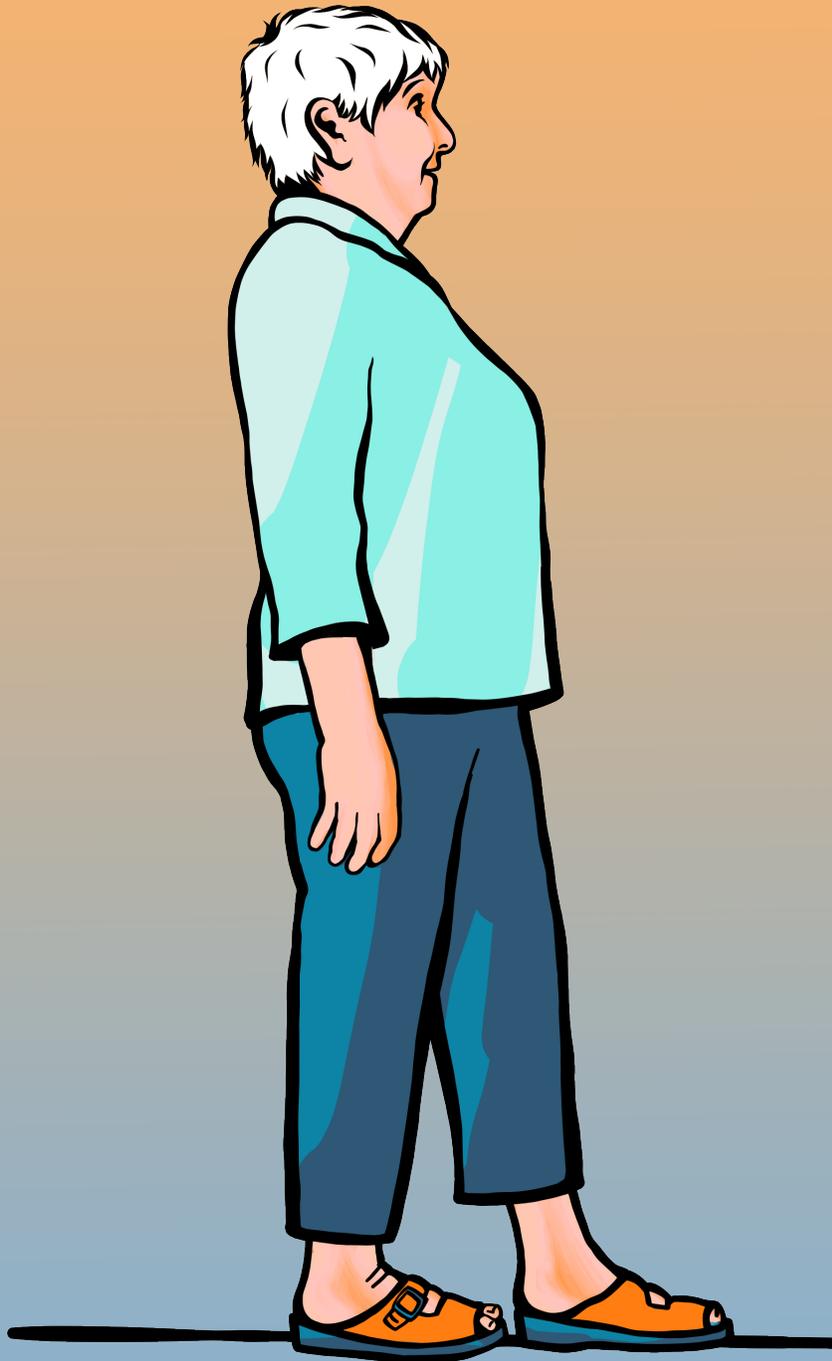
Daily Dozen: Visual Exercise Guide—for Seniors 65+

10



10. Neck stretches (stretch)—
Drop left ear to left shoulder and hold for 30–60 seconds.
Repeat on the other side.

11



Walk a tightrope

Marchez talon-orteil

Daily Dozen: Visual Exercise Guide—for Seniors 65+

11



11. Tandem Walk (balance)—

Pretend to walk on a tightrope—walk forward placing right heel in front of left toes, left heel in front of right toes, continue in a straight line on the floor. Try doing this going backward, or turn around and walk back to the starting point in the same way.

12



Walk

Marchez

Daily Dozen: Visual Exercise Guide—for Seniors 65+

12



12. Walking

Walk 5–10 minutes to cool down.

Daily Dozen list of exercises

①



1. **Walking**—

Walk for 5–10 minutes to warm up the body. Walk at a pace that is a challenge, but you should still be able to carry a conversation (but not sing!).

②



2. **Leg Extensions** (strength)—

Face and place both hands on the wall, weight is shifted to the left leg, and right leg is straight and extended behind the body to strengthen the buttocks. Repeat 12 times and then switch to the other side.

③



3. **Toe Raises** (balance)—

Lean back against the wall for balance (only slightly) raise toes off ground, heels remain on the floor and then place them back in starting/standing position. Repeat 12 times.

④



4. **Heel Raises** (balance)—

Stand facing a wall (hold for balance if needed), raise heels off ground, toes remain on the floor and then place them back in starting/standing position. Repeat 12 times.

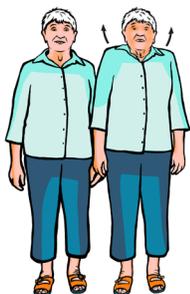
⑤



5. **Wall Push-Ups** (strength)—

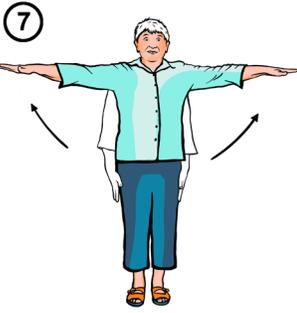
Standing about two feet away from the wall, bend the elbows and bring the torso closer to the wall. Keep back and neck straight. Do not bend over! Repeat 12 times.

⑥



6. **Shoulder Shrugs** (stretch)—

Raise both shoulders to the ears (looks like “I don’t know”) and then lower. Repeat 12 times.



7. Lateral Shoulder Raises (strength)—

Start with arms at sides. Raise arms sideways to shoulder height or lower, hold and then lower back down to sides. Repeat 12 times.



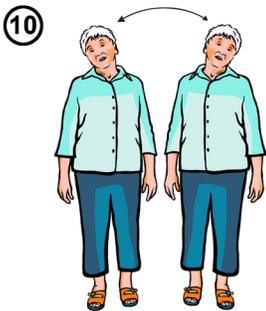
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9. Hip and Calf Stretches (stretch)—

Face the wall and place both hands on a wall lower than shoulder height. Step right foot back about a meter away from the front foot. Straighten the right leg and bend the left knee. Push the right heel into the ground. Keep your upper body upright. Hold for 30–60 seconds and repeat on the other side.



10. Neck stretches (stretch)—

Drop left ear to left shoulder and hold for 30–60 seconds. Repeat on the other side.



11. Tandem Walk (balance)—

Pretend to walk on a tightrope—walk forward placing right heel in front of left toes, left heel in front of right toes, continue in a straight line on the floor. Try doing this going backward, or turn around and walk back to the starting point in the same way.



12. Walking

Walk 5–10 minutes to cool down.

One-Page Poster

Daily Dozen: Visual Exercise Guide—for Seniors 65+



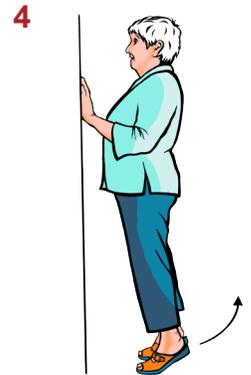
1
Walk
Marchez



2
Extend your leg behind you
*Étirez vos mollets
(en tendant votre
jambe derrière vous)*



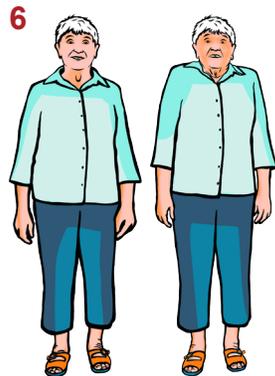
3
Raise your toes
*Soulevez vos orteils
(en vous appuyant
sur vos talons)*



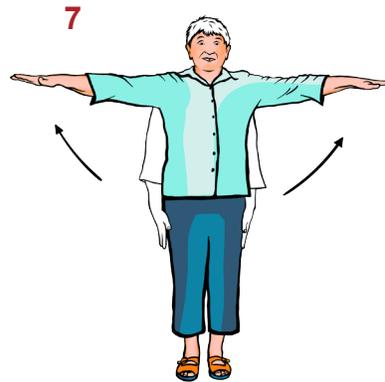
4
Raise your heels
*Soulevez vos talons
(en vous appuyant sur
vos orteils)*



5
Push off the wall
Pompes au mur



6
Shrug your shoulders
Haussez vos épaules



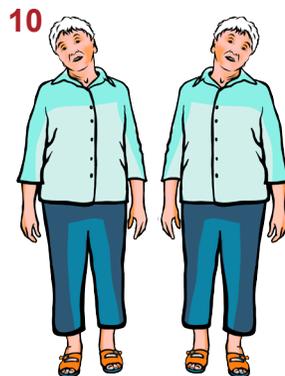
7
Raise your arms to the side
Soulevez vos bras sur le côté



8
Stretch your chest
*Bombez votre poitrine
(en vous appuyant sur
le bas de votre dos)*



9
Straighten your leg behind you
Étirez vos hanches et vos mollets



10
Drop your head to your ear
*Inclinez votre tête d'un côté
vers une épaule*



11
Walk a tightrope
Marchez talon-orteil



12
Walk
Marchez

Daily Dozen: Visual Exercise Guide—for Seniors 65+

One—Page Poster—

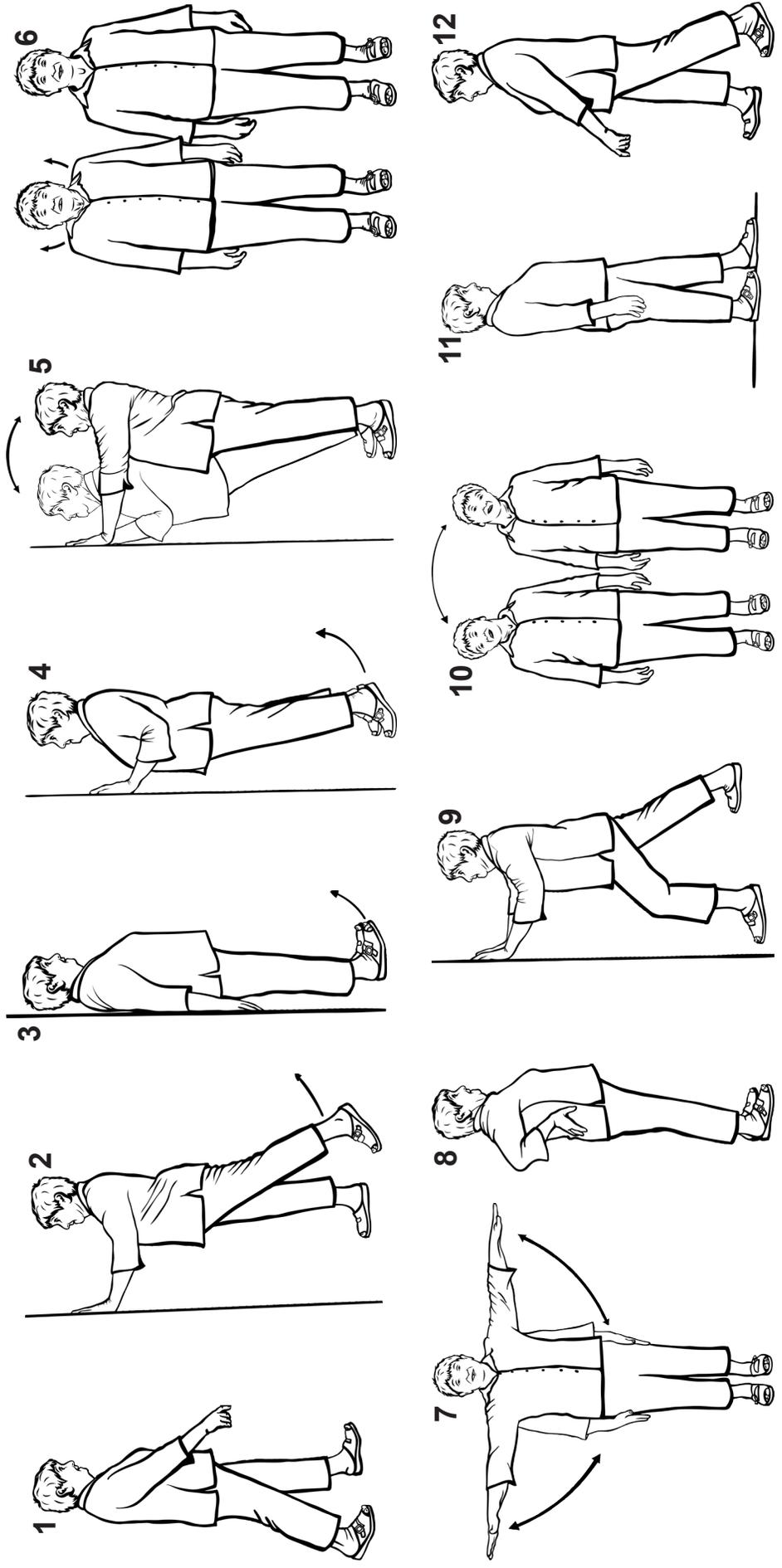
It includes illustrations of all 12 exercises and names.

One-Page Weekly Calendar

Week ___ Month ___ Year ___

My name _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Daily Dozen: Visual Exercise Guide—for Seniors 65+

One—Page Weekly Calendar—
To keep track of the exercise routine.

Senior's testimonial

Loosening up is so important to anyone exercising, but for seniors, it's even more important. This Daily Dozen book covers the right amount of flexibility in exercises especially for walking, which will only benefit all seniors. As a 73 year old, I have tried them all and will definitely add them to my regime. Sharon G. Teed

