



VON SMART

(Seniors Maintaining Active Roles Together)®

In-Home Program

Exercise Instructions

This instruction package is the property of VON Canada and is intended as a resource for VON clients only. Copying or editing of this document is not permitted.

The VON Canada SMART (Seniors Maintaining Active Roles Together)® Program provides extensive education for the staff and volunteers who deliver our program.

ONLY TRAINED PERSONNEL ARE QUALIFIED AND AUTHORIZED TO FACILITATE THESE EXERCISES.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

This VON SMART Exercise Instruction Packet is designed to guide you through the 15 VON SMART In-Home Exercises.

Please note that not all exercises are appropriate for everyone. You are responsible for your health and wellbeing at all times, so please always work at your own pace.

Thank you.

Photo Credit: Sheila Burgess, Abbeville Photos.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 1 Ankle Range of Motion



1. Outstretch one leg and lift that foot off the floor.
2. Pull foot toward your face as far as comfortable then push your foot away.
3. Repeat up to 10 times per foot.



4. Next, roll your ankle in a circle up to five times in each direction. Alternate legs.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 2 Warm-up Walk



1. Walk or march in place, standing or seated for up to three minutes.
2. If you use a gait aid such as a cane or walker, please use it for this exercise.
3. Warming up can help reduce injuries.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 3 Chair Stand



1. Begin seated in a firm chair with arms, have your knees bent and feet flat on the floor.
2. Feet are under your knees, not under the chair.
3. Gently progress from a seated to standing position. Use your arms as little as possible.
4. Return to seated position.
5. Repeat up to 15 times.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 4 Seated Row



1. Sitting tall, arms out front at shoulder height.
2. Slowly pull your arms back, squeezing your shoulder blades together.
3. Return to start position and repeat up to 15 times.
4. Do not flex forward at your hips.
5. It feels as though you are rowing a boat.



Modification



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 5 Heel/ Toe Raises

Heel Raises: (can be done seated or standing)

1. Push your toes down and lift heels off the ground.
2. Return to flat footed position.
3. Repeat up to 15 times.



Seated Modification



Toe Raises: (can be done seated or standing)

1. Alternate feet.
2. Lift toes as high off the ground as possible but keep your heels planted.
3. Return to flat footed position.
4. Repeat up to 15 times.





VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 6 Side Leg Extensions



1. Standing tall holding onto a counter/ chair with your feet hip width apart. Knees soft.
2. Gently lift one leg to the side, lower leg back to the ground and alternate legs.
3. Repeat up to 15 times each leg.
4. Keep your back straight, do not tip from side to side.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 7 Modified Hip Extensions



1. Stand tall holding onto counter/ chair with your feet hip width apart. Knees soft.
2. Lift one leg back without bending the knee or pointing your toes.
3. Lower leg back to the ground and alternate legs.
4. Repeat up to 15 times each leg.
5. Keep your back straight, do not bend forward in an effort to get your leg higher.

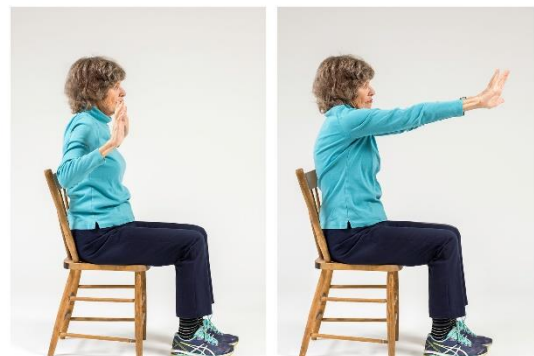


VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 8 Modified Push-up



1. Stand facing a bare wall with your arms outstretched and hands flat on wall at shoulder height and shoulder width apart.
2. Feet are flat on the floor hip width apart.
3. Hold your body straight and tall; slowly lower yourself toward the wall by bending elbows out.
4. Slowly push yourself away from the wall back to the start position.
5. Repeat up to 15 times.
6. To increase difficulty, step further from the wall.



Seated Modification



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 9 Arm Raises



1. Can be done seated or standing.
2. Reach up as high as possible with one arm.
3. Try and reach slightly higher through the shoulder area. (REALLY Reach!)
4. Return to start position and alternate arms up to 15 times on each arm.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 10 Triceps Push-up



1. Stand facing a bare wall with your arms outstretched and hands flat on wall at shoulder height and as close together as possible.
2. Feet are flat on the floor hip width apart.
3. Hold your body straight and tall; slowly lower yourself toward the wall by bending elbows in as close together as possible.
4. Slowly push yourself away from the wall back to the start position.
5. Repeat up to 15 times.
6. To increase difficulty, step further from the wall.



Seated Modification



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 11 Modified Abdominal Curl



1. Sit in a firm chair that supports your back.
2. Tighten tummy, hold belly button in, and lift one leg off the floor; hands resting on elevated thigh.
3. Hold up to five seconds; NEVER hold your breath.
4. Return to start position and repeat with other leg.

Repeat no more than twice on each leg.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 12 Chest Stretch



1. Can be done seated or standing.
2. Start with your arms in a goalpost position.
3. Push your arms back while squeezing your shoulder blades together to feel a stretch in chest area. This should not hurt and should be felt in the belly of the muscle.
4. Hold for between 10 seconds to one minute; **NEVER** hold your breath.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 13 Calf Stretch



Standing:

1. Stand facing a wall and place toes and your bent knee of one leg against wall.
2. Lean to the wall; keep your back straight.
3. Take a small step back with other leg and lower the back heel to the floor. Toes face front.
4. You should feel a stretch in your calf and it should not hurt.
5. Hold for between 10 seconds to one minute.



Seated:

1. Sit in a firm chair, extend one foot forward as far as possible. Do not lock knee. Rest heel on ground.
2. Slowly pull toe toward chin until you feel a stretch in calf. This should not hurt.
3. Hold for between 10 seconds to one minute.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 14 Chin to Chest Stretch



1. Sitting tall in your chair, gently drop your chin to your chest.
2. You should feel a stretch in the back of your neck area. This should NOT hurt.
3. Sit tall through the stretch and hold for between 10 seconds to one minute.



VON SMART Program
(Seniors Maintaining Active Roles Together)®
In-Home Exercise Instruction

Exercise 15 Independent Walk



1. Walking for 5 minutes at a moderate pace is better than walking for 1 minute at a fast pace.
2. If you use a gait aid such as a cane or walker, use it for this exercise.
3. Through the day, take a walk!

This instruction sheet is the property of VON Canada and is intended as a resource for VON clients only. Copying or editing of this document is not permitted. The VON Canada SMART (Seniors Maintaining Active Roles Together)® Program provides extensive education for the staff and volunteers who deliver our program.

ONLY TRAINED PERSONNEL ARE QUALIFIED AND AUTHORIZED TO FACILITATE THESE EXERCISES.