

# MOVE THAT BODY

Many times, we take for granted the very temple that we live in...our own bodies! There are many different exercises that don't require a gym membership or equipment and are perfect for home. Exercise has been proven to help control weight, improve our mood, spark energy, improve sleep and even prevent disease! With physical activity we stimulate our brain chemicals which results in a more relaxed feeling leaving you happier.

Move That Body is broken down into three sections with varying program lengths and music selections:

Chair Exercises  
Chair Yoga Dance  
Standing Exercises

The length of time for each exercise activity is noted so you can choose accordingly factoring in:

Your client's attention span and stamina  
and the amount of time that day to exercise

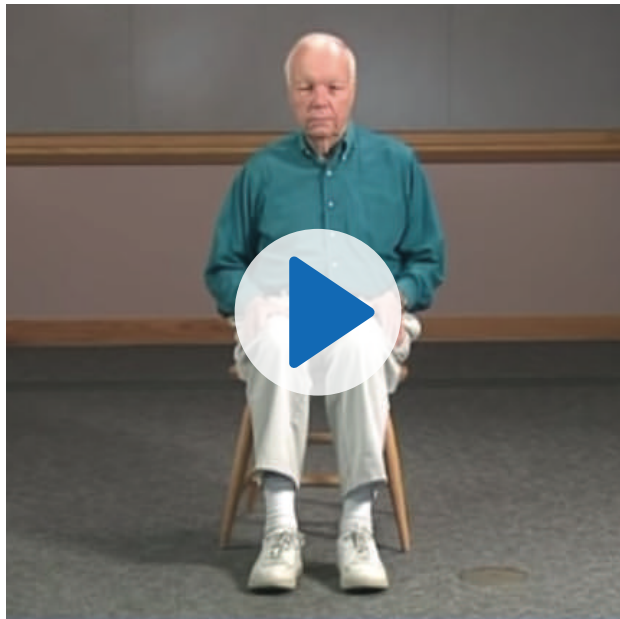
Please consider your client's physical capabilities – safety is always first. Check with the office for family and physician approval to participate.

**A MOMENT IN TIME:  
LET'S LEARN, LAUGH, PLAY AND PRAY!**

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# MOVE THAT BODY

## CHAIR EXERCISES



Seated Exercises for Older Adults – 9.44 min

## CHAIR EXERCISES WITH ANN PRINGLE BURNELL



Stronger Seniors Strength Exercise – 8.31 min



Strength Training for Triceps – 2.32 min

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## CHAIR EXERCISES WITH ANN PRINGLE BURNELL



Strength Training with Light  
Hand Weights - 2.02 min



Lower Back  
Stretching - 1.28 min



Chair Aerobic Exercises for  
Seniors - 4.41 min

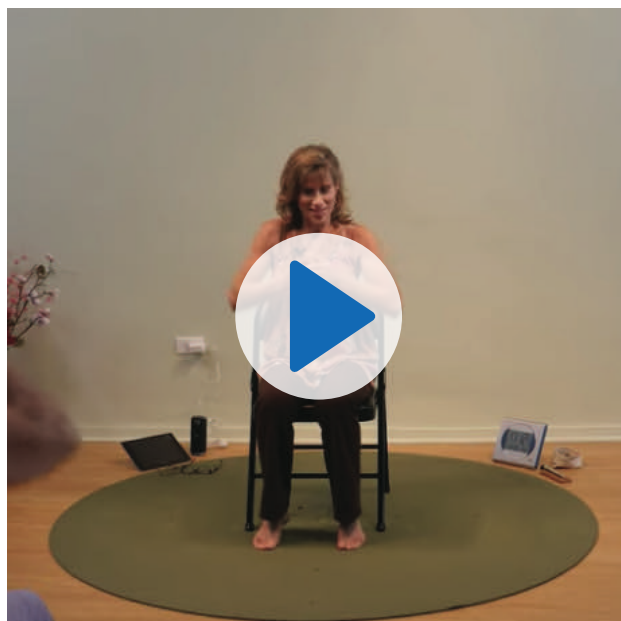


# MOVE THAT BODY

## CHAIR YOGA DANCE WITH SHERRY ZAK MORRIS



"What a Wonderful World"



"I Can See Clearly Now"



"Raindrops Keep Falling  
on My Head"



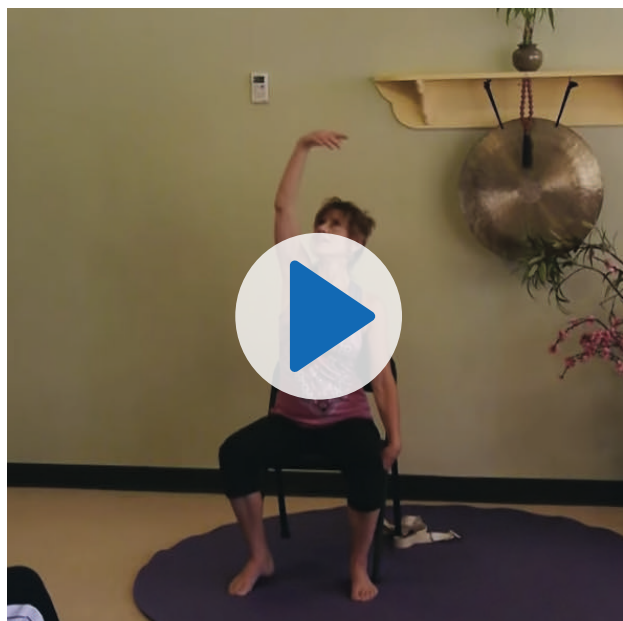
"Sway"

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## CHAIR YOGA DANCE WITH SHERRY ZAK MORRIS



"Que Sera Sera"



"Somewhere over the Rainbow"



"Happy Together"



"Can't Stop the Feeling"

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## CHAIR YOGA DANCE WITH SHERRY ZAK MORRIS



"Stop in the Name of Love!"



"Dance the Macarena"



"Staying Alive"

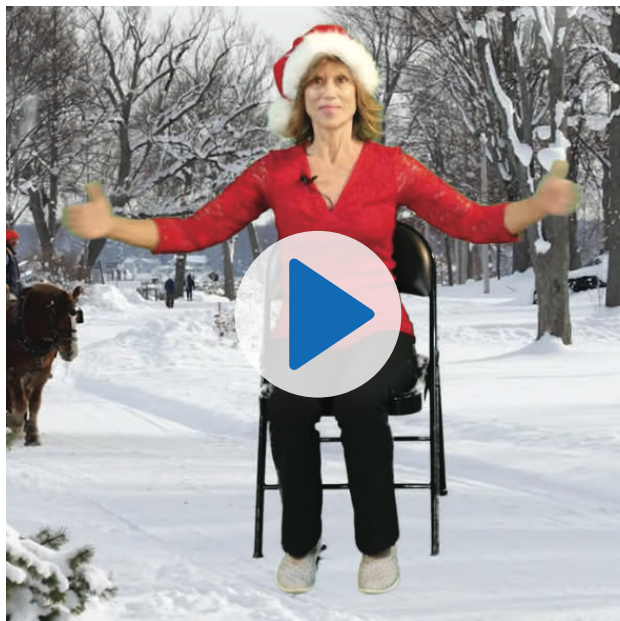


"Feliz Navidad"



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## CHAIR YOGA DANCE WITH SHERRY ZAK MORRIS



"Jingle Bells"

## STANDING EXERCISES



Standing Exercises for Older Adults - 16.15 min



Stronger Seniors Chair Exercises - 5.0 min