

## Warm Up for Take 10 to MoveMor™

**Purpose:** Prepare the body and mind for greater movement.

**Focus on:** Breathing, increasing circulation while loosening up the upper body which translates into movements needed for activities of daily living. The objective is to increase blood flow, lubricate joints and stimulate the neuromuscular system so the brain, nerves and muscles are working well together.

### Deep Breathing

Begins in the belly (think “balloon belly”) and then up into the chest; Exhale in the reverse direction from the chest and then squeeze the belly button towards the spine.

### Integrate Breath

In general, inhale prior to moving and exhale during the initial movement as feet move out and away from neutral (exertion phase); inhale as feet move back towards neutral position (relaxation phase).

Movement	Repetitions	Rationale
<b>Heel Lifts</b> Inhale and exhale lifting heels up, inhale lowering down.	8X	Increase blood flow from lower legs to upper body.
<b>Deep Breathing</b> A. Big Inhale raising arms overhead, stretching upwards. Exhale coming down. B. Inhale and exhale with wrist circles C. Inhale arms overhead, exhale side stretch, inhale center, exhale opposite side stretch, inhale center exhale lowering the arms with opening and closing hands	A. 1X  B. 2X  C. 2X	A. Deep breathing helps deliver more oxygen to working muscles and brain  B. Lubricate wrist joints  C. Stretch side body Lubricate finger joints
<b>Toe &amp; Heel Lifts, alternating</b> <b>Heel Lifts</b>	4X 4X	Warm up ankles Boost circulation
<b>Ear to Shoulder</b> Inhale, then exhale dropping ear toward shoulder, alternate	2X each side	Stretch neck Release tight muscles
<b>Shoulder Shrugs</b> Inhaling as lift shoulders up, exhaling as lower shoulders	4X	Release tightness/tension in the shoulder and neck area.

<p><b>Shoulder Rolls</b> Inhale as lift up, exhale lowering down</p>	<p>2- 4X  Reverse Direction</p>	<p>Increase range of motion in the shoulders and upper back, improve posture</p>
<p><b>Merry Go Round</b> Small circles with feet, circling feet upward and outward.  Breath rhythmically throughout</p>	<p>2-4 X  Reverse Direction</p>	<p>Prepare legs for greater movement</p>
<p><b>Walking Arms</b> Breath rhythmically throughout  <i>Optional: open and close hands to lubricate finger joints and challenge neuromuscular system.</i></p>	<p>10 X or ~ 10 seconds</p>	<p>Loosen upper back, release tension Shoulder flexion &amp; extension ADL Mental wellness: As classes progress, can add Walking Arms to Slide Walking and Marching (opposite arm of extended leg)</p>
<p><b>Torso &amp; Neck Twist</b> Inhale, bringing arms to a “T”. Exhale placing right hand on left shoulder, left hand on right shoulder. Inhale then exhale turning to the right, looking over right shoulder; Inhale center; exhale twisting to the opposite side.</p>	<p>2X each side</p>	<p>Torso and neck ROM; ADL;  Arms crossing midline activate both sides of the brain.</p>
<p><b>Hip Hinge</b> Keep opposite hands on opposite shoulders. Inhale and exhale bending forward from hips, flat back, coming down only as far as comfortable; inhale coming back up.</p>	<p>4X</p>	<p>Activate posterior muscles and lower back; upright posture; falls reduction strategy; squat and bend properly to pick up an object.</p>

**Time:** 4-5 minutes

**Warmed up and ready for Take 10 to MoveMor™!**