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### **CHAPTER 1** Components of **ABLE Bodies Training** ..... 3

*There's more to balance training than just balance! This chapter outlines the five components that make up an ABLE Bodies training program: flexibility, posture and core stability, strength for a purpose, balance and mobility, and cardiorespiratory endurance.*

### **CHAPTER 2** Setting Up ABLE **Bodies Training Sessions** ..... 15

*Now you know the components, but how do you combine them to create a solid training program? This chapter explains how to set up classes, how to select and progress activities, and how to be a more effective instructor.*

### **CHAPTER 3** Ensuring Safety **in ABLE Bodies Training** ..... 45

*No matter how well you set up your training sessions, they aren't any good without the proper safety guidelines in place. This chapter outlines how to create plans and establish rules, ensure the mental and physical well-being of your participants, and prepare for emergencies.*



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*Flexibility offers greater range of motion, and that can be key to effective and efficient movement for older adults. In this chapter, you'll find flexibility activities that can be done seated or standing, as well as fun conceptual activities that will help your message stay with them, cognitively, too.*

### **CHAPTER 5 Posture and Core Stability** ..... **89**

*A strong core is key to good posture and overall balance. This chapter offers activities specific to both posture and core stability, as well as activities that progressively increase strength in these two areas. There are conceptual activities tucked in here, as well.*

### **CHAPTER 6 Strength for a Purpose** ..... **145**

*Overall strength is a goal, but there are also specific areas that need more attention in older populations. In this chapter, you'll find lots of strength activities for the legs, back, chest, and triceps.*

### **CHAPTER 7 Balance and Mobility** ..... **227**

*If you are looking for new activities that focus on balance, then this chapter is for you! Activities in this chapter focus on the primary systems of balance, gait, activities of daily living, vision, and motor coordination. And to make it fun, you'll also find games that target all areas.*

### **CHAPTER 8 Cardiorespiratory Endurance** ..... **337**

*Adding cardiorespiratory elements to balance training can be easy! This chapter offers ideas for setting up sessions dedicated to cardiorespiratory endurance or adding cardiorespiratory endurance activities to your balance classes.*

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