

Out with the Old: and In with the Older

Bernadette “SuperBetty” O’Brien, MA
Lawrence Biscontin, MA
International Spa and Wellness Consultant
“wellness without walls™”

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Description

Join Lawrence and Bernadette for a theoretical and practical application of what it means to train “seniors” today. Teaching the “chronologically enriched” involves a new mindset and toolbox. This duo – with a combined age of over 130 – will discuss “age,” new guidelines and practical stories of inspiration you can take to your older clients with a fresh approach.

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Introduction

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Teasers

1. What is best dcb and bpm?
2. How should instructors dress?
3. Why do we emphasize doesiflexion?
4. When can we reverse aging?

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Introduction

1. Namaste
2. Gratitude
3. Introducing Bernadette C. O'Neil
4. This program is about making
5. Updated terminology means ~~find your balance~~ special people
6. Ideas for those who choreograph
7. Key terms:
 - a. senescence
 - b. self-efficacy
 - c. neuroplasticity and neurogenesis



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Ages

The 5 Types of Ages

The Bad News
The Great News
functional
social
psychological
biological

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Theory & Practical

NEW RESEARCH:

1. Colors:
 - A. Traditional
 - B. Active Aging
2. Body Parts:
 - A. anterior tibialis
 - B. quadratus lumborum
3. Music Volume:
 - A. bpm's
 - B. decibels
4. External Factors to Class:
 - A. Hydration
 - B. Sleep
5. Planar Approaches:
 - A. Sagittal
 - B. Frontal
 - C. Transverse

•S: rocking horse elevators
•F: standing hip hikes
•T: wise owl gazes

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Practical: The WarmUp

Establish MENTAL & VISUAL TASKS/GAMES

1. Slow Sagittal Heel & Toe Taps W/Arms
2. Slow Frontal Heel & Toe Taps
3. Marching In A Circle Clockwise & Counter-Clockwise, Looking 360
4. Marching "Out And In" With Figure 8 Arms And Hip Rocks
5. "Rocking Horse Elevators": Sagittal
6. Marching W/Visual Tracking Arms With Different Fingers (V.A.)
7. Finger/Wrist/Shoulder Warmups Unilateral & Bilateral "Backstrokes"
8. 3 Spinal Rhythmic Limbering Stretches:
 - a. Back Rhythmic Sagittal Movements
 - b. Back Rhythmic Frontal Movements
 - c. Back Rhythmic Transverse Movements

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Practical: Q.L.

Quadratus Lumborum:

- a. Standing Hip Hikes
- b. Standing Lateral Flexion
- c. A + B

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Practical: Tightrope Walking

1. Gait & Fall Prevention With Labile Training (Shod Or Barefoot):
 - A. Weight Transference In Sagittal Plane With Pauses
 - a. Arms out, step side then inline with space between feet
 - b. Arms out, step side then inline with heel to toes
 - c. Without arms, step side then inline w/ space between feet
 - d. Without arms, step side then inline with heel to toes
 - e. Repeat a-e removing side step
 - f. "catch yourself" drills w/ and w/o arms
 - B. Weight Transference In Frontal Plane
 - a. Arms out, step to side, return
 - b. Without arms, step to side, return
 - c. "catch yourself" drills in frontal plane

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Social Age Games

1. Walkie-Talkie
(hold hands and walk & talk)
2. Red/Green Light
(hands on shoulders facing same direction)
3. Leaning Tower
(standing back to back and experimenting)
4. Mirror-Mirror
(improvisational movement for the other to follow)
5. Can-Can
(standing in a line w/hip & shoulder movements)

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Betty's Fabulous Four

PROGRESSIONS OF STABILITY/MOBILITY COMBINATIONS

- a. Bilateral & Unilateral Bridges (Gait Improvement)
- b. Planks With Unilateral Hip Flexions (Weight & Gait)
- c. Reciprocal Dead Bugs (Reaction W/Verbal And Tactile Cues)
- d. Side-Lying Hip Lifts With Rotation ("Lift, Thread the Needle")

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Notes

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Summary

- Homework: (more AA?) shorter
- Resources: fl, cfp, scwfit.com
- Final Take Home Message:
superbetty@optimum.net
lawrence@findlawrence.com