

## Bibliography:

1)O'Brien, Sharon, ed. "Strength Exercises for Seniors: Build Muscle, Increase Metabolism." *About.com Senior Living*. N.p.. Web. 28 Jan 2013.  
<[http://seniorliving.about.com/od/basicexerciseries/ss/strengthexercis\\_2.htm](http://seniorliving.about.com/od/basicexerciseries/ss/strengthexercis_2.htm)>.

I found this source useful because this gives me a detail description of arm exercises. Looking over the exercises I found that I could use this exercise and that it could be very useful because of its detail. Though the source wasn't everything I wanted but it was enough to get an idea of some exercises. With this source I am confident that this will not cause any harm to any of the seniors and that they will be able to do it. This also lead to more exercises that I can do with the seniors with another detail descriptions.

2)O, Sharon. "Strength Exercises for Seniors: Build Muscle, Increase Metabolism." *About.com Senior Living*. N.p.. Web. 28 Jan 2013.  
<[http://seniorliving.about.com/od/basicexerciseries/ss/stretchexercise\\_2.htm](http://seniorliving.about.com/od/basicexerciseries/ss/stretchexercise_2.htm)>.

I found this source useful because this was another detail description of stretches that the seniors can do. I am not sure if I will use this exercise but if I do I will be able to demonstrate on how to do it. The seniors will get a full stretch before doing any of the other exercises. This exercise can prevent from any injury that the seniors may face if they don't stretch. The seniors availability to do these exercises also varies. If they are not able to do it then that faces problems that is why I am doing simple and easy exercises they can do with their hands.

3)Welch, Crystal. "EXERCISES FOR SENIORS IN WHEELCHAIRS ." *LiveStrong*. LiveStrong, 01 05 2011. Web. 28 Jan 2013.  
<<http://www.livestrong.com/article/112463-exercises-seniors-wheelchairs/>>.

I selected this source because I found it was the most useful out of the sources I have. The seniors at Bala Nursing Home are mostly in wheelchairs which means they can not do a lot of things. One thing I found difficult was founding exercises designed just for them. I had to do extensive searching and I found LiveStrong which has helped shed some light. This gives me confident that I will have a higher outcome if I can shift my plan to accommodate others. These exercises outlined on the website gave detailed descriptions of each exercises that is safe to do. Safety is a high priority.

4)Chabut, LaReine. *Stretching for Dummies*. Hoboken,NJ: Wiley Publishing Inc., 2007. Print.

I selected this source because I found that I could get a couple of good exercises from this book. This book is about stretching and that is very important in exercising. I thought that I could use these because it can minimize the chance of hurting the senior citizens. The book gives detail information about each

exercise. It also tells me things I should keep in mind. This book is great because it also gives individual stretches for each part of the body. With this I can focus on certain stretches for certain parts of the body i.e core, lower back, and etc.

5) Bishop, Jan. *Fitness Through Aerobics*. fifth. California: Pearson Education, 2002. Print.

I selected this source because aerobics is great for seniors. In order for them to enjoy the class they would have to have something they like. Aerobics is something great to get the body moving and get the heart rate up. With this book I have found great moves I can incorporate. Even though they are in wheelchairs some of the exercises I can make accessible for them to do. With this book I can also tell them things to do when I am not around. Even though we are focusing on movement certain things like the things we eat can help with their strength and things they have problems with.

6) Barr, David. *101 Muscle Building Workouts & Nutrition Plans*. Chicago: Weider Publications, 2010. 175. Print.

I selected this source because this is great for the seniors. We don't have to always be on our feet to have muscles. I know that I will have a gender mix and some guys or girls may want some muscles. In this book was a lot of great information pertaining to muscles. They also give us some nutrition plans they can follow. Even though they already have certain things they can and can't eat they can ask if they can add some of the things in the book to it. They have plans we can follow and the workout is 6 weeks so by the end they should see some growth. I can't really use everything because they use weight but we can substitute some weights for something else that the seniors can use.

7) Neporent, Liz. *Fitness Walking for Dummies*. California : IDG Books Worldwide Inc, 2000. 334. Print.

I picked this book because I felt it was the most beneficial. The seniors will love to walk and many things they thought they couldn't do with walking they can actually do. Walking has many variations and I could change it up and make something fun out of it. One reason why I selected is because it gives you background on why you should walk. I want the seniors too know backgrounds about the exercises they are doing and how it will benefit them. With walking they can increase their flexibility in their legs which is a very neat tool. They give goals that the seniors can follow and incorporate in their everyday routine. A little walk is beneficial; if done right.

8) Kovatch, Sarah. "Senior Exercise and Fitness Tips ." [helpguide.org](http://www.helpguide.org). helpguide, n.d. Web. 31 Jan 2013.

<[http://www.helpguide.org/life/senior\\_fitness\\_sports.htm](http://www.helpguide.org/life/senior_fitness_sports.htm)>.

I picked this website because it has everything for seniors. This website is dedicated to seniors so it gives a more detailed overlook the exercises for them. With this website they also give tips. A lot of exercises that I never thought of can be done when just sitting in a chair. I want to use this because I feel it gives me a more detailed look on the exercise needed to succeed for my capstone. It also gives ideas for every situation that a senior maybe in. I think this part is important because seniors would be able to know what to do in every situation.

9)Eure, Marian Anne. "Best Fitness Program For Seniors ." *About.com*. About.com, n.d. Web. 31 Jan 2013.  
<[http://seniorhealth.about.com/od/stayingfit/a/best\\_fitness.htm](http://seniorhealth.about.com/od/stayingfit/a/best_fitness.htm)>.

I picked this website because it gives me an idea of how I should design my exercise program. This gave me an idea of what type of exercise program I could do. It made it easier for me to understand it and put all my information into a program that would actually work. With this they gave what you should look for from your audience. This was helpful because you don't want to push your audience past their limits. Everything that they are able to do I should know beforehand. I know what to look for and what to do with them.

10)Everett, Lucinda. "How to walk: A step by step guide ." *Telegraph*. Telegraph.com, n.d. Web. 31 Jan 2013.  
<<http://www.telegraph.co.uk/health/wellbeing/7935172/How-to-walk-A-step-by-step-guide.html>>.

I choose this website because through all of this research I have found something in common: walking. I feel as though in order for it to be effective it needs to be done correctly. Even if they can't really have the full effect it needs to be done correctly. This website gives some statistics about walking and the incorrect way of walking. I feel I can share some data during the program so they know the truth about everything I am doing. They wouldn't want false information so they should be informed of the impact of their exercises. If not done correctly it can actually do the reverse of what it is supposed to do.

11)Wilson, Mary Ann. "MARY ANN'S QUICK AND EASY ENERGIZER CHAIR WORKOUT." *Sit and be Fit*. Sit and Be Fit. Web. 31 Jan 2013.  
<[http://www.sitandbefit.org/chair\\_exercises\\_for\\_seniors](http://www.sitandbefit.org/chair_exercises_for_seniors)>.

I picked this website because this is designed if they are confined to wheelchair. This lady designed a whole website to exercises for chairs or for wheelchair users. I feel that this is beneficial because this gives me exercises just for them. Some of the exercises are useful but not really because of the difficulty of some of them. She has exercises for every part of their body. A lot of seniors will probably complain about their back and she has exercises directly pertaining to that part of the body. They have a dvd to see it visual if you have a hard time understanding the description of each exercise.

12) *Stronger Seniors Chair Aerobics*. 2010. Filmstrip. 31 Jan 2013.  
<<https://www.youtube.com/watch?v=m7zCDiiTBtk>>.

I used this source because this is a very detailed video. I can use this source on how to work with certain exercises. A lot of the exercises I have are covered in this video. I can see how it is put into motion with this video. This is designed for people in wheelchairs so that means they will get more out of it. Majority of the video is sitting down with an audio that I can hear. This also can help me with coaching the class because these are older adults. Since they are older I will know how to speak to them and how to command respect but also give them the same respect back.

13) Ireland, Kathy, ed. "How to Teach Older Adults." *EHow*. EHow. Web. 31 Jan 2013. <[http://www.ehow.com/how\\_5106481\\_teach-older-adults.html](http://www.ehow.com/how_5106481_teach-older-adults.html)>.

I used this source because I think it respect ties into my capstone a lot. I am not very comfortable with teaching older adults because I never had to. This website gives me some information on how to deal with them. Older adults usually have less patience which can run into trouble if I have a large class. Sometimes I won't be able to give my full attention to one person but to deal with a larger group, patience is a virtue. I have to learn how to deal with all types of attitudes and different learning styles. As adults get older sometimes they will forget things which means me repeating things and keep going over it, which would be easy because I will take these tips and practice.

14). "Exercise: Exercises to Try ." *NIH Senior Health*. NIH Senior Health. Web. 31 Jan 2013.  
<<http://nihseniorhealth.gov/exerciseandphysicalactivityexercisestotry/balanceexercises/01.html>>.

I selected this source because balance will help the seniors a great deal. I feel as though knowing some exercises for seniors that deal with balance will decrease all the things they may face because they are not balanced. This website gives certain balance exercises that they can do from the comfort of their wheelchair. If some of the exercises need to be modified for them, that is where I come in at to modify it so they can do it from their wheelchair. I don't want anyone to be excluded because they are not able to get up. The program is designed for them and that's who I want this program to benefit.

15) O'Brien, Sharon, ed. "Exercises-4 Best Exercises for Older Adults." *About.com*. About.com/Seniors. Web. 31 Jan 2013.  
<<http://seniorliving.about.com/od/exercisefitnes1/a/4seniorexercise.htm>>.

I selected this source because like the title says the best 4 exercises for older adults. This is important because as I was looking through the website I noticed

that a lot of the exercises were beneficial. If the seniors do these exercises it can help them with their overall health and not just losing weight. I want this program to not just benefit weight or strength but decreasing diseases or increasing their heart rate. This is beneficial to me because I can teach them these and that even after the capstone is over they will remember these plans and will hopefully make it a part of their everyday life. If they continue these they will be in very good health.