Benefits of Activity

- Activity can improve mood, self-esteem, and socialization, and it reduces stress.
- Activity helps improve balance, strength, flexibility, posture, and endurance.

Safety First!

Staff
- Use good body mechanics:
  - Bend knees and tuck tailbone under while transferring individuals.
  - Lift with the knees, not with the back!
  - Use mechanical hoists and lifts when required.
- If an individual needs help transferring, always use a transfer belt.
- Ask a fitness professional or manager if unsure of how to do or how long to do an exercise.

Individuals
- Use proper body alignment (with body parts in the right position for the activity).
  - Standing:
    - Shoulders should be right over the hips.
    - Hips should be right over the ankles.
    - Back should be straight with hips tucked in.
  - Sitting:
    - Hips should be all the way back in the chair.
    - Back should be straight.
    - Head should be in line with spine.

Tips for Success
- When possible, do the activity with the individuals.
- Ask the individuals what they would like to do.
- Smile, laugh, and talk to individuals while being active. Make it fun!
- Be encouraging and patient. It may take some individuals longer to begin or complete a task.