

Physical Activity Basics

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.



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