

Better Health for Life from
Lehigh Valley Hospital and Health Network



Exercise Videos

Here are a few videos for beginning exercisers, recommended by exercise specialist Connie Fehr of Lehigh Valley Hospital and Health Network. They are available through Collage Video at www.collagevideo.com. The following descriptions are adapted from that source:

I In Sync With Cindy – A straightforward, "just plain fun" total-conditioning workout. You get aerobics, balance, toning and stretch—all done to a low-key, big band soundtrack. The instructor has been teaching seniors' workouts for 20 years. It shows in her non-condescending attitude and specific attention to seniors' concerns (such as movement modifications and emphasis on safety). The introduction answers seniors' most common exercise questions.

I Bone Building Workout – This solid dumbbell program is specifically designed to help prevent osteoporosis. You get two components: a long, slowly-and-carefully instructed workout and a second "just do it" section (after you've learned the technique). Two female exercisers demonstrate and you get lots of encouragement and motivation. Quiet music. Requires 1- to 5-lb. dumbbells.

I 50 Plus Exercise – From the government's National Institute on Aging, this is a well-produced series of total-body muscle toning routines. Designed to improve strength, balance and flexibility, it provides easy-to-follow cueing, careful explanations and some more-challenging options. There is no floorwork—all moves are either seated or standing. Quiet music. Requires 1- to 3-lb. dumbbells; 2- to 5-lb. ankle weights are optional.

I Silver Foxes Power Pilates – Graceful and easy to follow, Stefanie Powers leads an elegant, flowing sequence of Pilates-inspired routines. You'll build flexibility, balance and strength by focusing on alignment, breathing and form. These precise, controlled moves strengthen your back and abdominals—the "core" muscles that stabilize your body and are used in everyday activities. Stephanie's "Silver Foxes" exercisers are all celebrity parents (e.g. Cindy Crawford's mom, Al Pacino's dad). The gentle program features a blend of lying, standing and seated routines with modifications for different levels. Quiet instrumental music.

I Tai Chi for Seniors – More than just Tai Chi, you'll learn first-thing-in-the-morning stretches, self-massage and acupressure. Mark Johnson begins with 23 minutes of detailed information on techniques to lower blood pressure, ease arthritis, strengthen your immune system and reduce insomnia. Then comes a 4-minute rejuvenating "follow along" Tai Chi workout, followed by 30 minutes of instruction on the 10 gentle moves used in the workout. The focus is on healing and regeneration, not martial arts. Mark's approach is low-key and non-intimidating.

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