Movement Matters

TED Talks and Exercise Resources

# TED Talks:

[Exercise and Joy](https://www.youtube.com/watch?v=T-qu4EzEx10) (9 minutes)

**Discussion Questions:**

* Name ways that you enjoy engaging in life through your body (ex: gardening, dancing, playing with children or pets, etc.).
* You have your own internal pharmacy. What daily movements are you doing, or can you do, to maximize this powerful tool for the good health of your body and brain?
* Reflect on your own experience of movement and exercise. How can you relate to the feeling of being more connected with others after you exercise or move your body?

[Move Your Body – Turn on Your Brain!](https://www.youtube.com/watch?v=-j-SdZwS_ac) (13 minutes)

**Discussion Questions:**

* Share an experience when you felt better mentally and spiritually after a good session of exercise or movement.
* Exercise turns on the circuits of the brain that support better attitude, more vitality, and personal empowerment. Knowing this, who can share examples of instances when exercise might be most helpful?
* What opportunities for exercise are available for us so we can promote the ability of the brain to learn?
* What forms of exercise or movement would you focus on if you did not have the ability to walk?

[How Your Body Affects Your Happiness](https://www.youtube.com/watch?v=ljm0ldxgkcE) (15 minutes)

**Discussion Questions:**

* Name ways people hold a closed posture position, possibly without even being aware of it.
* What are examples of body movements that can reinforce the emotion of happiness?
  + lightness?
  + expanding the body in the horizontal direction or vertical direction?
  + upward movements?
  + repetitive, rhythmic movement?
* What movements do you notice that you do when you are feeling upbeat and happy?

# Exercise Resources

* **SilverSneakers**
  + [Tai Chi for Better Balance - SilverSneakers](https://www.youtube.com/watch?v=KTba3p_bM9c) (14 minutes)
  + [20-minute Dance Workout for Seniors - SilverSneakers](https://www.youtube.com/watch?v=E6lsGDntAEM)
  + [Total Body Conditioning - Silver Sneakers](https://www.youtube.com/watch?v=EQldca6b9T4) (35 minutes)
* **Go4Life**
* [Strength Training Session - Go4Life](https://www.youtube.com/watch?v=JejTelL05Qw) (27 minutes)
* [6 Upper Body Strength Exercises for Older Adults - Go4Life](https://www.youtube.com/watch?v=pUYxcRvdal8&t=669s) (15 minutes)
* [4 Flexibility and Cool Down Exercises for Older Adults - Go4Life](https://www.youtube.com/watch?v=kCQ6irSQwYA&t=384s) (11 minutes)
* [15-minute Workout for Older Adults - Go4Life](https://www.youtube.com/watch?v=Ev6yE55kYGw&list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8&index=6&t=271s)
* **Movement Speaks:**
  + [Six recorded Sessions of MOVEMENT SPEAKS®](http://www.dvpnyc.org/free-access-videos/) (Each session is approximately 60 minutes)
* **Organizations that offer free, live virtual fitness and wellness events:**
  + [GetSetUp](https://www.getsetup.io/schedule/browse)
  + [Senior Planet from AARP](https://seniorplanet.org/virtual-fitness-wellness-events/?utm_source=website&utm_medium=menu&utm_campaign=globalnav)