

VIDEO:	AUDIO:
1. Opening Title Graphic over Secretary and VIPs exercising in background	Music; Nat Sound
2. Secretary and Denise Austin on camera	<p>(CHAPTER ONE: SECRETARY NICHOLSON & DENISE AUSTIN INTRODUCTION)</p> <p>Secretary Nicholson: Hello, I'm Jim Nicholson, Secretary of the Department of Veterans Affairs. Joining me today is my good friend and a leading expert on health and fitness, Denise Austin.</p> <p>Denise was appointed to the President's Council on Physical Fitness and Sports in 2002. Her sensible and enthusiastic approach to fitness and nutrition, along with her many exercise videos and books, have earned her recognition all over the country. We're so pleased to have Denise <u>and</u> the Department of Health and Human Services as partners in this important program geared towards getting our veterans "Fit for Life!"</p> <p>Welcome, Denise!</p>
3. Denise Austin on camera	<p>Denise Austin: Thank you, Jim. It's my pleasure to be here.</p> <p>You know, it's no secret that exercise and good nutrition are the keys to a healthy lifestyle and can lead to a longer and more active future for all of us.</p> <p>There are so many benefits to regular exercise: It gives you more energy; strengthens your heart and lungs; controls diabetes; lowers blood pressure; and can even help you shed a few</p>

	<p>pounds!</p> <p>If you're just getting started with physical activity, this program is for you. We'll start you off slowly with a goal of building you up to thirty minutes a day of aerobic activities on at least five days of the week. This is the amount of activity that is recommended to keep you healthy. In addition to aerobic activities, we'll show you how to add strength, balance, and stretching which can help you be even more active.</p>
<p>4. Secretary on camera</p> <p><i>Graphic: HUSV logo</i></p>	<p>Secretary: That's right, Denise. This DVD is just one tool in the Healthier US Veterans Initiative, designed http://www1.va.gov/health_benefits/page.cfm?pg=18 to help you eat healthy, be active and get fit for life.</p>
<p>5. Denise on camera</p>	<p>Denise Austin: Exercising with this DVD is the first step to better health. By regularly following these simple routines, you will learn how to make physical activity a part of your day and a part of your life. We'll provide you with helpful tips, information to help you separate the "myths from the facts," and show you some inspiring success stories from veterans just like you</p> <p>Heather French Henry, Miss America 2000 and a loyal supporter of veterans nationwide, will introduce you to each chapter of the DVD. Take it away, Heather!</p>
<p>6. Heather French on camera</p>	<p>(CHAPTER TWO: MEDICAL DISCLAIMER AND SAFETY INSTRUCTIONS)</p> <p>Heather French: Hello and welcome to this "Healthier US Veterans" Fitness DVD. During my tour as Miss America, I traveled the country meeting many of our</p>

	<p>nation’s veterans and gaining a personal understanding of the issues you face. From homelessness to healthcare – and of course, fitness -- my concern has grown into a life long passion for America’s heroes. As the daughter of a disabled Vietnam veteran, I am particularly proud to be a part of this special program to get you “fit for life!”</p>
<p>7. Heather French on camera</p> <p><i>Graphic:</i> F – Frequency I – Intensity T – Time T - Type</p>	<p>Heather French:</p> <p>When I work out, I make sure that I’m getting the most out of it by following the guidelines of what we call “FITT.” The letters in FITT stand for:</p> <p>Frequency- or how often you are active. The goal is physical activity on 5 or more days a week.</p> <p>Intensity- or how hard you are working during an activity. The goal here is to work hard enough that your activity results in a light sweat and breathing a littler harder than normal.</p> <p>Time- or how long you’re active. For aerobic activities the goal is 30 minutes per day, but you can break that down into 3-10 minute segments.</p> <p>Type- or what kinds of activity you are doing. Types of activities include aerobic, strength, balance and stretching. You’ll learn more about each type as we demonstrate them.</p> <p>Be sure to include warm-up-, cool-down, and stretching activities whenever you are active.</p> <p>You can use the chapters on this DVD to put together a personalized activity routine that meets your fitness goals. And the accompanying booklet will give you more information about Healthier US Veterans and other resources to check out. Remember, be sure to talk to your doctor before starting this or any exercise program.</p>

<p><i>Graphic:</i> Warning signs</p>	<p>And always, stop exercising immediately if you experience any of the following: Severe pain, tightness, pressure or discomfort in your chest Severe shortness of breath Severe nausea or vomiting Sudden onset weakness or changes in sensation in your arm and/or leg on one side of your body Difficulty swallowing, talking, or seeing Severe headache or dizziness Check with your doctor if you have less severe, new or worsening symptoms when starting or increasing your physical activity.</p> <p>If the symptoms do not disappear within a few minutes, CALL 911 immediately. This and more information is included in your "Get Fit for Life" booklet.</p> <p>Now let's get started! Join (Instructor's name) and your fellow veterans in becoming active and getting fit for life.</p>
<p>8. Instructor on camera</p>	<p>(CHAPTER THREE: INTRODUCTION TO WARM-UP /AEROBICS)</p> <p>Instructor: (Introduces self and veterans) All exercise should start with a good warm-up. This not only prepares your muscles and heart for activity, it also helps to prevent injury and reduce muscle soreness. It's an essential part of any fitness routine.</p> <p>After we warm-up, we'll move into aerobic activities, which are great for your heart, lungs, and circulatory system. Increasing your endurance not only keeps you healthier but also improves stamina for everyday activities. Our goal is to do aerobic activities for at least 30 minutes on 5 or more days a week. Veterans, are you ready? Here we go!</p>
<p>9.</p>	<p>CHAPTER THREE: WARM-UP DEMONSTRATION (10 minutes)</p>

<p>Instructor on camera;</p> <p>Instructor and vets begin WARM-UP DEMONSTRATION: slow walking, side steps, toe touches, wide stance marching, kicks, hand cycling, swim strokes, arm pumps, arm circles, shoulder shrugs/circles, arm presses (fwd and overhead).</p> <p>Vets demonstrating static stretching exercises: neck stretches, shoulder rolls.</p>	<p>A typical warm-up can take anywhere from 5 to 15 minutes. Let's begin with some slow-paced walking to warm up those muscles. Continue to walk slowly for a few minutes, then increase your speed to the level that you are comfortable with.</p> <p>A good warm up also includes some mild stretching and limbering activities, so let's work on stretching your neck, arms, and shoulders.</p>
<p>10.</p> <p>VO Tips, Myths, Facts – split screen of photo montage w/VO, and AEROBICS DEMONSTRATION</p>	<p>CHAPTER THREE: AEROBICS DEMONSTRATION (10 minutes)</p> <p>Instructor: You can follow along with _____ for a more intense workout. (NOTE: Instructor can direct viewers' attention to the vets who will be walking at the intermediate level, using bigger leg and arm movements.)</p> <p>(Before going to Tips/Myths, instructor says the following:)</p> <p>Instructor: While you continue your marching in place, let's listen in as Heather French Henry gives us some helpful advice...</p> <p>Instructor / Heather French v/o during aerobic demonstration</p> <ul style="list-style-type: none"> • When the weather is nice, park farther away in parking lots to increase the distance you walk from your car. This can help you reach your goal of 30 minutes of activity a day. Only 30 minutes of moderately intense physical activity a day can keep you healthy. It can also reduce the risk of some health conditions.

	<ul style="list-style-type: none"> • Walking, riding a bicycle, mowing the grass, washing the car, gardening and marching in place are just a few simple ways you can fit physical activity into your daily routine. • I know it's tempting, but pass on the elevator or escalator and try to take the stairs as often as possible- both going up and down. Walking even one flight of stairs is better than none. • Think about getting a pedometer. It can help you keep track of how many steps you take each day. • One way to tell how hard you are working is the 'talk' test. If you are able to sing while doing the activity – that would be a light intensity. At a moderate level you can talk comfortably. If you become winded or are too out of breath to carry on a conversation, that would be considered vigorous activity. • Make sure to drink plenty of water before, during, and after your physical activity.
<p><i>Graphics:</i></p> <p>MYTH: Reducing Fat in One Body Area is Possible –</p> <p>MYTH: If you exercise, you can eat whatever you want –</p> <p>MYTH: Exercise turns fat to</p>	<p>Heather French VO:</p> <p>This was news to me, but I've learned that it's not possible to burn off fat from a specific part of the body by exercising only that area. Regular exercise, including aerobic and strength training and eating a sensible diet is the way to get rid of excess body fat.</p> <p>Don't we all wish this was true! But the fact is, good nutrition goes hand-in-hand with regular exercise. If your goal is to lose weight or maintain a healthy weight, you should add more fruits and vegetables, low-fat dairy and whole grains to your diet; avoid high-sugar and high-fat foods and watch portion size.</p> <p>Fat is fat and muscle is muscle. There is no way to change one into</p>

<p>muscle.</p>	<p>the other but regular aerobic exercise can reduce the amount of body fat and regular strength training can increase the amount of body muscle.</p>
<p>11. Instructor on camera</p>	<p>Instructor: Congratulations! You've already completed 10 minutes of aerobic activity. If you are just beginning a fitness routine or you feel too uncomfortable to keep going, you may want to proceed to the cool-down activities. Otherwise, pause the DVD and keep going for another 10 or 20 minutes. You can continue to march in place, or even go outside for a walk. For more tips about aerobic activity, see your "Fit for Life" booklet.</p> <p>Now let's begin our cool-down.</p>
<p>12. Instructor and Vets demonstrating COOL DOWN:</p>	<p>CHAPTER THREE: COOL-DOWN DEMONSTRATION Instructor: Cooling down slows your heart rate gradually and helps to prepare your muscles for the next time you're active. Remember to spend at least 5 to 10 minutes on your cool down.</p> <ul style="list-style-type: none"> • Slow your walking down gradually until you reach a nice slow pace; • Trunk Rotation: <ol style="list-style-type: none"> 1) To stretch the muscles on the sides of your torso/trunk, keep your hips facing forward and turn your trunk to try and look behind your shoulder. 2) Hold on to the back of your chair and your chair armrests to assist with the stretch. Hold for 30 seconds and then switch sides. • Gluteal Stretch: <ol style="list-style-type: none"> 1) Hug one knee toward your chest; Feel a stretch in the muscles in the back of your hip, buttocks and back upper thigh. Hold for 30 seconds and switch legs.

	<p>Lean your hands on the seat of the chair you used to lie down. Lift one of your knees so that one leg is bent, foot flat on the floor. Leaning your hands on the seat of the chair for support, rise from this position.</p>
<p>15. Heather on camera</p>	<p>CHAPTER SIX: INTRODUCTION TO STRENGTH & BALANCE (CHAPTER FIVE GOAL TRT: 10 minutes)</p> <p>Heather: There are so many benefits to strength and balance activities! They help to firm and tone your muscles, keep bones strong and relieve stress on your joints, making it easier to tackle everyday chores. And, as an added benefit, they help your body to burn more calories! Lastly, by improving your balance and coordination, these exercises make a fall – which is common as we get older – less likely.</p> <p>Try to do strength and balance exercises for all your major muscle groups at least 2 times a week. Don't do strength exercises on the same muscle groups two days in a row. Your muscles need at least a day to recover to avoid soreness and injury.</p>
<p>16. Instructor on Camera</p>	<p>CHAPTER SIX: STRENGTH & BALANCE DEMONSTRATION</p> <p>Instructor:</p> <p>Strength exercises help to build strong muscles and bones. With strength activities you work at a harder intensity, but for a shorter period of time. For this demonstration we will use resistance bands and hand weights. If you have a latex allergy which prevents you from using the band, you can substitute light hand weights, water bottles or cans of soup or vegetables. If you are just starting out, the weight of your own arms or legs may be enough to get you started. As you build up your strength, you'll want to keep challenging yourself by increasing the</p>

<p>VO Tips, Myths, Facts – split screen of photo montage w/VO, and STRENGTH demonstration</p> <p><i>Graphics:</i> Lifting weights; Abdominals; Think Safety</p>	<p>amount of weight or resistance that you are using.</p> <p>Here’s a good tip – use the amount of weight or resistance which allows you to do the exercise comfortably at least 10 times.</p> <p>And always remember to maintain good posture and technique as you learn a new exercise.</p> <p><i>(THE FOLLOWING ARE INTERSPERSED THROUGHOUT DEMONSTRATION; Before going to Tips/Myths, instructor says the following:)</i></p> <p>Instructor: While you continue with your exercises, let’s listen in as Heather French Henry gives us some helpful advice...</p> <p>Heather French:</p> <ul style="list-style-type: none"> • A complete fitness routine includes all of the activities that are shown on this DVD. Not enough time? Then mix and match but try to include a good variety of upper, lower, and trunk muscle activities. • Some women are reluctant to lift weights because they think they will develop big muscles. Women usually will not develop large, bulky muscles because they don’t have enough of the hormone testosterone needed for the development of muscle bulk. While steroids or other drugs may cause some women to bulk up, strength training will not. • Concerned about your waistline? Weight loss is the only way to get rid of a bulky mid-section. Abdominal exercises will make your abdominal muscles stronger, but doing them alone will not
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	<p>get rid of your waistline, you must also lose weight.</p> <ul style="list-style-type: none"> • Think safety! Many think that exercise must hurt to be good for you. In fact exercising to the point of pain can do more harm than good. A sensible exercise program might be uncomfortable, but should not be painful.
	<p><u>Rows</u></p> <ul style="list-style-type: none"> --Stand on your resistance band with one foot and hold the two ends in opposite hand. --Slightly bend hips and knees and support body with other arm. --Pull up band, raising the elbow and pulling the hand towards your side. Pause. --Slowly return to start position. <p><u>Curls</u></p> <ul style="list-style-type: none"> --This exercise can be done either sitting at the edge of a chair or standing. If you are sitting be sure that the chair is not in the way of your elbow hanging all the way straight when in the bottom position. --Start by putting your foot on top of one end of the resistance band with your hand holding onto the other end palm facing forward. To get more resistance, move your foot further up the band. --Without moving your upper arm, pull up against the resistance band until your elbow is completely bent. Slowly lower back down until your elbow is straight again, repeat. <p><u>Crunch</u></p> <ul style="list-style-type: none"> --Lay on your back either on a carpeted floor or on a bed (the firmer the mattress the better). --Bend your knees and place your feet flat on the floor about hip distance apart. --Tighten your belly muscles so that your back flattens on the floor. Imagine that there is a string attached to your belly button and it is being pulled back toward your spine.

--Curl up so that your head and upper back (down to the bottom of your shoulder blades) comes up off the floor. Keep your abdominal muscles tight the entire time.

--Lower back down.

--Repeat.

Heel Raises

--If you have good balance start by putting the balls of your toes on the edge of a step (such as a bottom stair) and lower down so that your heels are below your toes (you can hold onto the railing for balance).

--If you don't have good balance or feel that you are not strong enough yet start with your feet flat on the floor.

--Push up as high as you can on your toes.

--Lower back down.

--Repeat.

Chest press

--Sit down with the resistance band stretched across your back with one end in each hand.

--Start with your hands right in front of your shoulders and push out against the band until your elbows are straight and your arms are straight out in front of you.

--At the end of the push out ward, push your shoulder blades out so that your hands go just a little further.

--Slowly return to the starting position.

Try to keep your wrists from bending, and maintain a neutral position.

--Repeat.

Shoulder press

--Either sit or stand on the resistance band.

--Start with your hands right next to your shoulders with one hand on each end of the band.

--Push up against the resistance band until your arms are completely straight overhead.

	<p>--Slowly lower to the starting position. Try to keep your wrists from bending, and maintain a neutral position. --Repeat.</p> <p><u>Squat/ lunge</u> Beginner: --Start sitting in a firm chair (like a kitchen chair or folding chair) --Stand up, if you are just beginning you can use your hands to help you lift off the chair. As you get stronger, put your hands on your thighs when you stand up. When you are able to do that easily, hold your arms over your head when you stand up.</p> <p><u>Intermediate:</u> --Stand on the resistance band with one end on each side of you, hold onto each end with one hand. --Start by lowering down until your thighs are nearly parallel with the ground (if you are concerned about falling do this in front of a solid chair so that you can sit if you need to). --When lowering be careful that you are "sitting back" so that your knees do not come in front of your toes and aim to keep you back as erect as possible. If you find that you are bending forward at the waist then only go down as far as you can before this happens. --After lowering down stand slowly back up against the resistance of the band. --Repeat.</p> <p><u>Prone opposite arm leg lifts</u> --Start laying on your stomach on the floor or a firm bed --Keeping your back flat, lift your opposite arm and opposite leg (right arm/left leg) --While lifting your arm keep your thumb pointed up toward the ceiling --While lifting your leg keep it straight so there is a straight line between your shoulder and your ankle. If this is too difficult, start with one leg or one arm at a time and add the</p>
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<p><u>Instructor & Vets demonstrating STANDING BALANCE EXERCISES</u></p> <p>(NOTE: IF TIME IS AN ISSUE, MAY WANT TO HAVE HALF OF VETS DOING SITTING BALANCE EXERCISES AND HALF DOING STANDING BALANCE EXERCISES. ALSO HAVE ONE VET DEMONSTRATE INTERMEDIATE LEVEL.)</p>	<p>opposite arm/leg as it gets easier.</p> <p>SINGLE LEG STANCE</p> <p>--Standing with both hands on either a counter or sturdy table for support.</p> <p>--Lift one leg at a time, as if in a slow marching position. Hold for ____ seconds. Relax and switch sides.</p> <p><i>Intermediate Level:</i></p> <p>--use only one hand for support when lifting one leg from the floor</p> <p>--use no hands for support (only finger tips or no assistance at all), when lifting one leg from the floor</p> <p>--stand on an uneven surface (ie a pillow) when lifting one leg from the floor, with hand(s) support as needed</p> <p>--closing your eyes either with or without arm support, and either with or without standing on a pillow.</p> <p>STATIC BALANCE HEEL TO TOE (standing sideways with one hand on either a counter or sturdy table for support)</p> <p>--Stand with right foot 3-4 inches in front of left foot, feet approximately 2 to 4 inches apart. Find balance and maintain, keeping arms either at shoulders height or at your side.</p> <p>--Close eyes and maintain balance for ____seconds or as long as you safely can.</p> <p>--Switch sides, and repeat.</p> <p><i>Intermediate Level:</i></p> <p>--Stand with one foot directly in front of the other, feet 3-4 inches apart. Hold for ____seconds, switch sides and repeat.</p> <p>--To make this exercise even more difficult, repeat as above, but with eyes closed. Maintain balance for ____seconds or as long as you safely can. Switch sides and repeat.</p> <p>STATIC BALANCE ON COMPLIANT SURFACE</p>
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- Stand on a pillow with feet shoulder width apart
- Place hands on a table or counter for support if needed
- Close your eyes and maintain upright posture

Intermediate Level:

- Stand with feet together and repeat the exercise as above.

DYNAMIC STANDING WEIGHT SHIFT (standing with both hands on either a counter or table for support)

- Lifting right foot off floor take one step slowly to the side
- Slowly shift your weight over onto the right foot
- Keep shoulders over your hips
- Don't sway too far- just enough to put weight on your right foot
- Hold for ___ seconds then return to starting position weight balanced over both feet.
- Repeat exercise to the left side.

Intermediate Level:

- Repeat as above, but with eyes closed. Maintain weight shift for ___ seconds. -----Switch sides and repeat.
- Side step down the counter or table and then switch and side step back in the other direction.
- Do Braided Walking:
 - a. Step to the left with the left leg
 - b. Cross your right leg IN FRONT of the left leg and step out again with the left foot
 - c. Cross your right leg BEHIND the left leg, and step out to the left with the left foot.
 - d. Repeat several times to the left then repeat to the right as follows:
Step to the right with the right leg
 - e. Cross your left leg IN FRONT of your right leg and step out to the right with the right foot
 - f. Cross your left leg BEHIND your right leg and step to the right with the right foot.

**Instructor and Vets demonstrating
SITTING BALANCE EXERCISES**

g. Continue for ____ steps

SITTING BALANCE EXERCISES:

SEATED WEIGHT SHIFT

Intermediate Level:

- Have both hands supported (on chair or bench).
- lift left hip and bring your body weight over your right hip, using as little support of both hands as possible.
- hold for 5 to 10 seconds
- relax, and repeat to the left side.
- start with 5 to 10 repetitions, increase number as you are able.
- do exercise with both arms elevated out in front or out to the side.

SEATED WEIGHT SHIFT LATERAL TRUNK LEAN

- Sit upright with feet flat on the floor (or on the footplates of wheelchair)
- Hands are on the chair seat or arm rests of your wheelchair
- Lift left hip to bring body weight over right hip, keeping arms and head upright.
- Hold the position for 5 to 10 seconds, relax and return to midline
- Repeat, bringing body weight over the left hip, keeping arms and head upright.
- Hold for 5 to 10 seconds, relax and return to midline.
- Start with 5 to 10 repetitions to each side. Increase number of repetitions as you are able.

Intermediate Level:

- Change the position of your arms to the following:
 - a. Sit upright with feet flat on the floor (or on footplates of wheelchair)
 - b. Clasp hands in front of you or grab both elbows with the opposite hand

- c. Lift left hip to bring body weight over right hip, keeping arms and head upright.
- d. Hold the position for 5 to 10 seconds, relax and return to midline
- e. Repeat, bringing body weight over the left hip, keeping arms and head upright.
- f. Hold for 5 to 10 seconds, relax and return to midline.
- g. Repeat 5 to 10 times. Increase number of repetitions as you are able

SEATED SUPPORTED ANTERIOR/ WEIGHT SHIFT LOWER TRUNK LEADING

- Sit upright with feet flat on the floor (or on footplates of wheelchair with casters rotated forward)
- Place hands on the chair seat (or on the arm rests of your wheelchair) and hold on.
- Lean forward through hips bringing nose over knees
- Hold the position for 5 to 10 seconds, relax and return to midline
- Repeat 5 to 10 times, increase number of repetitions as you are able.

Intermediate Level:

- Cross your arms across your chest or above your head

SEATED TRUNK ROTATION

- Sit with feet flat on floor (or on footplates of wheelchair with casters rotated forward)
- Clasp hands together out in front at chest level
- Rotate trunk toward right side
- Hold the position for 5 to 10 seconds, relax and return to midline
- Rotate trunk toward the left side
- Hold the position for 5 to 10 seconds, relax and return to midline
- Repeat 5 to 10 times, each side, increase repetitions as you are able.

Intermediate Level:

PROGRESS TO SITTING **UNSUPPORTED** LATERAL WEIGHT SHIFT:

<p>Greg Raleigh Demonstration:</p>	<p>LOWER TRUNK LEADING --Sit with feet flat on the floor (or on footplates of wheelchair with casters rotated forward) --Clasp hands together or grab both elbows, holding them up and forward at chest level --Lift left hip to bring body weight over right buttock, keeping head upright --Hold the position for 5 to 10 seconds, relax and return to midline --Lift left right to bring body weight over left buttock, keeping head upright --Hold the position for 5 to 10 seconds, relax and return to midline --Repeat 5 to 10 times on each side, increase number of repetitions as you are able.</p> <p>Instructor: For those of you who are ready for the next level of strength and balance exercises, follow along as Fitness Trainer Greg Raleigh demonstrates more challenging techniques with the use of weights.</p>
<p>17.</p>	<p>CHAPTER SEVEN: TESTIMONIAL #2</p>
<p>18. Heather French on camera</p>	<p>CHAPTER EIGHT: INTRODUCTION TO STRETCHING (CHAPTER EIGHT GOAL TRT: 10 minutes)</p> <p>Heather French: Stretching is one of the best ways to prevent and avoid muscle soreness, cramps and injury. It's also a great way to relax! To get the most benefit from this activity, be sure to stretch when your muscles are warm, not when they're cold.</p>
<p>19. Instructor and vets</p>	<p>CHAPTER EIGHT: STRETCHING DEMONSTRATION</p>

demonstrating STRETCHES:

(NOTE: MAY WANT TO HAVE HALF OF VETS DOING SITTING STRETCHES AND HALF DOING STANDING STRETCHES)

Instructor: as s/he demonstrates stretches

Here are some tips to get the most out of your stretch:

- Remember to stretch in both directions.
- Stretch with slow and smooth movements
- Stretch to a point where you place a mild- but not painful stretch on the muscles. When you repeat the stretch, you should be able to go a little further without pain.
- Hold each stretch for 10-30 seconds and repeat 3-5 times.
- Breathe slowly in and out without holding your breath.
- If a stretch causes too much pain, stop doing it, or do it more gently. Listen to your body!

STRETCHES -- Sitting:

Neck:

To stretch the muscles on the side and back of the neck:

- Tilt head toward shoulder until a gentle stretch is felt on the opposite side of the neck
- Reach behind back with the arm that is on the side of the neck that is feeling the stretch
- Hold 30 seconds and then switch to the other side
- Gently lean head forward to feel a stretch in the back of the neck.
- Hold 30 seconds and repeat

Shoulder/Arm Stretch:

To stretch the muscles in the back of your shoulders

- Straighten your elbow and reach across your body.
- Pull that arm in toward your body with opposite arm to feel a stretch in the back of your shoulders
- Hold 30 seconds and switch to opposite arm

Triceps Stretch:

- Bend the left elbow reaching your left hand behind your head and use the right hand to gently pull the left elbow in further until you feel a

stretch in the back of your upper arm
--Hold 30 seconds
--Switch sides and repeat.

Mid-back:

To stretch the muscles in the upper-middle part of your back
--Clasp hands together in front of you and straighten elbows
--Reach forward with your hands and bend head forward
--Feel a stretch in the upper and mid-back muscles
--Hold 30 seconds and repeat

Trunk/Torso Stretches:

To stretch the muscles on the sides of your trunk.
--Sit up tall and reach one arm up over your head
--Lean over and reach to opposite side
--Feel a stretch on the same side of your trunk
--Hold for 30 seconds and switch to opposite side

Lower back:

To stretch the muscles in your lower back
--Fold forward in chair and reach for your lower legs
--Feel a stretch in the lower back muscles
--Hold 30 seconds

Trunk Rotation:

To stretch the muscles on the sides of your torso/trunk
--keep your hips facing forward and turn your trunk to try and look behind one shoulder
--hold on to the back of your chair and your chair armrests to assist with the stretch
--Hold for 30 seconds and then switch sides

Gluteal Stretch (this is done while the standing veterans are performing the quadriceps stretch):

--Hug one knee toward your chest until you feel a stretch in the muscles at the back of your hip and upper thigh and your buttocks
--Hold for 30 seconds and switch legs

Hamstring:

--Sit with one leg out in front of you with your knee straightened and your heel touching the floor.
--Lean forward in chair until you feel a stretch at the back of your thigh or knee. Pull your toes toward you if you do not feel any stretch/to increase the stretch.
--Hold 30 seconds and switch to other leg
--or you can prop your heel up on a stool and lean forward until the stretch is felt

STRETCHES: STANDING

Arm Stretch

To warm up arm muscles
--Cross one arm horizontally over your chest, grasping it with either your hand or forearm, just above the elbow joint.
--Exhale, slowly pulling your upper arm in toward your chest.
--Aim to keep the hips and shoulders facing forward throughout the stretch
--Hold 30 seconds and repeat

Back Stretch

--Clasp your hands together in front of you and round your back towards the floor
--pressing your arms away from your body to feel a stretch in your upper back.

Spine Twist

--Lying on the floor, place your right foot on your left knee.
--Using your left hand, gently pull your right knee across your body towards the floor,

	<p>-- twisting your spine and keeping right arm and shoulders on the floor. --Switch sides and repeat.</p> <p>Quadriceps Standing --Stand holding onto a secure object, or have one hand raised out to the side for balance. --Raise one heel up toward your buttocks, and grasp hold of your foot, with one hand. --Inhale, slowly pulling your heel to your buttock while gradually pushing your pelvis forward. -- Aim to keep both knees together, having a slight bend in the supporting leg --Hold 30 seconds and repeat</p> <p>Calf Stretch --Stand with hands on the wall for support in split stance--one leg forward and one leg back. -- Press the back heel towards the floor and lean the body forward until you feel a gentle stretch in your calf. --Hold 30 seconds and repeat</p>
20.	CHAPTER NINE: TESTIMONIAL #3
21. Heather on camera	<p>CHAPTER TEN: CLOSE</p> <p>Heather: Congratulations – you did it!! You’re already on your way to a healthier life!</p>
22. Denise on camera <i>Graphic: HUSV logo with address</i> http://www.healthierusveterans.va.gov Click on Fitness Challenges	<p>Denise: I’m so pleased that you are taking steps towards becoming fit for life. We encourage you to keep up your efforts. Together with the President’s Council on Physical Fitness and Sports we’d like to reward your hard work! You and your family can go to the website you see on your screen</p>

	<p>to log your activity and earn awards. You can earn the Presidential Active Lifestyle Award by performing regular activity for 30 minutes a day on at least 5 days per week, for a total of 6 weeks. There are more than 100 activities you can choose from.</p> <p>That means if you stick with the program, you can earn an award in a little over a month. So what are you waiting for?</p>
23. Secretary on camera	<p>Secretary: On behalf of the Department of Veterans Affairs, thank you, Denise Austin and Heather French Henry, for all of your encouragement and support of our veterans!</p>
24. Closing credits with Secretary and VIPs exercising in background	Closing Music