

900 SERIES EPISODE SUMMARY

#901 TAI CHI MOVEMENTS: Tai Chi, an ancient form of Chinese exercise, has been shown to enhance balance, posture, and breathing. Mary Ann uses Tai Chi to focus on improving balance.

#902 TOWEL & RUBBER BAND: Mary Ann uses a towel and rubber band to strengthen the hands and fingers.

#903 EVERYDAY LIVING EXERCISES: Mary Ann demonstrates exercises you can do throughout the day to help maintain quality of life and independence.

#904 HAND STRENGTHENING: Mary Ann demonstrates exercises to improve mobility of fingers and hands. Hand specialist, Julie Paull, OT, also shares tips on preparing your hands for exercises.

#905 EFFICIENT BREATHING: Mary Ann focuses on breathing more efficiently throughout her exercises to improve overall health.

#906 POWER UP WITH WEIGHTS: As we age, we lose five to seven pounds of muscle tissue every 10 years, which negatively affects our metabolism and bone density. This workout strengthens the entire body with fun, safe weight exercises.

#907 BACK STRENGTHENING: Mary Ann uses a ball to improve range of motion and strengthen back muscles that provide support.

#908 BASICS OF MOBILITY DYNAMIC BALANCE & AGILITY: The ability to maintain balance is a motor skill that needs to be practiced. Mary Ann incorporates creative exercises to help achieve this goal.

#909 REACTIVE TRAINING: Mary Ann demonstrates a variety of reactive training exercises throughout the program. This workout starts with shoes off to increase awareness and balance of the lower body.

#910 CIRCULATION: Two circulation exercises make this a great workout to get blood flowing through the body and a weight routine helps to strengthen the muscles and bones.

#911 BALANCE & COORDINATION: Balance and coordination are essential for functional fitness. A small ball is used to improve these important skills.

#912 POSTURE & COORDINATION: Mary Ann uses a large ball to help improve posture and a small ball to help improve coordination.

#913 CORE STRENGTHENING: This program features exercises for the back, abdominal, gluteal, and upper leg muscles to stabilize the body's core.

#914 MULTISENSORY-TACTILE TRAINING: This episode focuses on improving balance and mobility. Finger and weight exercises are used to help coordinate head-eye movements and facilitate stimulation.

#915 THE MECHANICS OF GOOD POSTURE: This workout focuses on a variety of exercises designed to increase postural awareness and correct poor postural habits.

#916 LEG STRENGTHENING: Strong lower body muscles translate into greater mobility. This episode concentrates on exercises to strengthen the legs.

#917 EXERCISE BANDS: ANOTHER FORM OF RESISTANCE: Mary Ann emphasizes the importance of proper technique when using elastic resistance as another way to strengthen muscles.

#918 FOCUS ON ARTHRITIS: This is a great workout for anyone, but the exercises are especially designed for those who have arthritis.

#919 UPPER BODY STRENGTHENING: Arm strength and endurance are needed for many everyday activities. Shoulder range of motion exercises are followed by strengthening movements.

#920 UPPER BODY FLEXIBILITY: Many daily activities are limited by poor upper body flexibility. Mary Ann uses a towel and band to help improve upper body flexibility.