



THE BENEFITS OF SITTERCISE®

A Q&A Session with Roosevelt Care Center's Director of Recreation Joanne Franklin

Q: *What is "SITTERCISE"?*

A: SITTERCISE is a trademarked exercise program, endorsed and offered at Roosevelt Care Center. It allows participants to stay seated while improving upon their fine and gross motor skills through regimented exercise.

Q: *Is there a specific type of person, who would best benefit from this exercise?*

A: Whether you are young and in your physical prime or a senior citizen, who's been confined to a wheelchair – anyone can benefit from SITTERCISE. However, a physician will generally recommend this type of exercise to an individual with a history of limited mobility.

Q: *Can you describe some of the positions that one might participate in during a SITTERCISE session?*

A: These routines are adapted to each individual's physical abilities. Typically seated on a chair, sittercisers will go through a range of positions and movements, from wiggling toes to full-on leg lifts, from shoulder circles to shoulder shrugs.

Q: *What are the health benefits associated with this type of exercise?*

A: During the exercises, participants get the blood flowing through their extremities and increase their endorphin production. In addition to those physical advantages, sittercisers also gain emotional, social and psychological benefits by building a rapport with fellow class attendees and through the sense of accomplishment that comes with the completion of an activity.

Q: *How often does Roosevelt make SITTERCISE sessions available to residents and what is the suggested length of exercise time?*

A: Residents can elect to partake in this activity, which in some of our units are made available on a daily basis. Generally, SITTERCISE sessions can run anywhere between five minutes and one hour.

Q: *Why does exercise become more important with age?*

A: It's like that old saying, "move it or you'll lose it." You want to stay active and busy because ultimately, that's what keeps us independent and healthy. Over the course of many years, numerous studies, supporting those exact findings, have been conducted.