



# MOVE IT!

A group or individual exercise program developed by an integrated team of recreation, dance, and physical therapists to promote exercise and wellness for every person and all physical abilities to stretch, invigorate, and relax the body.



**Staff testimonial:** "The positive energy, collaboration, and enthusiasm that are shared by participants, residential staff, and the Integrated Arts team have been immeasurable. We began working with people who were perceived as either not wanting to participate or not being able to participate because of excitement and arousal levels. Through small steps -- including private 1:1 sessions in different locations, movement in special positioning equipment, small group sessions, mixing movements into a preferred activity such as an outdoor walk, and lots of encouragement -- these perceptions have been changed. Each day, they have the choice to participate, and more times than not, they are willing to join some or all of the session. We facilitated the program 2-3 times per week for 14 weeks, and I cannot think of a single person who didn't have at least one breakthrough moment. Each day we were rushing to grab the camera to capture the energy, but the photos and videos do not do those moments justice."

## TCFD OUTCOMES

This activity is aimed at helping individuals excel in the following categories:

- Energy Regulation
- Emotional Regulation
- Motor Skills

For more information about Energy Regulation programs, see: [EnerGym & Dynamite](#)

## DEVELOP A MOVE IT PROGRAM

# 1

Plan out choreography to include a warm up, main segment, and cool down.

# 2

Introduce the program to participants with a motivating kick-off session.

# 3

Track progress over time and celebrate all accomplishments.

### Warm-Up

**Goal:** To increase range of motion through stretching and prepare your body for exercise

Develop an individualized program to include a warm-up with deep breathing and simple movements, five to eight stretches (guided or independent), and a cool down. Movement routines can be choreographed ahead of time or improvised based on the natural movement patterns and impulses that appear throughout the session.



If a participant has tight muscles and a limited range of motion at the start of the warmup, start slow with gentle support to help their muscles relax.

### Active Move It!

**Goal:** To regulate energy

Choose popular music to hold participants' attention throughout the dance. Aim for 20 minutes of continuous independent or partner dancing, circuit exercises, or movement games, bracketed by a warm up and cool down.



Promote independent movement by allowing participants to complete as much of the movement as possible without support.

### Cool Down

**Goal:** To relax with the help of sensory stimulation.

Relaxing instrumental music or natural sounds (rainfall, ocean waves, bird calls, etc.) can accompany gentle movements and light massage. Equipment may include a weighted blanket, a body sock, or sensory objects.



Make the environment as peaceful as possible by dimming the lights or turning them off altogether and using natural light instead.

## THINGS TO CONSIDER

### Choosing Music:

- Live musicians or a playlist.
- Clarify the intention of the movement and choose music accordingly. For example, use calm music to soothe the body during the warm up and cool down and more upbeat music to activate the body during the more vigorous segments.

### Utilizing Equipment:

Determine equipment based on the needs and abilities of the individuals in the program.

### Sample Equipment

Theraband or octaband, parachute, streamers, boomwhackers, bubble machines, phonotonic sensor, and instruments.

### Tracking Progress:

Gather baseline data at the start of the program and track goals for each participant as the program continues .

### Goals may include

- Increasing range of motion
- Increasing stamina
- Increasing willingness to participate
- Increasing independence in the movements
- Decreasing behaviours

Challenge participants to enhance their skills and tolerance with incremental changes. For example, if a participant does not like large group sessions, try 1:1 sessions in a separate location before introducing them into a small group. Alternatively, consider completing a preferred activity together prior to the Music and Movement session

### Safety:

Discuss limitations and concerns with a physician and/or therapist to prepare the participant to stretch and exercise without injury.