



# Group Alternatives to Walking for People with Disabilities and Mobility Limitations

This tool is designed to be used with Walk With Ease (WWE) participants with varying levels of ability or mobility. In this example class timeline, there are a number of alternative activities to group walking for participants with disabilities or mobility limitations.

*Prepared by the Lane County NiCIP Committee*



# Example Movement Pattern for Leaders

**Step 1:** Group Warm Up: 3-5 minutes

**Step 2:** Group Stretching and Strengthening Exercise Alternatives: 4-5 minutes

**Step 3:** Group Movement: 5-30 minutes

## Activities for Full Group

### Chair-Based Cardio Routine

Follow a fixed routine of movements that can be done either seated or standing

### Fixed Position Dancing

Using music picked by group, participants move freely and facilitator uses a variety of movement options

### High-Paced Chair Strengthening Routine

Use Walk With Ease seated strength exercises in a circuit or brisk movements

### Resistance Band Rows

Use resistance bands to perform rowing movements

### Seated Balloon Volleyball

Group takes turns volleying 1-3 balloons at one another in a circle

### "Silver Sneakers" Follow-Along

[Use a YouTube video to guide group through movements with various options](#)

### Scavenger Hunt

Facilitator provides a list of objects to find and allow group to use various movements to find objects and cross them off their list

### Movement "Show and Tell"

Allow anyone in class to show a movement learned from PT/OT and group replicates it

## Activities for Teams or Pairs

### Long vs Short Paths in Teams

Allow group to self-divide into two teams, facilitator joins the "short path" team

### Resistance Band in Pairs

Use resistance bands to perform rowing movements to give pairs a chance to push and pull against each other

### Indoor and Outdoor Movement in Teams

Allow group to self-divide into two teams, facilitator joins the "indoor" team

### "Do 20 Each" Chair Relay Race in Teams

Divide group into two teams and have each person do 20 movements, followed by the person next to them until each team member has completed the movements

**Step 4:** Group Cool Down: 3-5 minutes

**Step 5:** Group Stretching: 7-10 minutes

