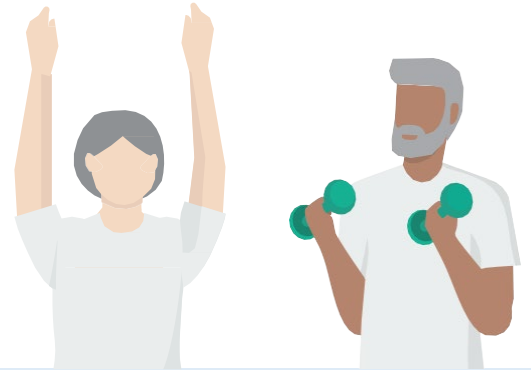


Stretch, Lift, or Tap (SLoT)

INSPIRED IDEAS FROM OLDER ADULTS AND CAREGIVERS



Start the day right with gentle movements while lying in bed...

1. STRETCH each arm outwards to the side; lay each arm flat so your body is in a “T” position
2. LIFT both arms up towards the ceiling – try to keep your arms as straight as possible
3. TAP open hands together (aka clap) 5x
4. Lower arms to resting position
5. Repeat steps 1-4 5x
6. STRETCH both legs so each is straight and you are lying in a comfortable position
7. LIFT left leg so your foot is elevated above the bed
8. TAP your left foot 5x on the bed; return to resting position
9. Repeat steps 7-8 with right leg



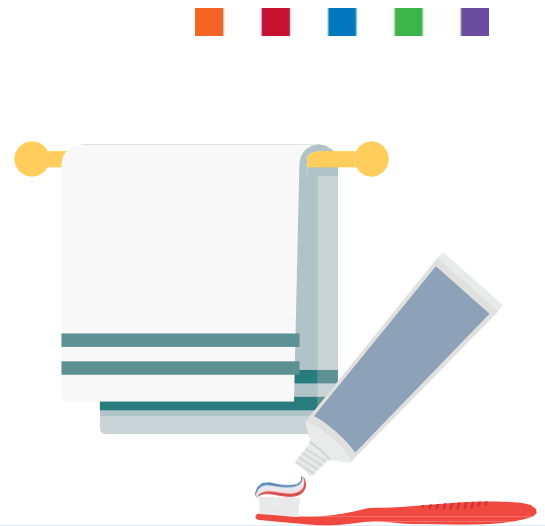
Here is what some older adults are saying about stretch, lift, or tap....

“ This is something I can continue doing by myself... ”

“ I realized that simple things like putting dishes away one at a time can add more movement to my day... ”

Stretch, Lift, or Tap (SLoT)

INSPIRED IDEAS FROM OLDER ADULTS AND CAREGIVERS



Brushing your teeth...

1. STRETCH to reach your toothbrush and toothpaste. Consider keeping items someplace so you have to reach for them (i.e. place further away)
2. LIFT yourself up on your tiptoes while brushing – keeping a hand on the counter or sink can help maintain balance
3. TAP toothbrush on sink 5x with each hand after brushing
4. OPTION: half-way through, try brushing your teeth with your other hand. This works well for brushing/combing hair, too!



Towel off after a shower...

1. STRETCH your left arm out; holding the towel in your right hand, gently TAP down the length of your arm; repeat with opposite arm
2. Repeat step above with both legs
3. STRETCH, LIFT or TAP to dry off your whole body!
4. OPTION: these actions are great to mimic to get moving during commercials while you're watching TV, too!

Stretch, Lift, or Tap (SLoT)

INSPIRED IDEAS FROM OLDER ADULTS AND CAREGIVERS



When nature calls...

1. Take “the scenic route”: take the longest route to the bathroom and/or choose the bathroom that is farthest away from your location
2. STRETCH both arms outwards 10x while the toilet flushes
3. LIFT the soap as high as you can above your head 5x
4. TAP left toes on the floor 10x, then right toes on floor 10x, while washing your hands



While coffee is brewing, or tea is steeping...

1. STRETCH both arms out to the side, do arm curls and bring both hands in towards your shoulders 10x; return to resting position
2. LIFT both shoulders towards your ears and down again, repeat 10x
3. TAP left foot on floor, 10x
4. TAP right foot on floor, 10x
5. OPTION: a watched pot never boils...same with the kettle! Walk around your kitchen or living area to get some extra steps in until the kettle boils

Stretch, Lift, or Tap (SLoT)

INSPIRED IDEAS FROM OLDER ADULTS AND CAREGIVERS



Putting items away (laundry, clean dishes, groceries...)

1. Mindfully put away each item one at a time – the extra steps and movement really adds up! Try playing some of your favorite music while you are tidying up to help inspire movement



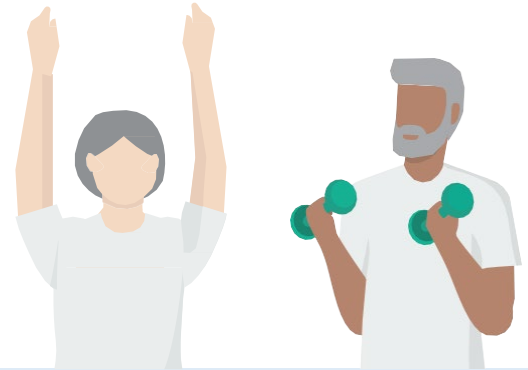
Shake what your mama gave you and DANCE...

1. Put on some music that you enjoy; from a seated position, go through the movements at your own pace OR to the beat of the music
2. Clap your hands 4x
3. Left foot tap, in place 4x
4. Right foot tap, in place 4x
5. Left leg extension, 4x
6. Right leg extension, 4x
7. Left hand tap on leg, 4x
8. Right hand tap on leg, 4x
9. Left arm curl, 4x
10. Right arm curl, 4x
11. Stretch the corners of your mouth into a smile while doing “Jazz hands” motion – repeat as desired
12. OPTION: Check your surroundings so you can move safely. Then, grab a hanger with a garment on it and pretend it’s a dance partner – move however the music inspires you!

Stretch, Lift, or Tap (SLoT)



INSPIRED IDEAS FROM OLDER ADULTS AND CAREGIVERS



Watch TV and get active during commercial breaks...

1. STRETCH both arms outwards from your body, rotate both wrists 10x, then in other direction 10x
2. LIFT left leg, rotate ankle clockwise 10x, then counter clockwise 10x; return to resting position
3. LIFT right leg, rotate ankle clockwise 10x, then counter clockwise 10x; return to resting position
4. TAP each foot on the floor while marching in place – challenge yourself to do this until the commercial break is over!



Have you used some of our other stretch, lift, tap resources?

Adding more movement to laundry

Add more tapping to your day

Stretch and Lift during the day

Mobility games

Tracking worksheets

Tips for how to get started