

# MANUAL OF OPERATIONS

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Questions: Please email Dr. Christopher Sciamanna at [cns10@psu.edu](mailto:cns10@psu.edu).

# STARTING A BAND TOGETHER SITE: THE STEPS

1. Identify a site that can host three-times weekly 45 minute sessions.
2. Identify 3-5 peer leaders who can be trained and at least 1 be available at each session.
3. Peer leaders practice the exercises, using a band and the videos online.
4. Peer leaders meet with Dr. Sciamanna to be trained to lead the program (2 hours).
5. Peer leaders agree on a time and exercise together 3-4 times taking turns leading exercises.
6. Advertise for participants.
7. Hold information session for people who may be interested, MD PERMISSION form given.
8. Start exercise sessions.
9. Monthly site visits by Band Together coordinators to supervise and collect trackers.

# STRENGTH TRAINING PRINCIPLES

If you can do 3 sets of 15 repetitions and you're still in the GREEN zone, change to a thicker band. That's the only way you will get stronger. The green zone is moderate level, not vigorous (see below).

If the intensity is 7 or higher, it's considered "vigorous" activity which may not be safe for older adults. The red zone is "vigorous" and should be avoided unless you have specifically asked your doctor if you can do "vigorous" activity, which can trigger a heart attack in certain people.

If you start a light resistance, your body will adapt to form that is less than perfect. Don't worry about using perfect form, just make sure you start light and increase slowly. Your body will adapt.

You should not strength train the same body part two days in a row. While it is fine to do aerobic activity each day, after strength training, muscles need 48 hours to recover and grow.

Start low, go slow. Whatever you do, start at the lowest resistance and work your way up slowly. Don't overdo it and get hurt. Take your time and advance slowly. Life is a marathon, not a sprint.

If you do more than 15 repetitions, you're starting to build stamina and not strength. More resistance done fewer times builds strength better than a lighter weight done more times.

## How hard was that?

1	Very, very easy	4	Somewhat hard	7	Very hard
2	Easy	5	Hard	8	
3	Moderate	6		9	Very very hard

# THE INFORMATION SESSION

**BEFORE THE SESSION:** The peer leaders should exercise together at least 3 times, taking turns being the leader, so they agree on the proper form for each exercise.

Arrange 1 or 2 times for people to meet to learn about the program. It is easiest to put up a sign somewhere with the day/time/place and just let people show up if they are interested. Once a group has started, people can just show up to watch once.

## COVER THESE TOPICS

### **Why is it important to do strength training?**

- We do less as we age, so we lose muscle and function.
- Strength training improves blood pressure and blood sugar control.
- Group strength training is a great social activity, as there is time to talk between sets.

### **Who is this for?**

- Generally aimed at adults over 50, but it can be for anyone.
- People who have noticed trouble doing things, such as walking, lifting, standing and going up steps.
- People who are concerned about losing their independence as they age.

### **Who is this not for?**

- People who get chest pain or lightheadedness with exertion.
- People who cannot stand up from a chair safely without an assistive device.
- People who cannot do the exercises without 1-on-1 assistance. If people cannot do one exercise, that is okay, but people who are unstable will create a problem as you cannot stand next to them. They should work with their doctor first and, once they can do activities independently they can come back.

### **Show the activities.**

- Demonstrate each exercise, so people can see what they'll be doing.

### **Give PERMISSION slip.**

- One side is for the participant, other is for the doctor.
- RULE – for anyone who is at least 70, they need a doctor permission slip if they are active.
- RULE – if under 70 and all PAR-Q answers are NO, they do not need a doctor signature.

### **Tell everyone the time, day, location for the first session.**

- Tell people to dress in loose fitting clothing and bring a bottle of water.

# THE FIRST EXERCISE SESSION

**RULE: No one starts the first exercise session without their CONSENT form and baseline survey completed.**

## **STEPS:**

1. Set up chairs in an oval so everyone can see a peer leader and can talk to the person across.
2. Give everyone a **FIRST TIME** tracker. Write each person's name on the spine, large and legibly.
3. Collect the **PERMISSION** slips and make sure they are filled out.
4. Fill out **BASELINE** survey. Make sure answers are complete and file it in folder.
5. Do the brief warm up exercises: 15 shoulder press, 15 twists, 15 seconds of walking in place.
6. Do **ONE SET OF EACH EXERCISE** with one of the two lightest bands.
7. Take a 60 second break between sets.
8. Don't forget to do the **CALF RAISES**, after the **PULLS**. They are easy to forget.

# REGULAR EXERCISE SESSIONS

For the first month or so, leaders will have to help people fill out the tracker and do the exercises correctly. Leaders should exercise along with participants and do corrections between sets.

## STEPS:

1. Set up chairs in an oval so everyone can see a peer leader and can talk to the person across.
2. Ask people to grab their tracker and **ALL BANDS** they may need.
3. Do the brief warm up exercises: 15 shoulder press, 15 twists, 15 seconds of walking in place.
4. Take turns counting reps. Ask someone to keep track of when to start the next set (60 seconds).
5. Don't forget calf raises, between PULLS and CHEST.
6. If someone finishes their tracker, have them start the next one and put the used one in the file folder.
7. Ask participants to put chairs away and trackers back in alphabetical order.

## FIRM RULES:

1. Stop when your effort is in the RED ZONE. Most people should not get to 15.
2. If you finish the last 15, increase bands next time.
3. Stop if it hurts or if you feel off balance.
4. Watch for tripping or falling hazards.

## THINGS TO SAY:

"Since this is the last set, I expect to see people stopping before the RED ZONE"

*"If it hurts, is VERY HARD or your feel off balance, STOP RIGHT AWAY".*

"How hard was that?"

"Who was able to finish all 15 on the last set? Great, mark YES in the box and next time go to the next band"

"My goal here is to make sure people are working hard and getting as strong as they can, while staying safe. The only way I know it is if I see people STOPPING on the third set, when the effort gets higher than a 6 - IN THE RED ZONE"

# WHAT IF SOMEONE STARTS LATER?

1. The first time they come, give them the lightest band and limit them to 10 repetitions. Alternatively, they could watch.
2. Have them sit next to a peer leader, who can show them how to do it.
3. Give them the PERMISSION FORM and BASELINE SURVEY and make sure it is completed before the next session.
4. The next time, given them a tracker and have them sit near a peer leader, to show them the exercises.

# WHAT TO KEEP IN MIND DURING SESSIONS

“Am I making people feel good for being there?” We are not providing just exercise, strength and function, we are providing an experience. If people don't look forward to the “experience” they will stop coming. If I see someone trying hard, I make eye contact, give a smile and say “nice job”. Congratulate effort. Smile. Be a cheerleader. Wherever you see progress or hard work, point it out.

“Is anyone pushing themselves too hard?” Many of these people will be completely inactive, so they could overdo it and get injured or have a cardiac problem. The way to avoid this is to spend the first few weeks drilling into people the RPE, and being sure that people are not going over 6. More than 6 is “vigorous” activity, and many people need additional “clearance” from a doctor before participating. Another good way to do this is to congratulate people for stopping early, or stop yourself early, so they see it as normal to stop, rather than a sign of weakness or laziness.

“Is anyone going to fall?” I am constantly looking around in the first few weeks for chairs sliding or people who are unstable. I make sure people who are the least stable use the heavy duty chair and stop when they get unstable. For the first few weeks, I figure out who is unstable and focus on them. I talk to them to make sure they will be extra careful. Early on, drill it into people that “if it hurts, is very hard or you feel off balance, please STOP”.

“Who has a limiting shoulder problem?” If people cannot get their shoulder all of the way above their head or they have shoulder pain with these exercises, they may need some Physical Therapy before returning.

“Who needs to go to a THICKER band?” The barrier to getting stronger is NOT increasing the resistance. The way to do this is to say, at the beginning of a new exercise: “Before you pick out your band, look at how you did last time. If you were able to do all 15 on the last set and the effort was less than a 6, you should grab the next band. Even if you can only do the next band 10 times, that is fine.”

“Who needs to move to a THINNER band or no band at all?” Some exercises are harder than others. Chest is the hardest, pulls are the easiest. If people cannot extend their arms all the way on the chest or the shoulders, they probably need to go to a lighter band. One gentleman had such a bad shoulder that he just used no band for the shoulder exercise. Another option is skipping one activity. Remember that the most common other option for people is NO exercise, so 4 exercises is better than zero.

“Who should skip certain activities?” If someone has pain with one activity or instability, it may be best to skip that activity, take a week off or get some physical therapy.

“Is everyone doing these exercises right?” While it's not critical to have perfect form on each exercise, the time to correct this is early. After a month, that window may be closed and correcting people then runs the risk of making people embarrassed for doing it the wrong way – publicly – for so long.

“Why is that person breathing so hard?” If someone is breathing hard, they are doing it too hard. After the set, go ask them if the effort is higher than 6, which is “vigorous” or in the red zone. If so, tell them to stop earlier or use an easier band.

# BEST PRACTICES – WHAT SEEMS TO WORK:

Whoever shows up first gets the chairs out and bands out. The group needs to take as much responsibility for the program, as early as possible. This is a good first step.

Consider Coffee. Coffee has been a staple of AA meetings and several people have asked for it at our meetings. We had it for a while, but it became a hassle, so we discontinued it.

Take turns counting. Go around the circle and take turns counting the repetitions from set to set. This helps people feel ownership of the program and gives them a chance to say their name.

Stash the bands and tracker under the chair. The bands can create a tripping hazard, so they should be out of the way. The only great place for them is under the chair.

Put the chair over a tripping hazard. In one room, there was an outlet in the middle of the floor. We solved this by putting a chair directly over it, so no one could trip over it.

Let people know they will be a bit sore, which is good. Prepare people for this, especially early on.

Have someone be the timer, counting down when the next set should start. This helps the group keep moving along and keeps the exercise safe. Also, it is surprisingly difficult to estimate the time.

Let the group lead itself, as soon as possible. Be a facilitator, coach and problem-solver, but let the group lead itself. Correct form and watch to make sure things are going okay.

Encourage people to bring friends: Having a friend in the program helps people stick with it. While people will make friends there, encouraging people to bring a friend is a good idea.

Encourage people to say their first name before counting, especially early. This helps people get to know each other's names, especially as some people are shy. It also avoids the need for name tags.

When you see people doing well, trying hard and moving up, point it out. Be an encourager. Most participants will not have done much strength training, so a word of praise goes a long way.

A large oval is better than smaller circles or rows. Band Together is social so people need to sit close enough to see each other's face and hear. An oval can grow in length so it is the best design.

# WHAT PARTICIPANTS MAY ASK YOU:

People will ask you questions, so here are the answers. If you get a question that seems important but you don't know the answer, please email Dr. Sciamanna at [cns10@psu.edu](mailto:cns10@psu.edu). You are probably not the only person getting asked, so these FAQs can be shared with other peer leaders.

Does it matter how I breathe? Yes. Don't hold your breath. Breathe out while you are exerting yourself.

If it hurts while I'm doing it, should I stop? Yes. After, you can stop doing the rest of the sets of that activity, stop entirely and leave or do the next set(s) with a lighter band. If the exercise cannot be done without pain, the member should see their doctor.

If it hurts the next day, should I keep doing it? Some discomfort is normal, actually a sign that you worked hard. Pain, however, is not good. The options then are to skip the next workout day before returning, skipping the offending exercise the next time or using a lighter band the next time.

If I can't get my hand over my head, what should I do? Shoulder issues are common. The options are to use a lighter band or no band, and to see the doctor for a possible physical therapy/ortho evaluation.

If the first set is really hard, what should I do for the second and third set? Use a lighter band or stop earlier. Remember not to go beyond an effort of 6.

If I am sick, should I still come? It may be best to rest, as well as not get other people sick.

I have knee or shoulder pain, can I still come? Exercise typically helps these problems. If it seems to make it worse, the options are to skip the offending exercise, use a lighter band or see a doctor.

I have diabetes, can I still come? Strength training can improve sugar control. If users use insulin, however, they should bring some sugar tablets and a glucose meter to check if they have trouble.

I have high blood pressure, can I still come? Strength training can improve blood pressure control. Not holding your breath, however, becomes more important for someone with high blood pressure.

I go to another gym, can I still come to Band Together? That is fine. Typically, more activity is better, but the same strength training exercise should not be done on two days in a row.

When should I move up? It is really important not to continue to stay in your comfort zone because that will hinder strength improvement. If you are consistently in the yellow zone (after the first 6 workouts) please move up to a higher resistance band. This may mean you can do fewer repetitions but that is okay.

Since I get back pain frequently, will this make it worse? Strength training can improve back pain, but you may want to be careful about how the activities are done. Also, remember to "start low, go slow".

If I don't do the exercise perfectly, will it matter? Don't worry about using perfect form, just make sure you start light and increase slowly. Your body will adapt.

## Continued....

How fast should I do the sets? This is a matter of debate. Each repetition should take 2-3 seconds, so you're not getting winded, but building strength. You can do it faster if you want, but if you do, you may want to take a second or two before starting the next repetition.

If I get lower back pain or knee pain from the exercises, what should I do? When it happens, stop doing that exercise and wait for the next one. The next day, use a lighter band or don't increase for a week or two. Also, look around and make sure you're doing the exercise the right way. If it hurts the next time you increase, you should discuss this with your doctor.

Shouldn't we do more exercises? More tends to be better, but it is not necessary. Harder programs get better results but make people drop out. This program is balanced between providing results while letting it be a positive experience.

Why does my doctor have to give permission? While someone can exercise at home all they want, because this is a "program" a higher level of safety is expected. As this is not a typical "gym" with paid professional staff and a defibrillator, we must be more careful and can accept fewer risks.

Can we change the workout a bit? If people want to add or change one or more of the exercises, someone should contact Dr. Sciamanna. It may be a great modification that others can use as well or it may be harmful, so please ask first. We expect the workout to evolve somewhat, but not much.

If I can't come every session, can I still participate? No contracts are needed, but overall more exercise is better, so we encourage people to come twice each week.

Can I take a band or two home on the weekend? We have allowed people to do this, but you may want to make a note on their card. It is up to the leader, but many people ask and it seems reasonable.

Can I bring a friend? It is up to you to decide how many people can participate. If you feel that a session is full, consider opening another session, after getting another volunteer trained.

If I am used to exercising, why can't I increase the resistance sooner? Any time you start a new program, it takes time to learn the exercises the right way, so it is best to start slow while your body adjusts. Also, some people in the group will be unaccustomed to exercise, so for them it is a safety issue.

# EMERGENCY PLAN:

Low blood sugar: People who use insulin or oral medicines for diabetes may experience a low blood sugar. It is best to look at the surveys at the beginning to see who has diabetes, so you can ask them if they ever get low sugar and what their symptoms are. Symptoms vary and include confusion, sweating, trembling, weakness, irritability, pounding heart, pale skin, feeling shaky. If you're not sure, give a few glucose tablets, based on the instructions on the bottle. It is very unlikely to do harm. If the person does not improve within a few minutes of chewing the tablets, you should call 911.

Chest pain: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. If present, call 911. The ambulance will come and the EMTs, who are trained to do this, will hook up and EKG and ask more questions. If the story sounds suspicious for a heart attack, they will take the person to the hospital to evaluate. If in doubt, call 911. Heart disease is common and very treatable.

Passing out and unresponsive: Start CPR. If someone passes out and is both UNRESPONSIVE AND NOT BREATHING, one person should call 911 and another person should start CPR. To do CPR, you just clasp your hands together and PUSH HARD and FAST in the center of the chest. You should push about 100 times per minute – which is the same as the beats in the song “Staying Alive”. You do not have to breathe into their mouth, as the guidelines for this changed recently.

Also, before getting started, ask your pastor or church leadership if there is an AED on site. If so, you will need to know how to get hold of it and how to use it. An AED is an “automated electronic defibrillator” and it is a very easy to use machine for restarting someone’s heart. It is more effective than CPR, so if it is present, you need to know. If it is present, ask to be trained on how to use it.

Falling: Falling is a problem and a concern, so we practice prevention by making sure the chairs don’t slide too much and that people are not too wobbly. Someone may fall, however. If they strike their head and have any confusion afterwards, they should probably seek medical care. Broken bones are common, so someone may need to see a doctor for an x-ray.

## Permission Form for Strength Training Program - BandTogether

If you are age 70 or older or mark any responses YES, you will need to have your doctor sign below.

Name \_\_\_\_\_.

Band Together is a strength training program that is sponsored by Penn State. The group will be led by peer who has completed a brief training that includes exercise principles, program operations and CPR. Exercise groups will meet for 40 minute sessions, typically in a church or other community building. Participants are encouraged to work in the moderate range, as vigorous activity may require additional pre-participation testing. Please complete the Physical Activity Readiness Questionnaire (PAR-Q) below:

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

Please check ONE of the boxes below, based on your age and responses above:

- I am younger than 70 AND all answers are NO above.
- I am at least 70 OR at least one of the answers are YES above. If so, have your doctor sign below.

**By signing below, I give my patient permission to participate in this program.**

\_\_\_\_\_/\_\_\_\_\_  
 Doctor's Printed name                      Doctor's Signature                      date

**CONSENT TO PARTICIPATE IN A STRENGTH TRAINING PROGRAM**

While exercise overall is good for the body it is not without risks. Even people who walk can twist an ankle and get injured. People who run get hurt, as do people who strength train. Doing nothing, however, tends to be much more dangerous than exercising.

Another risk is the loss of data. While we do all we can to protect the data, in accordance with HIPAA regulations data losses can occur, as they do in all fields (including banking, etc).

We have designed this strength training program to gradually increase your strength. To do so, it must be somewhat hard to do. There is a small chance that you could get injured. The most likely causes of this would be falling or straining a muscle. To minimize the risks, for example, you will start by using the lightest resistance band until you are confident doing each exercise.

If you have questions about this form or about the safety of the program, please discuss with one of the staff members.

Sincerely,



Christopher N. Sciamanna, MD, MPH

**BY SIGNING BELOW, I AGREE TO EACH OF THE FOLLOWING:**

1. I understand that there are risks to what I'm doing. I will do my best to be safe.
2. If I experience pain or feel off-balance, I will stop immediately and discuss it with my doctor.
3. I will exercise in the YELLOW and GREEN zone, and STOP if I hit the RED zone, which is vigorous activity and may not be safe for me.

Name (printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_

## **Free Strength Training Program. Get Stronger. Have fun.**

We are partnering with Penn State to offer this program.

### **WHAT IS IT?**

A free group strength training program using resistance bands. Some exercises are done while standing, most while sitting.

### **WHO IS THIS FOR?**

- People who have noticed trouble doing things or who are concerned about losing their independence
- People who want to be around others and have fun. People tell us “Interacting with the group, makes you look forward to coming” and “It is fun being with others during the time”

### **WHO IS THIS NOT FOR?**

- People who cannot stand up from a chair without an assistive device.
- People who get chest pain or lightheadedness with exertion.

### **INTERESTED? COME LEARN MORE:**

We will have an information session, where you can see the exercises, ask questions and – if you are interested - sign up.

**WHEN?** \_\_\_\_\_ **WHERE?** \_\_\_\_\_

## **ADVERTISEMENT LANGUAGE (PEER LEADERS):**

### **Make a difference by being a peer volunteer leader.**

We are partnering with Penn State to offer a free strength training program to (MEMBERS, PARISHONERS, ETC). The program is designed to build strength and function in a social and fun setting. Participants tell us that “it is fun being with others during the time” and “carrying packages and groceries from the store is much easier now”.

To run the program for free, we need 2-4 volunteers who will be trained to lead the groups. The training takes about 3 hours and leaders are asked to commit about 1 hour per week to lead and supervise the groups. Leaders do not have to be fit or strong and are encouraged to exercise during sessions.

If you, or someone you know, has an interest in being a peer leader, please call 7-7-xxx-xxxx or email. If you want to learn more about the program, go to [www.btpennstate.org](http://www.btpennstate.org).

Your answers will help us continue to improve this program, so we thank you for your time.

1. Name (first & last): \_\_\_\_\_
2. How tall are you without shoes? \_\_\_\_ feet | \_\_\_\_ inches
3. How much do you weight without clothes or shoes? \_\_\_\_ pounds
4. What is your age? \_\_\_\_ years
5. What is your gender? \_\_\_\_ male | \_\_\_\_ female
6. Have you ever been told by your doctor that you have:

High blood pressure ____ yes   ____ no	Heart disease ____ yes   ____ no
Arthritis or rheumatism ____ yes   ____ no	Chronic lung disease ____ yes   ____ no
Back or neck problem ____ yes   ____ no	Diabetes ____ yes   ____ no

7. Would you say that in general your health is...  
 \_\_\_\_ excellent \_\_\_\_ very good \_\_\_\_ good \_\_\_\_ fair \_\_\_\_ poor
8. In the past 3 months, how many times have you fallen? \_\_\_\_
9. How much bodily pain have you had during the past 4 weeks?  
 \_\_\_\_ not at all \_\_\_\_ slightly \_\_\_\_ moderately \_\_\_\_ quite a bit \_\_\_\_ extremely
10. By yourself, and without using any special equipment, how difficult is it for you to...

	Not at all difficult	Only a little difficult	Somewhat difficult	Very difficult
Walk a quarter of a mile - about 3 city blocks?	1	2	3	4
Stoop, bend, or kneel	1	2	3	4
Reach up over your head?	1	2	3	4
Lift or carry something as heavy as 10 pounds such as a full bag of groceries?	1	2	3	4
Push or pull large objects like a living room chair?	1	2	3	4

**THANK YOU FOR YOUR TIME!**

## Band Together Training Agenda – Teacher’s Guide

--Q: *Why do people join Band Together?* [They feel that they are losing independence and want to be with friends]

--Q: *What is the most important thing you’re trying to avoid?* [Exercising in the red zone – PAGE 4].

--Q: *How to know if someone’s exercising in the RED ZONE?* [Quotes on PAGE 5]

--Q: *What is the only rule of BT that enables you to get stronger?* [15 with more in the tank, time to move up]

--**DEMO SHOULDER PRESS:** Ask someone to DEMO shoulder press. Ask someone else what they did right. Ask “How hard was that?” [RPE PAGE 4]

--Q: *My shoulder hurts when I do the exercise, what should I do?* [Don’t do any more of that exercise, see your doctor as you may need PT]

--Q: *I just did my second set on the green band for shoulders and they’re hurting, what should I do?* [Don’t do the third set or use the orange band for the third set]

--Q: *If you see someone not extending their arms all the way up on the shoulder press, what should you do?* [Encourage them to use a thinner band and go all the way up]

--Q: *What should you do if someone cannot do any of the exercises without losing balance?* [Not allow them to return until they have worked with their doctor and PT to gain strength and function]

--Q: *“I can’t do a single chair stand without using my arms, what should I do?”* [Use your hands to push off knees]

--Q: *What should you do if someone cannot do a single chair stand safely?* [Don’t do chair stands]

--Q: *If you see someone sitting on the edge of their chair when they do stands, what should you do?* [Ask them to sit all the way back or put their chair against the wall]

--Q: *Do what if you see someone off balance?* [Tell them to stop early]

--Q: *Why is it dangerous to exercise at a level 8?* [Vigorous – may need pre-participation testing]

--Q: *If someone can only do 5 chair stands when they start, what should you tell them?* [“Just keep at it, in a month you’ll be surprised how many you can do”]

--Q: *Since doing the chair stands, I’ve been feeling pressure in my chest (or lightheaded) and it won’t go away, what should I do?* [Call 911]

--Q: *What to do once someone gets to the end of their tracker?* [Circle where they should start on the new tracker and put the old one in the folder]

--Q: *Why do we need a different tracker for the beginning? [It helps people start easier]*

--Q: *What if I can only do 3 chair stands and I got wobbly on number 4, 5, 6 - what should I do? [Use hands to push off and balance yourself or just do three]*

**--DEMO PULLS.**

--Q: *What should you do if you see someone sweating excessively and not looking themselves? [Ask if they have diabetes and, if so, give them two glucose tablets]*

**--DEMO CALF RAISES.**

--Q: *Who should count the repetitions? [Take turns]*

--Q: *On the last set I felt a little pain in my chest that hurt when I did the presses. It's gone now - it only hurt when I was doing the presses. What should I do? [Don't do the last set of chest press and start the next time at a lighter band]*

**--DEMO CHEST PRESS. (page 17)**

--Q: *If you see someone not extending their arms all the way out on the chest press, what should you do? [Encourage them to use a thinner band and go all the way out]*

--Q: *Should people finish all 3 sets of 15? [Typically not, they should stop early]*

--Q: *When you see someone breathing very hard at the end of a set, what should you do? [Ask them how hard it was, ask them to stop earlier on the next set or use a thinner band]*

**--DEMO ARM CURLS.**

--Q: *How should the curls be done to make sure no one falls? [Step on it while still seated]*

--Q: *"On my second set, I could only do 8 repetitions, what should I do?" [Go down a band for the third set or do the third set with the same band but expect to stop even sooner]*

--Q: *"I missed a month while I was in the hospital and I was using the green band before. What should I do now?" [Go down one band and see how it goes. You may need to go down two bands. Most participants notice a difference after being away for only a week]*

--Q: *Which exercise should be done slower than the others? Why? [Chair stands]*

**--REVIEW INFORMATION SESSION – FOLLOW STEPS – KEEP PAGES OPEN**

--Q: *What if someone tells you "I'm a runner, why do I need to have my doctor sign?" [These are different exercises, so your doctor needs to be aware and feel that these exercises are safe]*

--Q: *What to give people at the information session? [Permission form]*

--Q: *What is an instance when your doctor would NOT need to sign?* [under 70, answered no to all PAR-Q]

--Q: *What is the purpose of the permission slip?* [Protect the church, the peer leaders, the individual and Penn State]

**--REVIEW FIRST EXERCISE SESSION – FOLLOW STEPS – KEEP PAGES OPEN**

--Q: *What should you make sure people do at the first exercise session?* [Baseline survey and consent, collect doctor form. Review rules & give them rules sheet]

**--REVIEW TYPICAL EXERCISE SESSIONS – SCRIPTING IS KEY**

--Q: *Why are we only writing down the number of repetitions and effort on the third set and not the first and second sets?* [The third set is the only one used to make decisions and typically the hardest]

--Q: *What should you say if asked “I’ve been doing strength training for years, why do I need to start at the orange band?”* [It’s for your safety and these exercises are a bit different. We just don’t want anyone to get hurt]

--Q: *Should chairs be in circles, ovals or rows and why?* [Oval – can grow larger and is very social]

--Q: *How do you know when it’s time to go to the next band?* [When you can do 15 and the effort is less than 7]

--Q: *What should you say before the THIRD set?* [Since this is the third set, I expect some people to stop before 15, when for many people it will be very hard].

**--REVIEW LATE STARTER PAGE**

**--DO CPR TRAINING.**

--Q: *What should you do if you see someone pass out and hit the floor?* [Shake, see if they respond – if not call 911 and start CPR]

--Q: *When should you stop CPR?* [When help arrives or when that person tells you to stop]

--Q: *What should you do if someone asks: “When I was doing the chair stands, I felt pressure in my chest. It only lasted a few minutes and is gone, but I’ve never felt it before. What should I do?”* [Don’t call 911, have someone call their doctor that day and not return until their doctor says it is okay]

**--FINAL THOUGHTS.**

--Q: *What are the two main goals of Band Together?* [Get stronger, make new friends]

--Q: *What will determine whether people keep coming back?* [make friends, feel accomplishment]

--Q: *What are your three main goals as facilitator?* [1) help people get stronger, 2) make sure no one gets hurt, 3) make sure people look forward to it].

--Q: *What are the three most important things leaders can do during sessions?* [1) smile, 2) start conversations, 3) congratulate effort and progress].

**DISCUSS NEXT STEPS**

--*What time would you like to hold the sessions at your location?*

--*How many times a week are you willing to volunteer to lead a session?*

--*How will you advertise?*

--Discuss date/time options for 1-2 info sessions.

--comments/questions?