

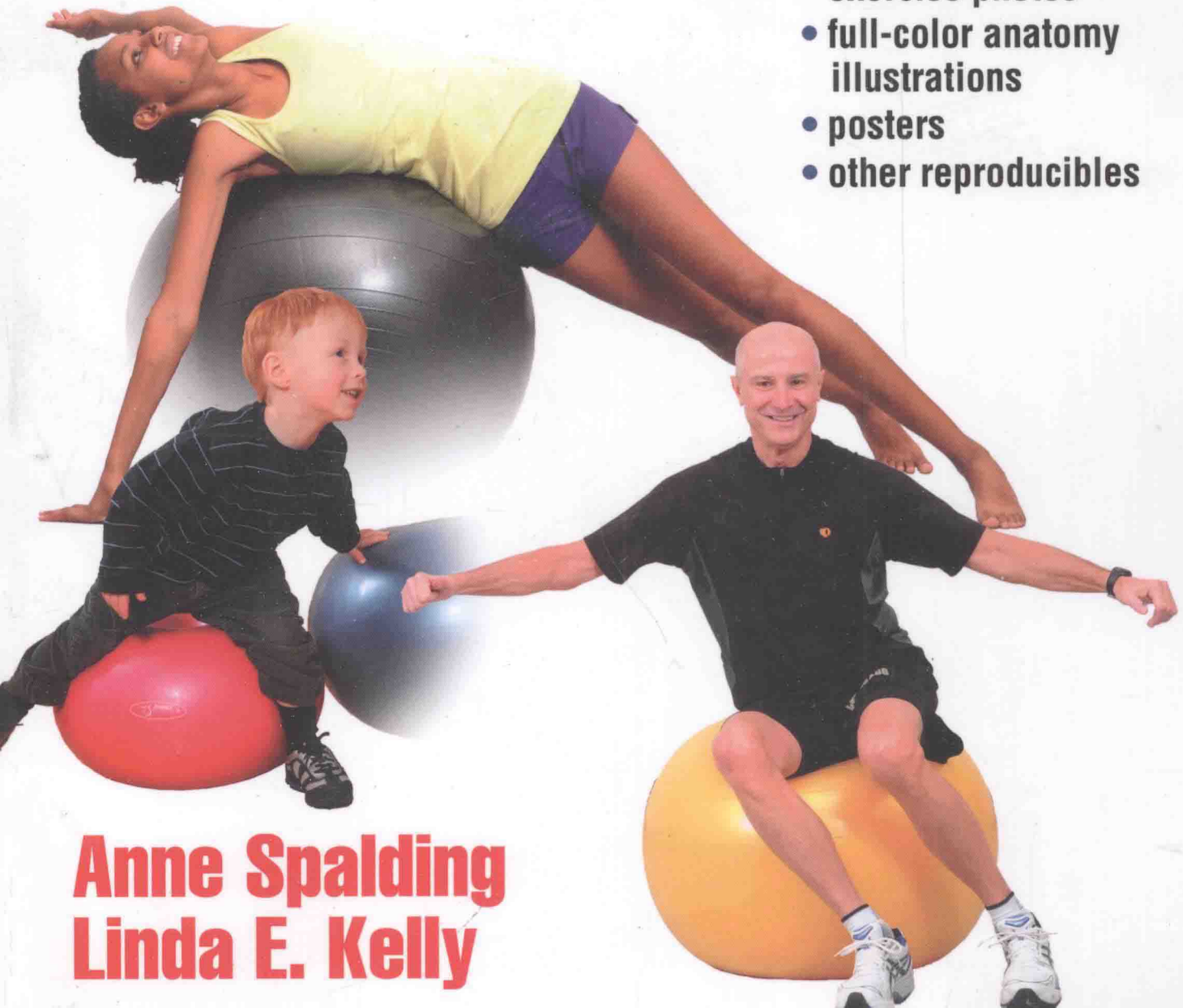
Fitness on the BALL

A Core Program for Brain and Body

With 124 exercises

Includes CD-ROM with

- assessment forms
- exercise photos
- full-color anatomy illustrations
- posters
- other reproducibles



**Anne Spalding
Linda E. Kelly**

FITNESS ON THE BALL

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**A Core Program for
Brain and Body**

Anne Spalding

Crest View Elementary School

Linda E. Kelly, EdD



Human Kinetics

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Exercise Finder



Basic


















Intermediate



















Advanced






Activity name	Page number	Exercise aspect	Difficulty
Chapter 5: Basic Positions			
Prone Position (Belly on the Ball)	39	Balance	
Seated on the Ball (Bottom on the Ball)	41	Balance	
Side on the Ball	43	Balance	
Tabletop (Back on the Ball)	44	Balance	
Chapter 6: Core Strength Exercises			
Dead Bug	49	Core strength	
Novice Rainbow	50	Core strength	
Back Extensions	51	Core strength	
Spinal Twist for Strength	52	Core strength	
Forward and Back	53	Core flexibility	
Side to Side	54	Core flexibility	
Hula	55	Core flexibility	
Shoulder Shrug	55	Core flexibility	
Seated Trunk Twist	56	Core flexibility	
Torso Turners	58	Core strength	















Activity name	Page number	Exercise aspect	Difficulty
Dynamic Duo	60	Core strength	
Pass Over	60	Core strength	
Pass Over–Roll Over	60	Core strength	
Partner Pass Over–Roll Over	61	Core strength	
Group of Three Pass Over–Roll Over	61	Core strength	
Chapter 7: Balance Exercises			
Balance Vocabulary Exercise	66	Balance	
One-Leg Balance	68	Balance	
One-Foot Lift	70	Balance	
March	70	Balance	
Static Leg Lift 1	71	Balance	
Static Leg Lift 2	71	Balance	
Dynamic March 1	72	Balance	
Dynamic Leg Lift 1	72	Balance	
Dynamic Leg Lift 2	73	Balance	
Spider	74	Balance	
Three-Point Balances	75	Balance	

Activity name	Page number	Exercise aspect	Difficulty
Two-Point Balances, Same Side	76	Balance	
Two-Point Balances, Opposite Arm and Leg	76	Balance	
Superman/Wonder Woman	77	Balance	
Two-Hand Balance	78	Balance	
Weight Transfer and Balance (Dynamic Balance)	78	Balance	
One-Point Balances (Advanced)	79	Balance	
Tabletop Position	80	Balance	
Tabletop March	81	Balance	
Tabletop Sway	82	Balance	
One-Leg Tabletop	83	Balance	
Advanced One-Leg Tabletop	84	Balance	
Side-Lying Balance	85	Balance	
Hands and Knees Balance	86	Balance	
Knee Balance	87	Balance	
Chapter 8: Cardiorespiratory Fitness Exercises			
Basic Bounce	90	Aerobic	


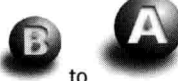
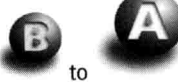
Activity name	Page number	Exercise aspect	Difficulty
Check Stop	92	Safety	
Pat	93	Aerobic	
Push	94	Aerobic	
Windshield Washing	94	Aerobic	
Rainbow Arms	95	Aerobic	
Arm Swing 1	96	Aerobic	
Arm Swing 2	96	Aerobic	
Runner Arms	97	Aerobic	
Dynamic March 2	98	Aerobic	
Heel Touches	98	Aerobic	
Toe Touches	99	Aerobic	
Straddle Jumps	100	Aerobic	
Skier	100	Aerobic	
Cossack	101	Aerobic	
March With Arm Swing	102	Aerobic	
March With Runner Arms	103	Aerobic	

Activity name	Page number	Exercise aspect	Difficulty
Skier With Runner Arms	104	Aerobic	
Jumping Jacks	104	Aerobic	
Cossack With Arms Crossed	105	Aerobic	
Glide	106	Aerobic	
Chapter 9: Muscular Strength Exercises			
Rocking Push-Up	110	Strength	
Belly Button Push-Up	111	Strength	
Thigh Push-Up	112	Strength	
Walk-Out	112	Strength	
Knee Push-Up	114	Strength	
Shin Push-Up	115	Strength	
Ankle Push-Up	116	Strength	
Toe Push-Up	117	Strength	
One-Leg Push-Up	118	Strength	
Plank	119	Strength	
Plank Push-Up	119	Strength	

Activity name	Page number	Exercise aspect	Difficulty
Bent-Knee Curl/Roll-Up	120	Strength	
Supine Crunch	121	Strength	
Seated Mini Curl-Up	123	Strength	
Seated Curl	124	Strength	
Seated Oblique Curl-Up	124	Strength	
Suitcase Crunch	126	Strength	
Roll-Up	127	Strength	
Rainbow Legs	128	Strength	
Side-Lying Crunch	129	Strength	
Side-Lying Crunch With Twist	131	Strength	
Supine Toes to Ball	132	Strength	
Lower and Raise	134	Strength	
V-Seat Blaster (Russian Crunches)	134	Strength	
Supine Spinal Articulation	136	Strength	
Kneeling Back Extensions	138	Strength	
Extended-Leg Back Extensions	138	Strength	

Activity name	Page number	Exercise aspect	Difficulty
Kneeling Back Extensions With Twist	140	Strength	
Extended-Leg Back Extensions With Twist	141	Strength	
Grasshopper	142	Strength	
Supine Roll-Outs	143	Strength	
Hip Lift	144	Strength	
Hamstring Combination	145	Strength	
Hummers	145	Strength	
Ball Squeeze	146	Strength	
Ball Toss and Catch	147	Strength	
Twisties	148	Strength	
Froggie	150	Strength	
Prone Bend and Lift	151	Strength	
Rear Lunge	152	Strength	
Advanced Rear Lunge	153	Strength	
Rear Lunge Pebble Pickup	154	Strength	
Side Lunge	155	Strength	

Activity name	Page number	Exercise aspect	Difficulty
Foot Touch With Side Lunge	156	Strength	
Chapter 10: Flexibility Exercises			
Prone Stretch	159	Flexibility	 to 
Supine Arch (Spinal Stretch)	160	Flexibility	 to 
Supine Arch with Chest Stretch	160	Flexibility	
Seated Hamstring Stretch (Feet Together)	162	Flexibility	 to 
Seated Straddle Stretch	164	Flexibility	 to 
Side-Lying Stretch	166	Flexibility	 to 
Straddle Stand	167	Flexibility	 to 
Quadriceps Stretch	168	Flexibility	 to 
Piriformis Stretch 1	170	Flexibility	 to 
Piriformis Stretch 2	171	Flexibility	 to 
Spinal Twist	172	Flexibility	 to 
Hip Flexor Stretch	173	Flexibility	 to 

Activity name	Page number	Exercise aspect	Difficulty
Gastrocnemius Stretch	174	Flexibility	 B to A
Child's Pose	175	Flexibility	 B to A
Torso Twist (From Airplane)	176	Flexibility	 B to A

Preface

Welcome to *Fitness on the Ball*. You are about to dive into a book that explores the fascinating world of brain research and its relationship to fitness. You'll discover how using versatile and inexpensive equipment can improve your emotional state and sense of well-being. Exercise balls have become an integral part of the fitness industry, and their use has evolved over time. Exercise balls are used in a variety of ways and in a variety of settings.

Throughout our careers, Linda and I have been using exercise balls in our physical education classes and helping classroom teachers integrate balls into their curriculum. We've also been using the balls in our personal lives. Based on knowledge, research, and best practices, we know that incorporating the exercise ball or an active seating device into your life can contribute to your emotional and physical fitness. The following are experts and practitioners who have made significant contributions to our way of thinking, writing, teaching, and being:

- Classroom teachers
- SIED (significant identifiable emotional disability) teachers
- Special education teachers
- Physical education teachers
- Music and art teachers
- Literacy teachers
- Occupational and physical therapists
- Scientists
- Authors
- Pilates, Feldenkrais, and yoga instructors
- Personal trainers

Fitness on the Ball is for everyone—from babies to seniors. It highlights brain research as it relates to movement, emotions, and developments in fitness. It's different from *Kids on the Ball*, which we wrote with our friends Joanne Posner-Mayer and Janet Santopietro. The audience for that book is physical educators, occupational therapists, physical therapists, and all teachers working with kids. We know from talking to our readers that the audience for *Kids on the Ball* expanded to parents and the general public.

Fitness on the Ball explores specific uses, ideas, and concepts related to exercise balls, active seating devices, and something that may be new to you—sensory baskets. This book updates information in *Kids on the Ball* and explores the new areas mentioned earlier. It features new material and exercises written by Linda Kelly and me (Anne), two of the authors of *Kids on the Ball*. Our goal is to provide a user-friendly resource on using exercise balls, active seating devices, and sensory baskets that contribute to emotional and physical fitness. It also guides you toward a healthier, more balanced lifestyle.

Exercise balls have been gaining popularity over the years for a very good reason. They are fun, and fun motivates people to move. We've included information and advice on active seating devices, such as disks and wedges, because they are another safe and less obtrusive way to add movement in some otherwise sedentary-inducing spaces and places. They can improve posture, increase movement, and open airways for better breathing when used mindfully and with the guidance provided in this book. Active seating devices can be placed on chairs or stools, or they can replace traditional chairs.

The concept of adding movement throughout your day and not just before or after work or school is very deliberate. After reading *The Chair: Rethinking Culture, Body, and Design* by Galen Cranz, I had to dive a little deeper and expound on the use of exercise balls and active seating devices. Knowing that the movement toward alternative seating was gaining momentum in the areas of sociology and architecture was both inspiring and motivating. We realized these concepts could be more universally accepted and even embraced. We hope you'll pick up some fun, healthy habits that will activate your lifestyle.

Inactivity is a health hazard and is a leading cause of death in the United States. There's also an issue with some of us type As being on the run all the time. In this book you'll see the phrase *regulate your way through the day*. This means all of us forming new habits of interspersing activity with relaxation.

This book offers you some tools to make modifications to your daily life. Vigorous activities followed by calming activities can bring balance to a hectic day and increase productivity. You'll feel a sense of physical and emotional stability when you start to treat yourself to a little more movement with a sense of playfulness.

An additional component of this book is the concept of sensory baskets. These baskets, boxes, or bags contain items that both calm and stimulate your senses. Think about your senses right now: seeing, smelling, hearing, feeling, and touching. Being more aware of your senses is vital when you try to maintain balance and productivity throughout the day. In the later chapters of this book, we give you suggestions about organizing items that will help you balance your senses. We take an existing idea and suggest its use in places other than the occupational therapy, physical therapy, and hospice communities where we found them. We want to take sensory integration into the mainstream.

I got so excited about all these balance concepts that I started my own Web site: www.anneontheball.com. I couldn't capture all of my ideas and fit them into this book, so the overflow will go on the Web site. You can go there to see and hear ideas for people of all ages who are trying to find or maintain balance in their lives. The Web site will grow over time and include the following:

- Essays, photos, and ideas from me (Anne) and various readers of this book
- Products we love and recommend
- Connections and links to related topics
- Activity sheets to help you focus on proper mechanics and account for sets of exercises completed

I hope www.anneontheball.com will be a site you'll visit often and that we'll all develop together.

Acknowledgments

I want to acknowledge and thank my coauthor, Linda Kelly, for her patience, time, and commitment. Her expertise was invaluable. This book has been more of a personal journey than I ever would have anticipated. Bringing together the emotional, social, and physical dimensions of daily exercise was a lofty goal, and I hope we've achieved it.

My long-time mentor and friend, Anne Turnacliﬀ, was a guardian angel to me while I was stressing out over how to weave personal stories into this text. Anne has the patience of a saint and knew I wouldn't be happy until the ball went over the net, so to speak. Her hours spent helping me edit are priceless, as is her friendship.

My friends, co-workers, students, and family are the foundation of my life, and I want to thank all of you for hanging in there with me. You inspired and motivated me to pursue my passion—to teach and write in the educational field.

Here's to a brighter and lighter future now that one more thing is off my list and the ball is in your hands.

Love and best wishes.

Anne

I am grateful to my co-author, Anne Spalding, for her steadfast focus on this project in the midst of teaching full-time, learning Spanish to connect with her students, taking care of her parents, and trying to have a life and maintain her sanity. We met and worked at her home, shared the trials of writing and rewriting (and rewriting) along with good snacks, lots of frustration, and laughter. Anne is quite a woman, colleague, and friend.

I thank my husband, Jim Rhoads, for being on his own during the Saturdays (and occasional Sundays) plus the many school holidays that Anne and I spent working. You are truly a loving and caring person and husband. You even helped during the photo shoot! Thanks for taking that burden.

I am indebted to my children, Michael and Elizabeth, for giving their time for our preliminary photo shoot. You gave us great templates to show the models at the shoot. And Lizzy, thanks for batting clean-up. Michael, I missed you at the shoot; however, you had to keep your commitment.

Anne Turnacliﬀ assisted us in ways too numerous to list. Thanks for all the writing and editing you did, along with moral and physical support. You really deserve third-author credit. Wayne Turnacliﬀ, thanks to you also. You were a critical stagehand.

Scott Wikgren, Amy Stahl, Rachel Brito, and the other folks at HK, whom we may never know, thanks! You worked hard on our behalf. We do appreciate it.

Linda Kelly

MODELS ACKNOWLEDGMENTS

Models, where can we begin! Thanks for taking the time to be with us at the photo shoot. You were patient, serious, funny, and delightful. You gave us your best effort and we know you will love your photos as much as we do! You are the best!

Nicki Bailey
Fielden Batey
Marc Bekoff
Bev Buchler
Melissa Capparo
Donna Casey
Jonny Coletta
Rohini Dasan
Alan Sangabriel Davila
Andy L. Carcia Davila
Jannal Garcia Davila
Marcela Davila
Milton Sangabriel Davila
Raquel Davila
Teresa Davila
Benjamin Davis
Christopher Davis
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Angie J. Riiddleberger
Chelsea Rowan
Malia Sharp
Frieda Silva
Marco Silva
Al Spalding
Mary Spalding
Henry Stone
Ivy Stone
Laura Stone
Kenneth Suslak
Anne Turnacliff
Wayne Turnacliff
Clarke Yeager

How to Use the CD-ROM

The bound-in CD-ROM allows you to copy and paste any of the illustrations and exercise photos from this book. You can use the images in slides for a PowerPoint presentation or in traditional overheads, posters, notes, handheld visuals, and assessments. Be sure to get out the CD-ROM, load it on your computer, and explore all that it has to offer. It includes a glossary of terms that you can print and post. Visual aids, printouts, and posters contain reminders and cues on using the ball and exercises. Assessment forms allow you to customize exercises for yourself or for your patients or clients and ensure proper technique.

Because of the popularity of the activities and lesson plans in our original book, *Kids on the Ball*, we've included them on the CD-ROM as well. You'll find 118 activities and 23 complete lesson plans that have been successfully used by teachers in physical education classes to help children develop balance, coordination, rhythm, and fitness skills.

Want to modify your lifestyle? Could you use a little more balance in your life? Need some strategies and ideas to make the change? Often change is simpler to achieve than believed. Exercising on the ball, modifying your seating, and using sensory baskets are easy, fun ways to optimize your fitness and well-being. This new lifestyle is at your fingertips. So keep reading—and moving. Here's to your future. We think it's going to be brighter now that you're getting on the ball.