



# Balance and Tone Smorgasbord Challenge

A Fun and Engaging Fitness Challenge for All Levels

October 17 - 31, 2022

Looking for a way to improve your balance and tone your body to prevent injuries?

We challenge you to try three balance and tone exercises (in any combination) every day for 10 days. Balance training strengthens the muscles that help keep you upright, including your legs and core. Good balance and muscle tone are important to so many functional activities we do every day. Exercises that improve balance and muscle tone can help prevent falls. All exercises can be modified in range of difficulty from beginner to advanced. All ages and fitness levels will benefit.

Highlights

- Do at least 3 exercises a day (any combination) for at least 10 days between October 17 and 31
- Watch both of Kate Kuzminski's videos! Videos are less than 10 minutes long, and include demonstrations and modifications for each exercise. You will find the links to the videos on the next page.
- Complete the log/prize form attached (only MIIA/Blue Cross members are eligible for prizes)
- Complete the waiver form included and submit to Mary Harrington BEFORE you begin the program
- Return prize form to Mary Harrington, mharrington@mma.org, by November 11, 2022

# Balance and Tone Exercise Suggestions



## Watch Kate's videos here:

**MIIA Wellness videos have moved to [miiawinners.org](http://miiawinners.org)!** Please follow the instructions below to view the Balance and Tone Exercise Demonstration videos.

### 1. Log into or create a MIIA Winners account following the instructions below:

#### a. IF YOU **HAVE** A MIIAWINNERS ACCOUNT

- i. Log in to [miiawinners.org](http://miiawinners.org)
- ii. Agree to the waiver and assumption of risk and release, if you have not done so already
- iii. Scroll down to click, "new video library" - here you will find a library of all wellness videos ready to view anywhere, anytime!
- iv. Once on the 'video library' page click the 'Smorgasbord Activity Resources' banner to access Kate's videos directly

#### b. IF YOU **DO NOT** HAVE A MIIAWINNERS ACCOUNT

- i. Visit [miiawinners.org](http://miiawinners.org)
- ii. Click the red "Proceed to Registration" button
- iii. Enter the code: *mii4all*
- iv. Create your account, log in, and agree to the waiver and assumption of risk
- v. Scroll down to click, "new video library" - here you will find a library of all wellness videos ready to view anywhere, anytime!
- vi. Once on the 'video library' page click the 'Smorgasbord Activity Resources' banner to access Kate's videos directly



Activities Of Daily Living:  
Balancing Edition



Balanced and Toned Program

# Balance and Tone Exercise Suggestions



- Appropriate for all fitness levels
- No equipment is necessary for any of the below exercises. Hand weights can be added for increased difficulty
- Please reference the video demonstrations mentioned on the previous page for additional information and guidance on each exercise

## Toning Exercises

It is recommended to perform 10 repetitions of each exercise unless otherwise noted. If an exercise is single sided, perform 10 repetitions on each side.

- 1. Deadlift:** Stand with feet hip width apart. Keeping the back straight, and a slight bend in the knees, hinge forward from the hips as if there is a wall behind you that you're trying to touch with your hips. Keep your core engaged and return slowly to standing position.
- 2. Single Leg Deadlift:** Same as above but as you hinge forward extend one leg behind you so that you are balancing on the standing leg only.
- 3. Jump Squat\*:** Stand with feet hip width apart. Keeping your core engaged, lower your body down as if sitting back into a chair keeping knees in line with your ankles. Pressing from the heels, drive back up to standing position with a jump at the top.  
*\*Modification: come up to standing on toes instead of jumping.*
- 4. Bent Over Rows:** Stand with feet hip width apart. Keeping your back straight and core engaged, hinge forward until the upper body is perpendicular to the floor and arms are hanging down from the shoulders. Pull your arms up and back towards the armpit keeping the elbows close to your side. Return to the starting position and repeat.
- 5. Single Leg Row:** Same as above but balance on one leg.
- 6. Farmer's Carry:** While standing tall and keeping your core engaged, hold a weight (or another object) in one hand at your side while walking forward. Be sure to keep shoulders even and square with each other. Try to walk for at least 30 seconds carrying the weight on each side.

# Balance and Tone Exercise Suggestions



- 7. Lateral Walks:** Stand with feet hip width apart. Place a resistance band just above your knees. Slightly bend your knees and step wide to the right keeping your knees bent and not extending past your toes. Continue stepping out wide to the right never bringing knees closer than hip width. Repeat 10 times each direction.
- 8. Lateral Lunges:** Begin with feet hip width apart. Take a big step to the side with your left leg. Bending at your left knee, lower down while pushing hips back. Push up from left heel to return to start position. Add dumbbells or other light objects in hands for more of a challenge.
- 9. Lateral Hops:** Begin with feet hip width apart. Hinge forward slightly at the hips and hop side to side landing and balancing on each leg for about a second. Keep your knees in line with your ankle throughout. Continue hopping side to side for 15 – 30 seconds.
- 10. Side Plank\*:** Lay on your side resting on your elbow with legs and feet stacked. Raise your hips forming a straight line from your ankles to your shoulders. Hold this position for 5 -10-30 seconds on each side.

*\*Modification: keep your knees down on the ground as you lift your hips up.*



# Balance and Tone Exercise Suggestions



## Balance Exercises

- 1. Brushing your teeth:** Try balancing on one leg while brushing your teeth. Change legs half way through.
- 2. Grabbing something from the Fridge:** Same as above but try leaning forward while balancing on one leg. Focus on feeling this in the back of the leg.
- 3. Emptying the Dishwasher:** Try reaching over the dishwasher on one leg to grab something light like a cup or utensil and return to standing position. If something is too heavy, be smart and use both legs.
- 4. Stability Ball Knee Up:** Sit up tall (keeping your back straight) on a stability ball or on the edge of a chair. Keeping the knee bent at 90 degrees, lift one leg at a time trying not to shift to one side. You will need to brace your core and stabilize with one leg at a time. Alternate leg lifts.
- 5. Stability Ball Reach:** Start by standing on one leg and holding the stability ball in both hands at waist height. Slowly hinge forward from the hip as you try to extend your arms forward and extend one leg back simultaneously. Return to standing and switch legs.
- 6. Assisted Single Leg Squat:** Start by standing in front of a chair with one leg in front of the other. Keeping your core engaged slowly lower into a squat (tapping glutes to chair) trying not to put weight on the front leg. Return to standing position and change legs. For more of a challenge try balancing on only the leg in back.



When performing these exercises, focus on your form. If you feel discomfort at any point, modify the movement by not reaching down or out as far, using a smaller range of motion, or stopping the movement all together

# The MIIA Balance and Tone Challenge



Write your daily exercises in the appropriate column. Total the number in the last column. Though 3 are required for a prize, we hope you do more! Return log form to Mary Harrington at mharrington@mma.org OR mail to Mary at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by November 11, 2022. All log forms must be unique in the case where a spouse or dependent is also participating. Only MIIA /BCBS members can earn prizes.

Be sure to complete and return the included waiver form to Mary Harrington BEFORE beginning your program.

Date	Balance Exercises	Tone Exercises	Total for the Day
<i>Example: October 18</i>	Brushing Your Teeth While Balancing On One Leg	Lateral Walks, Jump Squat	3

Name: \_\_\_\_\_ MIIA/BCBS subscriber:  Yes  No

Employer: \_\_\_\_\_ Email address: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Prize choice.** Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at emiia.org. Click on Well Aware, then click on Incentives. Only MIIA/Blue Cross subscribers eligible for prizes.

- |  |  |   |   |
|--|--|---|---|
| <input type="checkbox"/> Collapsible cooler          | <input type="checkbox"/> Mini sling cooler     | <input type="checkbox"/> Slope Messenger Bag          | <input type="checkbox"/> Sports towel in mesh bag |
| <input type="checkbox"/> Yoga mat                    | <input type="checkbox"/> Nature Sound Spa      | <input type="checkbox"/> Stainless steel water bottle | <input type="checkbox"/> Bamboo cutting board     |
| <input type="checkbox"/> Sinus soother               | <input type="checkbox"/> Outdoor headlamp      | <input type="checkbox"/> First aid kit                | <input type="checkbox"/> Shaker bottle            |
| <input type="checkbox"/> Neoprene laptop/tablet case | <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Salad and pasta pals         | <input type="checkbox"/> Gardener's Kit           |
| <input type="checkbox"/> Bike repair kit             | <input type="checkbox"/> Rivage Weekender tote |   |   |
| <input type="checkbox"/> Car seat organizer          |  |   |   |

# Assumption Of Risk And Release



## The MIIA Balance and Tone Challenge

I, the undersigned, certify that I am in good physical health and able to participate in all of the activities of the above- named program. In particular, I certify that:

1. A doctor or other health professional has never told me that I should not do mild to moderate exercise.
2. I do not feel pain in my chest when I do physical activity.
3. I do not lose my balance due to dizziness and I have never lost consciousness.
4. I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
5. I am not aware of any other reason why I should not do physical activity.

I acknowledge that the instructor (if applicable) for the above-named program has described for me the activities that I can expect to be performing as part of the program, that I have been provided an opportunity to ask questions about the program, and that any questions I have asked have been answered to my full satisfaction. (Questions may be called in or emailed to Wendy Gammons, Wellness Manager, [wgammons@mma.org](mailto:wgammons@mma.org), or 617-426-7272.)

I understand and acknowledge that there are inherent dangers and risks associated with participation in any form of an exercise program or exercise testing which can include, among other things, dizziness, fainting, falls, muscular and skeletal injuries, and cardiac or respiratory conditions. I further understand that MIIA and the MIIA Health Benefits Trust do not indemnify individuals with respect to injuries or other liabilities arising out of participation in the above- named program. I hereby agree to assume all risks and responsibilities surrounding my participation in the above-named program. I have read and understand any and all written materials setting forth the requirements for participation in the above-named program, as well as those explained by the instructor(s) (where applicable), and I agree to strictly observe them. Further, I do for myself, my heirs, executors, and administrators hereby accept full responsibility for my participation and agree to indemnify, release and discharge the Massachusetts Interlocal Insurance Association, the MIIA Health Benefits Trust and above named instructor (where applicable), as well as their officers, employees, trustees, agents, attorneys and assigns from any and all claims or actions for property damage, personal injury, and/or death arising from such participation in the above-named program or growing out of or caused by any acts or omissions during my participation in the above-named program.

I further acknowledge that my participation in the above-named program is voluntary and that neither my Employer nor any other party has required my participation in this program or has induced me in any way to participate in this program.

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_

Print Name \_\_\_\_\_

Employer \_\_\_\_\_