

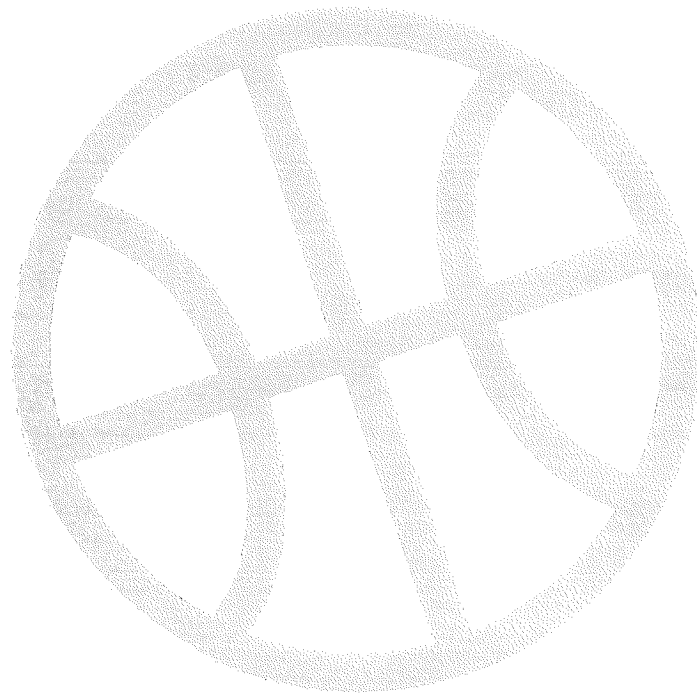
09-24-19 YCBE leg. Mtg. PK #3

Handout #6

AN ADULT LIVING SKILLS PROGRAM

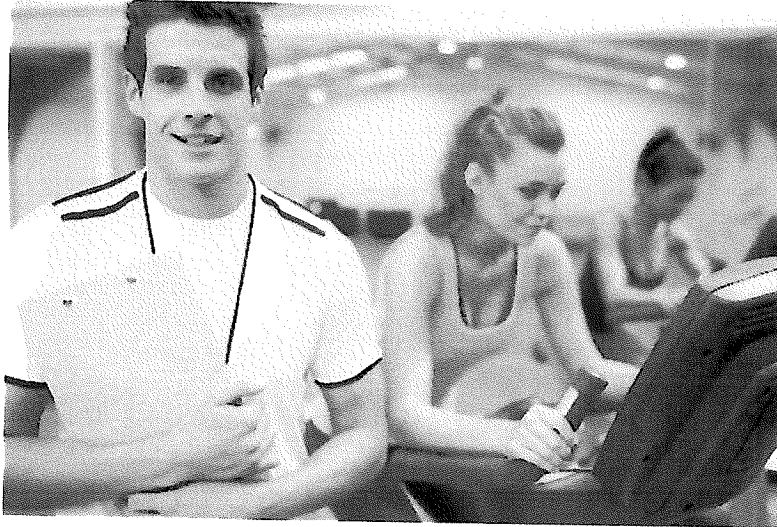
**W.I.N.**

**Wellness, Inclusion, and Nutrition**



526 B ST ROOM 4  
DAVIS, CA

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## Contact Info

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## Introduction

# ADULT LIVING SKILLS



Updated: 01-31-2018

Welcome, Gym Buddies!

The students you'll be working with are from an Adult Living Skills program that services adults with Moderate/Severe intellectual disabilities (ages 18 – 22). Our curriculum emphasizes functional academics, independent living skills, employability, self-advocacy, community based instruction, and much more. All of our students require individual modifications and accommodations to their workout sessions due to their varying levels of skills and abilities. However, and more importantly, they are very fun, trusting, and lovable! Please treat them as you would any other group of students.

In this binder, you should find student profiles, an exercise routine, workout examples, and activity tracking logs. After reviewing this binder, I highly recommend speaking with me, Rebecca Greb, or Tony Wisneske if you have any questions, need suggestions, or require further information, I'm their teacher and both Rebecca and Tony have a lot of experience with these students and have worked with them for the past several years. In case of emergencies or in the event that one of us are unavailable to answer more complicated questions, please contact our classroom at 530-908-0372 and someone will make themselves available to assist you.

Thank you for working with our program! I hope that you have a great time exercising with our students and will remember to contact us if you have any questions or feedback.

Sincerely,

A handwritten signature in black ink, appearing to read "Cory Wiegel", written in a cursive style.

Cory Wiegel

Teacher, Sp. Ed.

## Student Profiles

### Brandon

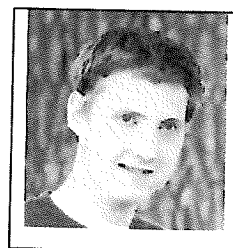
**Age:** 20

**From:** Davis, CA

**Family:** Mom, Two Sisters, and Two Brothers

**Interests:** Listening to '80s and Country music, playing X-Box video games, and riding his bike.

**Goals:** Would like to get faster at running and to get better at playing sports.



### Tommy

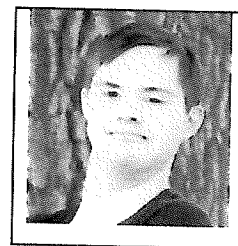
**Age:** 21

**From:** Davis, CA

**Family:** Mom, Dad, and one dog

**Interests:** Listening to music, watching movies, playing on iPad, and playing video games

**Goals:** Would like to get faster at running



### Garret

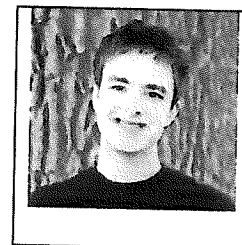
**Age:** 21

**From:** Winters, CA

**Family:** Mom, Dad, and One Sister

**Interests:** Listening to all kinds of music, watching YouTube channels, rollercoasters, and girls.

**Goals:** Would like to get faster at running.



## Student Profiles

**Samantha**

**Age:** 20

**From:** Davis, CA

**Family:** Mom, Step Dad, Dad, Step Mom, and Sister

**Interests:** Listening to music, singing, movies, going out with her boyfriend, and socializing

**Goals:** Would like to dance and build endurance for sports



**Tyler**

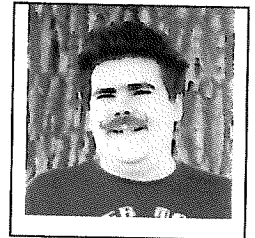
**Age:** 20

**From:** Davis, CA

**Family:** Mom, Dad, and One Sister

**Interests:** Listening to music, watching cartoons, going for walks, and singing

**Goals:** Would like to feel more calm and relaxed



**Maddie**

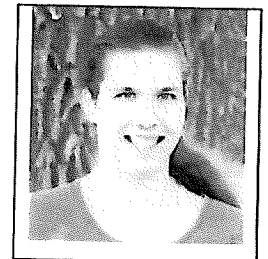
**Age:** 21

**From:** Davis, CA

**Family:** Mom, Aunt, and Uncle

**Interests:** Food, cooking, sports, music, movies, boys, and socializing with friends

**Goals:** Wants to lose more weight and tone her body more



## Student Profiles

**Kellie**

**Age:** 19

**From:** Davis, CA

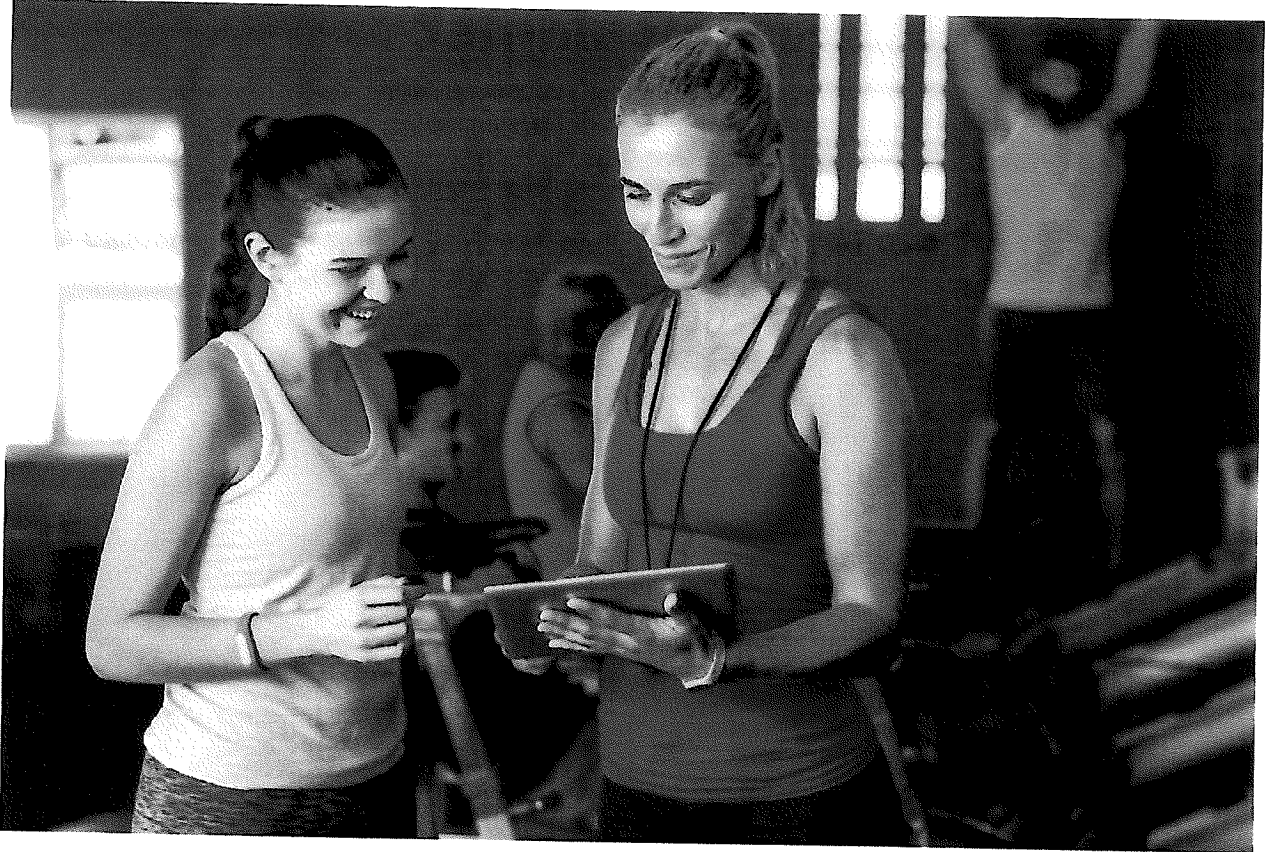
**Family:** Mom and a brother

**Interests:** Lilo and Stitch

**Goals:** Staying healthy



# Sample Routine



**12:45 PM – Arrive / Meet-up / Review Schedule**

**12:55 PM – Stretches**

**1:10 PM – Weight Machines**

**1:25 PM – Cardio**

**1:40 PM – Free Play**

**2:00 PM – Session Complete!**

# Workout Examples

## Warm-up Exercises

### Stretches

Trunk Twists  
Surfing  
Flamingos  
Arm Circles

### Calisthenics

Jumping Jacks  
Sit-ups  
Butt Kickers  
Push-ups

### Alternative

Walking  
Deep Breathing  
Other: \_\_\_\_\_

## Weight Machines

### Upper Body

Shoulder Press  
Chest Press  
Seated Row  
Other: \_\_\_\_\_

### Back / Core

Ab Press  
Back Press  
???  
Other: \_\_\_\_\_

### Lower Body

Leg Extension  
Leg Curl  
Leg Press  
Other: \_\_\_\_\_

## Cardio Workouts

### Machines

Treadmill  
Elliptical  
Exercise Bike

### Track

Jogging  
Running  
Walking

### Alternative

Machine Rowing  
Other: \_\_\_\_\_

## Free Play

### Sports

Basketball  
Racket Ball  
Frisbee  
Football

### Cool Down

Stretches  
Yoga  
Meditation  
Walking

### Alternative

Deep Breathing  
Socializing  
Reviewing Workout  
Other: \_\_\_\_\_



# Workout Examples

