



## A Turn-Key Solution for Aging Functional Fitness

S.E.A.T. (Supported Exercise for Ageless Training) is a brand new, chair-based fitness program produced quarterly with videos, music, choreo notes and marketing. This award-winning program strengthens the body and mind, while improving balance and flexibility through functional fitness to get the most out of life.

**S.E.A.T.**  
SUPPORTED EXERCISE FOR AGELESS TRAINING



Welcome to the all New  
**Supported  
Exercise for  
Ageless  
Training**

**SEATFITNESS.COM**  
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Distributed By **SCW**

**S.E.A.T.**  
SUPPORTED EXERCISE FOR AGELESS TRAINING



**Evidence-Based  
Chair-Assisted  
Functional Fitness**



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## Who Should Attend?

S.E.A.T. is the groundbreaking supported chair-based exercise program that provides a low impact workout for participants of all ages, skills, and fitness abilities.

The energetic, sing-along quality music, dynamic instructors, and inclusive choreography create a social, confidence building space for all students.



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### TRACK 1- WARM UP

Prepare the body for movement during the workout and set the tone for class

- Increases the core temperature of the body
- Increases the heart rate
- Increases synovial fluid to joints: hips, shoulders, hands, feet & spine
- Rehearsal for movements that will be performed in this program

### TRACK 2 - POSTURE

Improve posture in the cervical, thoracic and lumbar spine to increase mobility and body awareness

- Improves total body awareness through postural focus
- Increases the ability to move in multi-planar movements
- Improves and deters the progression of forward head & kyphosis of the spine

### TRACK 3 - CARDIO

Increase heart rate and range of motion of upper and lower body

- Increases cardio capacity
- Increases range of motion of long levers
- Engages fast twitch muscle fibers for daily living activities

### TRACK 4 - BALANCE

Increased work intensity for the entire body & stabilization focusing on balance

- Improves muscle stability
- Improves gate efficiency
- Enhances coordination of total body
- Challenges balance by rapid movements to anchored positioning

### Track 5 - MEMORY

Simple cardio training while emphasizing brain and memory challenges

- Improves Neuroplasticity in the brain
- Improves coordination of body and mind
- Creates simple brain challenges that are fun and engage the group

### TRACK 6 - MOBILITY

Increasing mobility from the bottom up: ankle, hip, shoulder, and hands

- Increases joint mobility
- Improves body range of motion
- Enhances movement patterns with decreased pain

### TRACK 7 - STRENGTH

Engage various muscle groups to build strength, stability, and endurance

- Builds muscular endurance and strength
- Improves joint stability
- Minimizes or delays onset of bone loss/osteoporosis

### TRACK 8 - SIT TO STAND

Introduce large muscle movement and power moving in and out of the chair

- Improves gluteal and core strength during the hip hinge
- Improves power and control of the lower body muscles
- Improves stabilizing muscles for more controlled balance

### TRACK 9 - ACTIVITIES OF DAILY LIVING

Imitate and duplicate movements performed daily

- Increases body awareness to improve day-to-day movements
- Encourages new activity patterns
- Improves confidence in movement

### TRACK 10 - FLEXIBILITY & MOBILITY

Reset the mind and body and celebrate the workout

- Increases flexibility of the chest and hip flexors
- Improves mood and helps decrease depression

