**Walking Group**

**Reason:**

* Encourages movement of entire body

**Directions For Staff:**

* Invite several residents to walk with you.
* Residents may be more willing to participate if you link arms or hold hands while walking.
* Ask residents to march or move their arms up and down periodically to encourage greater movement.
* This activity works well if you have a portable music player such as a small radio or smartphone that can play music as you walk.
* Walk up and down the long hallway. If it is nice outside, include a loop in the patio into the walking pattern.