

# Program 1

Session 4

 Dimensión físico-conductual

Body mobilisation, coordination, conscious breathing and gentle physical activation.

## Presentation



Through a video featuring images with a **low level of movement**, a brief initial introduction is carried out, including a warm greeting and simple questions, such as asking what participants have done during the day. Gradually, the message guides the person to feel **welcomed and safe**, facilitating orientation and understanding of where they are and what they are doing in that space. This gradual accompaniment promotes an experience of **calm, trust, and presence**, preparing the person for the intervention in a respectful and non-invasive manner.

## Immersion



Following the initial presentation, a **smooth transition** is made to a second audiovisual content with a **higher level of movement**. In a gradual and respectful manner, the person is introduced into the dynamic to be activated, progressively increasing visual and sensory stimulation.

This controlled shift supports the **activation of sensory receptors**, attention, and engagement with the experience, preparing the individual to participate more actively, always within an environment perceived as safe and comfortable.

## Activation 1



Stimulation of movement, motor coordination, breathing, and motivation towards healthy activity habits through observation of a natural aquatic environment

### Main therapeutic objective

To promote physical activity, motor skills, coordination, and sensory integration in older adults, stimulating physical action through observation of a gently flowing river and its natural elements.

## Description of the video

The video shows a **calm river in a natural environment**, including:

- **Gentle current, waves, and small cascades**, offering rhythmic visual stimulation for imitative movements.
- **A relaxing natural setting** with vegetation, rocks, and birds.
- **Ambient sounds** of flowing water, wind, and local wildlife.
- **A scenario that invites contemplation and guided movement**, ideal for gentle physical exercises.

These elements allow work on mobility, breathing, coordination, and motivation towards healthy physical activity.

## Physical-behavioural aspects to observe

### Motivation for movement and gentle exercise

- Inspiration to imitate river movements with arms, torso, or legs.
- Encouragement of guided mobility routines.
- *Benefit*: improvement of flexibility, coordination, and fine and gross motor skills.

### Breathing stimulation and active relaxation

- Combination of river observation with deep breathing exercises and gentle neck and torso movements.
- *Benefit*: improved lung capacity, blood circulation, and reduction of muscle tension.

### Promotion of healthy activity habits

- Motivation to walk or stroll, following the rhythm of the river.
- *Benefit:* reinforcement of positive routines and autonomous active behaviours.

### Motor coordination and guided play

- Imitative playful activities based on river elements (moving arms like waves, simulating stepping on stones).
- *Benefit:* improved balance, coordination, and fall prevention.

### Sensory stimulation and behavioural motivation

- Use of environmental sounds to motivate physical action and promote mental relaxation.
- Combination with tactile exercises (touching water, feeling simulated stone textures or water containers).
- *Benefit:* enhanced sensory integration and motivation to engage in physical activity.

## Guiding questions for working on the physical-behavioural dimension

- “Can you move your arms like the flow of the river?”
- “Breathe deeply while observing how the water flows—do you feel your body relaxing?”
- “Imagine you are walking along the riverbank; what steps would you take to follow the river?”
- “Can you touch the ‘stone’ or ‘water’ we have while keeping the rhythm of the river with your hands?”

## Suggested complementary activities

- **Guided mobility exercises** for arms, torso, neck, and legs following the rhythm of the water.
- **Imitative games:** wave movements, stepping on stones, simulating the current.
- **Deep breathing routines** synchronised with river visualisation.
- **Sensory integration:** touching water in containers, handling simulated stones or damp textures.
- **Symbolic walks:** walking while imagining the riverbank, encouraging safe and coordinated movement.

## Expected responses in older adults

- Increased motivation to perform movements and gentle exercises.
- Relaxation and reduction of muscle tension.
- Improved coordination, balance, and fine and gross motor skills.
- Reinforcement of active and healthy habits.
- Multisensory stimulation that enhances motivation for physical action.

## Adaptations according to functional level

### **Limited mobility:**

- Arm and torso movements performed while seated, without the need for displacement.
- Breathing and coordination exercises adapted to the available space.

### **Moderate mobility:**

- Short guided walks simulating the riverbank.
- Combination of seated and standing movements with support.

### **Older adults with good mobility:**

- Full mobility, balance, and coordination exercises inspired by the river current and elements.
- Integration of more complex imitative games and guided displacement.

## Activation 2



Stimulation of strength, mobility, balance, coordination, and motor skills through the simulation of sailing movements.

### Main therapeutic objective

To promote functional physical activity, strength, mobility, balance, coordination, and motivation towards active outdoor habits through the simulation of sailing manoeuvres.

## Description of the video

The video shows **a sailboat navigating the Mediterranean Sea**, including:

- **Marine landscapes and open skies**, providing relaxing and motivating visual stimulation.
- **Sailboat movements and sailing manoeuvres** that allow imitation of hoisting sails, handling ropes, and steering.
- **An environment that invites functional mobility, stretching, and motor coordination**, integrating strength, balance, and fine motor skills.

## Physical-behavioural aspects to observe

### Simulation of sailing movements

- Imitation of hoisting sails, handling ropes, or steering.
- Optional use of lightweight poles or elastic bands as support.
- *Benefit*: improved strength of arms, shoulders, trunk, and coordination.

### Stretching and functional mobility

- Postures inspired by the sailor's stance: trunk rotation, arm extension, lateral bending.
- *Benefit*: enhanced flexibility, joint mobility, and posture.

### Balance exercises

- Simulation of sailboat movements: gentle swaying, position changes, and postural adjustments.
- *Benefit*: improved postural stability and fall prevention.

### Coordination and fine and gross motor skills

- Imitation of hand manoeuvres (coiling rope, adjusting sails) and alternating arm and leg movements to simulate movement on deck.
- *Benefit*: stimulation of hand-eye coordination and fine and gross motor skills.

### Motivation towards active and outdoor habits

- Inspiration to walk, stretch, or engage in outdoor recreational activities.
- *Benefit:* reinforcement of active habits and willingness to engage in physical activity.

### Guiding questions for working on the physical-behavioural dimension

- “Can you imitate how a sail is hoisted?”
- “Rotate your trunk as if you were adjusting the rudder.”
- “Simulate a balancing movement as if the boat were tilting with the tide.”
- “What exercises can we do to move our arms and legs as if we were on deck?”

### Suggested complementary activities

- **Simulation of rowing and manoeuvres** using poles or elastic bands.
- **Stretching of arms, trunk, and legs** inspired by the sailor’s posture.
- **Balance games:** lateral tilts and controlled displacement.
- **Motor coordination routines:** coiling rope, simulated sail adjustments.
- **Sensory integration:** observing the sea and listening to wind sounds, combining movement with auditory and visual perception.

## Expected responses in older adults

- Increased motivation to perform functional movements and exercises.
- Improved strength, coordination, and fine and gross motor skills.
- Enhanced balance and postural stability.
- Reinforcement of active habits and readiness for physical activity.
- Enjoyment, a sense of adventure, and connection with the natural environment.

## Adaptations according to functional level

### **Limited mobility:**

- Arm and trunk movements performed while seated.
- Simulation of manoeuvres without foot displacement.

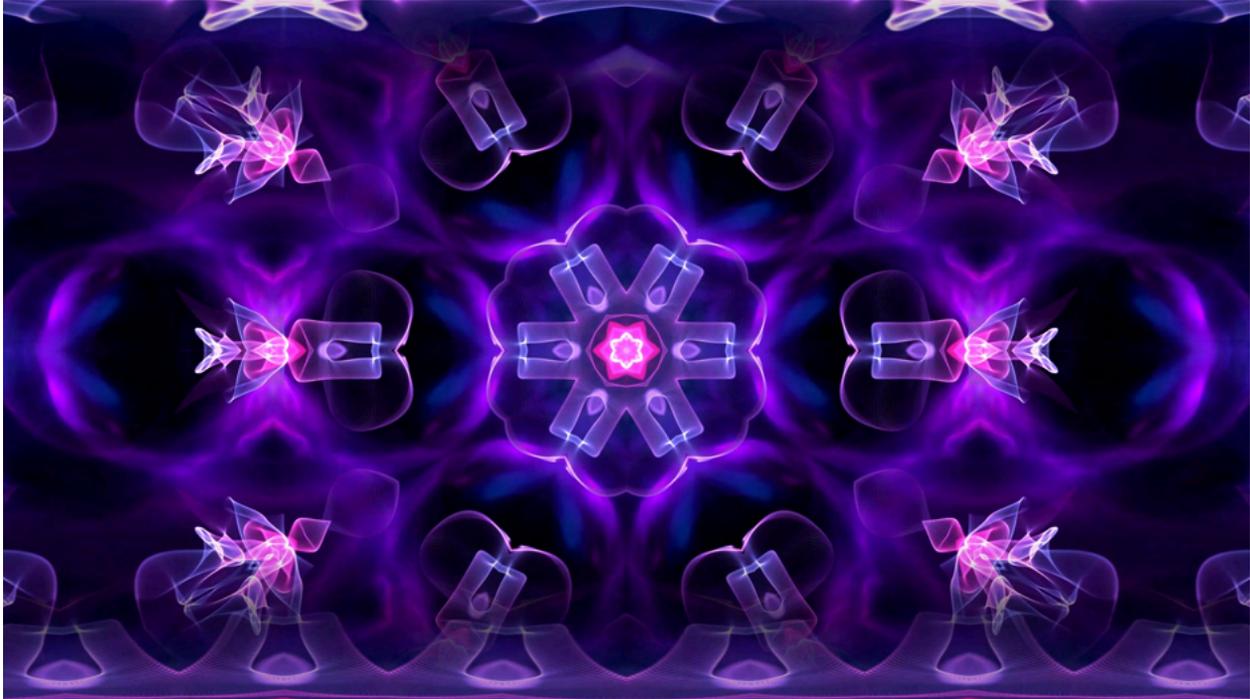
### **Moderate mobility:**

- Arm and trunk movements combined with small steps or controlled displacement.
- Assisted balance exercises.

### **Older adults with good mobility:**

- Full sailing movements, wide stretches, and more challenging balance simulations.
- Integration of complex motor coordination and safe displacement inspired by sailing.

## Relaxation



Once the main activity has concluded, a **transition and closing phase** begins, designed to support the individual in a gradual, contained, and respectful manner. During this stage, **simple evaluative questions** are introduced to facilitate expression of how the activity was experienced and what sensations, emotions, or perceptions it generated.

This closing phase is **supported by audiovisual material with soft, relaxing music** and harmonious, gently moving images, which facilitate the integration of the experience, promote calm, and encourage a conscious and positive conclusion to the immersive journey.