

mobility checklist

endurance

- Go for a walk
- Vacuum the house
- Mow the lawn
- Rake the leaves
- Climb the stairs
- Dance the night away
- Jog
- Swim
- Bike
- Hike
- Play tennis
- Play golf

balance

- Stand on tiptoes
- Walk up and down stairs
- Practice Tai Chi

flexibility

- Stretch
- Do yoga
- Clean out the cupboards and closets
- Wash the windows
- Plant some flowers
- Tie your shoes

strength

- Lift weights
- Use a resistance band
- Carry in the groceries
- Hold a baby
- Carry a full laundry basket

As the saying goes, Activity breeds more activity. While it's important for everyone to stay physically active, it can be a special challenge for seniors, who may experience diminished capabilities due to illness or certain conditions. Here are some simple ways to help your aging parent or loved one keep up the four main components of exercise needed for healthy bodies. 