

IMPROVING SENIOR MOBILITY

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INTRODUCING MYSELF (JOSH)



❖ EDUCATION

❖ WORK
BACKGROUND

❖ WHAT I DO AT CMC

WHAT IS MOBILITY?



MOBILITY refers to the ability to move our body, specifically our joints, through a range of motion with ease and control.

WHAT IS FLEXIBILITY?



FLEXIBILITY refers to the ability to move the body, specifically the joints, through a range of motion passively.

WHAT IS STABILITY?

STABILITY refers to the body's ability to maintain posture and to return back to equilibrium after that equilibrium is disturbed.



**Performing a squat
or sit to stand, the
gold standard for
measuring mobility**

Why is mobility important to us?

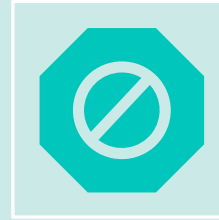
**Being able to touch our
toes might ward off
injuries, but being able to
lower ourselves to the
ground and get up,
ultimately affects our
independence and overall
mortality much more**

Why is mobility important to us?

According to the WHO, sedentary lifestyles:

- **increase all causes of mortality.**
- **double the risk of cardiovascular diseases, diabetes, and obesity.**
- **increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety.**

WHAT CAN WE DO?



1. Don't stop moving!



2. Start a basic resistance training program

3. Specific balance and flexibility work can help with mobility as well.



CONCLUSION

No matter your age or where you are currently at physically, starting an exercise routine can improve your strength, balance and mobility and help with your quality of life.