

Mobility and Balance Recommendations

Mobility and balance practices can increase range of motion and balance and lead to improvements in quality of life. Mobility and balance training includes stretching, balance exercises, and yoga. Mobility training should target all major muscle groups (upper body, lower body, and core) and is recommended to be practiced at least 3 times per week if not daily.

To achieve this, I will practice mobility and balance training _____ times weekly.

It is recommended to stretch all major muscle groups each session, with more focus on certain muscle groups as needed. Each stretch should be held for 15-30 seconds and performed slowly and gently. Stretches should be held to the point of slight discomfort but should not be painful. Remember to breathe through the stretch.

Balance exercises should be performed at least 3 times per week. Balance training involves working through postures that make it difficult to remain upright as well as strengthening the muscles required to maintain balance, including the legs and core muscles. Balance can be trained by maintaining a fixed posture, or through a series of movements where the main focus is to stay upright. When practicing balance exercises, remain near a wall or other solid surface to hold on to if needed.

Tips for balance exercise:

- Distribute weight evenly between both feet
- Avoid tilting your head up/down or side to side
- Keep your shoulders back and relaxed
- Start small (balancing on two feet) before progressing to more challenging exercises
- **Always have something to hold on to nearby**

For more information and examples of mobility and balance exercises, visit our website.