

AGELESS MOBILITY



Mobility is the ability to move freely and easily, whether walking, jogging, bending, or lifting. It's critical for functioning well and living independently.

The old saying "if you don't use it, you lose it" is true regarding our mobility. If the muscles and joints aren't used how they're designed to, they can stop functioning properly, increasing the risk of injury and damage to the joint.

A lack of physical activity and a sedentary lifestyle make it more likely that a person will experience a loss of mobility. **We need to move our bodies** by participating in regular physical activity as well as taking **movement breaks throughout the day** to break up prolonged time spent sitting.

Participating in consistent mobility training is one way we can help our bodies function well. Mobility training is an important part of any movement routine. It helps our bodies move the way they are designed to. **Mobility training improves communication between the Central Nervous System and muscles** to help enhance our ability to move with precision, style, and grace.

Mobility exercises feature slow, controlled movements through a complete range of motion. This helps the nervous system learn how to control motion through the degrees of freedom allowed by each joint.

There are many things you can do to improve your mobility regardless of your current fitness level.

Here are several exercises to try:

Hip circles
Glute bridges
Hinge to squat
Cat-Cow pose

Arm Circles
Neck Circles
Ankle Circles
Lateral Step