

Maintaining Mobility: Easy Exercises for Active Seniors ¹

Staying active is one of the most powerful ways to protect your independence, boost your confidence, and enjoy a higher quality of life. This guide offers simple, gentle exercises designed specifically for older adults—no gym membership or special equipment required.



Why Mobility Matters

As we age, muscles naturally lose strength and joints can become stiff—but regular movement helps slow this process. Staying active supports:

- **Balance & Coordination** – Reducing the risk of falls and injuries
- **Independence** – Making daily tasks like getting dressed or climbing stairs easier
- **Confidence & Energy** – Helping you feel capable and engaged
- **Overall Wellness** – Supporting heart health, circulation, and mental clarity

Safe Stretching for Flexibility

Stretching keeps muscles loose and joints moving smoothly. Try these simple stretches each day:

- **Neck Rolls** – Slowly roll your head in a circle, five times in each direction.
- **Shoulder Shrugs** – Lift shoulders toward your ears, hold for 3 seconds, then release. Repeat 10 times.
- **Seated Hamstring Stretch** – Sit on a chair, extend one leg out straight, and lean forward gently. Hold 15–20 seconds on each side.

Tip: Move slowly and breathe deeply. Stop if you feel pain.

Balance Exercises

Improving balance helps you stay steady on your feet. Start with:

- **Heel-to-Toe Walk** – Place the heel of one foot directly in front of the toes of the other foot, as if walking on a line. Take 10–15 steps.
- **Single-Leg Stand** – Hold onto a chair, lift one foot slightly off the floor, and

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balance for 10 seconds. Switch sides.

- **Side Steps** – Step to the right, then to the left, for 1–2 minutes to strengthen hips.

Strength-Building Moves

Stronger muscles protect your joints and make everyday activities easier.

Chair Squats – Sit and stand from a sturdy chair 10–15 times.

Wall Push-Ups – Stand an arm’s length from a wall, place hands on the wall, bend elbows and push back. Repeat 10–15 times.

Toe Raises – Stand behind a chair and lift onto your toes, then slowly lower. Repeat 10–15 times.

Staying Consistent

Consistency is key. Aim for 5–10 minutes a day of gentle movement. Try tracking your progress with a calendar or journal. And remember: progress takes time. Celebrate small improvements and listen to your body.

Next Steps: Keep Moving with Covenant Living Communities and Services

Maintaining mobility is about more than exercise—it’s about living fully. At a Covenant Living Continuing Care Retirement Community (CCRC), our communities are designed to help residents stay active with:

- Engaging fitness classes and wellness programs
- Beautiful walking paths and inviting common spaces
- Supportive staff who encourage safe, healthy movement every day

When you’re ready to explore how Covenant Living can help you or your loved one stay strong and independent, visit covliving.org or contact us. Our team can answer your questions and help you discover the lifestyle that’s right for you.

Please select one of our locations by visiting www.covliving.org/locations to learn more about Assisted Living.