

# TO YOUR HEALTH

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## ***Motion is Lotion:*** **Thriving in a Mobile World**

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and the Fitness Staff

Mobility is key to maintaining independence, especially as people age — and for seniors, the loss of mobility has profound social, psychological, and physical consequences. If joints and muscles aren't properly maintained, basic movements may cause pain or even injury, but the cascade of negative effects that comes with immobility can often be prevented or minimized by physical activity and exercise.

What is the difference between mobility and flexibility?

While often used interchangeably, “mobility” refers to a joint’s ability to move through its full range of motion, while “flexibility” refers to the ability of the muscles and connective tissues to stretch and lengthen passively. Mobility is about active movement of a joint, whereas flexibility is about the passive stretch of muscles around that joint. Mobility is comprised of flexibility, stabilization and control within one’s joints and surrounding muscles. The application of mobility helps to correct muscle imbalances, which decreases the risk of injury. It can also increase the range of motion throughout the body to allow for moving more freely, as the muscles become less stiff and rigid.

Mobility is comprised of all the skills required for everyday living; physical stamina, strength, balance, coordination, and range of motion. The importance of mobility becomes clear when you rise out of bed, shower, manage a flight of stairs, walk, get in and out of a car, or carry groceries.

## **Key Points to Remember:**

**Mobility** centers on how well a joint can move through its full range of motion, requiring both flexibility and mobility.

**Flexibility** centers on the ability of muscles and tissues to stretch and lengthen, which contributes to overall mobility but isn't the only factor.

Here are some recommended mobility exercises that can help with daily living:

### **Cactus Arms— Open and Close**

*Do 8 to 10 repetitions*



**How to do it:** Inhale, and open your arms to field goal position or cactus arms. Exhale while tucking your chin to your chest and rounding your back and bringing forearms together. That's one rep.

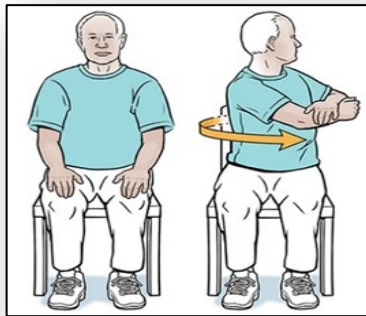
**Make it easier:** Do the move sitting tall in a chair with good posture. If it's not safe for you to round your back, simply open and close your arms while keeping your torso still.

*continued*

### Low-back Rotation Stretch

Your spine is your control center and a source of strength for many activities, and the lower lumbar region of the spine is the powerhouse of all movement. The benefits of stretching your lower back on a regular basis include improving your range of motion, reducing back pain, and increasing the flexibility of tendons, ligaments, and muscles. Stretching exercises that focus on the lower back help to relieve tension and morning stiffness.

1. Start by sitting on your chair in an upright position with your feet flat on the floor



2. Twist your upper body so your shoulders rotate to your left side (use the chair or your leg for support if you need to get a deeper stretch)

3. Hold for 20-30 seconds

4. Return to starting position

5. Repeat on the right side

Almost all forms of movement and exercise will help to preserve and even improve your mobility. Activities such as walking, biking, swimming, dance classes, water aerobics, and strength training aid in mobility. Or, you can try one of our 17 different class offerings or come to the Fitness Center to keep moving!

### **MOTION IS LOTION!**

For more information, please contact the Fitness Center at extension 1391.



<https://intermountainhealthcare.org/blogs/5-exercises-to-improve-mobility-for-seniors>

<https://www.silversneakers.com/blog/mobility-exercises-seniors-total-body/>

### Welcome Deb Nickerson

Please join the clinic in welcoming Deb Nickerson, our new Medical Assistant. She has 13 years of experience working as a medical assistant. Deb has worked in hospital, urgent care and primary care settings. She has cared for older adults in their homes for over 10 years before becoming a medical assistant.

We are very excited to have her here. To reduce confusion between our staff, we're referring to her as "Deb" and our long time clinic nurse as "Debbie".

### Just a Reminder from Maeve Lobo

Please remember to renew your Renter's Insurance every year. It is an expectation of CWV that you maintain an insurance policy. The Resident's Handbook states that:

*"Each Resident is personally responsible for maintaining his or her own personal liability, automobile and personal property (tenants) insurance. If you have questions about the adequacy of your casualty and liability insurance, please consult your agent.*

*Although the Village will provide reasonable safeguards for your possessions from theft, fire or other causes, Carleton-Willard Homes, Inc. is not responsible for loss or damage to the Residents personal property or valuables unless directly due to the negligence of Carleton-Willard Homes, Inc., or as required by law. Tenants' Home Owners' policies are designed to insure possessions and to provide liability coverage and can be obtained through your personal insurance agent. It is recommended that Residents have additional insurance or a high value personal property policy for valuables. A copy of your certificate must be provided to the Marketing Department prior to move in."*