

Stay Strong, Stay Independent

Have you ever noticed that certain movements feel a little different than they used to? Maybe getting up from a chair takes more effort, or you feel a bit stiff after sitting for a while. These changes are common, and they often happen gradually over time. They're not something to ignore, but they're also not something you have to accept without options. Healthy aging isn't about slowing down. It's about supporting your body in the right ways so you can continue to move with strength, confidence, and ease in your everyday life.



Did You Know?

Many of the changes people notice as they get older, like stiffness, slower movement, or feeling less steady, don't happen all at once. They develop gradually as strength, balance, and coordination change over time.



What Actually Drives Healthy Aging?

Staying capable long term comes down to a few key systems working together:

Strength



Power



Balance



Mobility



Recovery

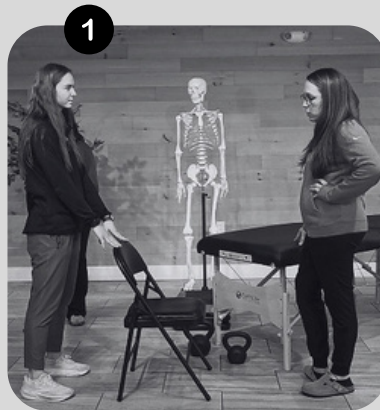


Interactive Strength Tests

These movements are designed to build real-world strength, balance, and control. Modify as needed based on your comfort level.

Supported Chair Squat:

1. Stand in front of a chair
2. Lower yourself down with control
3. Lightly tap or sit
4. Stand back up using your legs
5. Use hands for support if needed



Step-Ups:

1. Step onto a low platform or step
2. Press through your front leg to stand tall
3. Slowly lower back down
4. Repeat on both sides



Real Life Strategies for Healthy Aging

Simple habits that support how you move every day.



Daily Movement

Move often throughout the day, not just during workouts.



Strength First

Focus on movements that carry over to real life.



Build Confidence

Challenge your balance in safe ways.



Respect Recovery

Sleep, hydration, and rest matter more than you think.

Key Takeaways



Strength and balance are the foundation of independence. Small, consistent habits create long-term results.



Early changes in movement are signals, not limitations. What you do now shapes how you move later.



Physical and Occupational Therapists can work with you to provide preventative care to keep you strong and healthy as you age.



