

# Move It!

## Mobility Training

### Mobility Training

"The Move It" Program involves large body movements that improve joint health and flexibility while also working on balance in some of the motions. Mobility is essential for fitness because it reduces injury risks and enhances overall physical performance. Balance is crucial to prevent falls and support stability in various activities. This can be done daily up to several times a day.

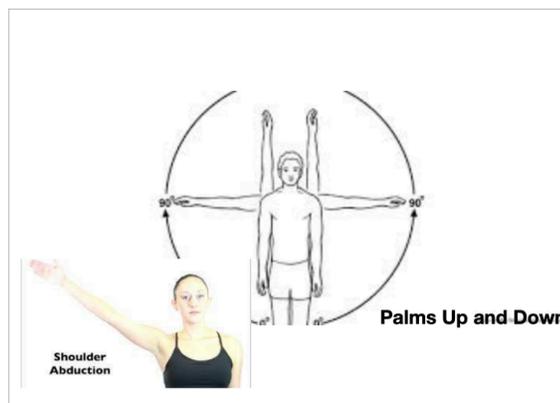
[See Overall Move It Video](#)



**Standing BirdDogs**



**Standing Leg Rotations**



**Arm Abductions and Circles**



**Standing Single Leg Abduction**



**Standing BirdDogs**

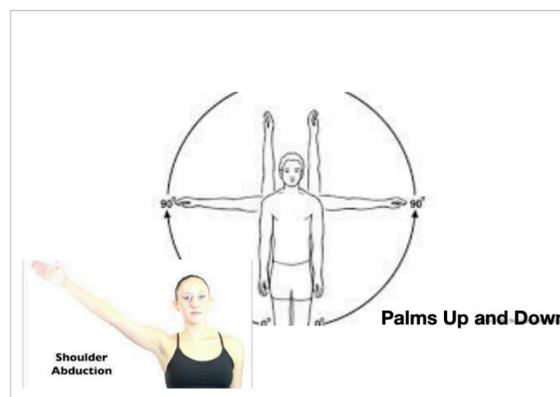
From a Standing Position bend forward to a 45 to 90 degree angle (preference) holding onto a back of a chair/countertop or seat of chair for support, reach forward with one arm and at the same time reach back with the opposite leg trying to make a straight line from your out stretched hand to your opposite foot, pause for a few seconds, and then return up and repeat to other side 1-5 times. Keep support leg locked with a slightly bent knee. Keep core engaged (abdomen tight) and pelvis level.

### How to do!



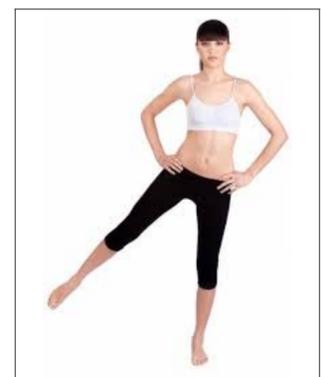
**Standing Leg Rotations**

This is a both a balance exercise and mobility exercise. Trying not to hold on to too much to a support raise your leg and do rotations several times one way and then another. Do 1-2 sets of 10-15. Keep core engaged (abdomen tight).



**Arm Abductions and Circles**

Raise arms from the side overhead (first several times with palms up, then thumbs up, and finish several times with palms down). Then do large arm circles. Do 1-2 sets of 10-15.



**Standing Single Leg Abduction**

This is a both a balance exercise and mobility exercise. Trying not to hold on to too much support raise your leg to the side as high as you can comfortably move without moving upper body and then pause briefly at the top of motion. Do 1-2 sets of 10-15. Keep core engaged (abdomen tight).