

Being Active with Low Mobility....

Learning for Life

You can be active even with limited movement.

The University of Georgia Cooperative Extension

Contact your local office at



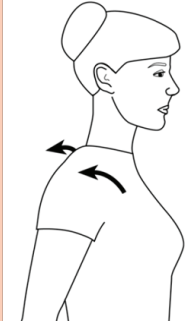
- **Limited mobility means you cannot move as well because of injury, age or illness.**
- **Before getting more active, check with your doctor.**
- **If needed, get help from a physical therapist or personal trainer.**
- **Warm up before you get started.**
- **Work up to 5 or more days a week for 30-60 minutes total. Can break up into several shorter sessions during day.**
- **Do less than you think you can at first. Build up slowly.**
- **Join Walk Georgia in the spring to keep motivated**



Warm Up First



Neck Rolls



Shoulder Rolls



Arm Swings

Marching in Place

**Side
Bends**



Possible activities



Water Exercise

Exercise with balls

Exercise bands

Active Stretching



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