

# Being Active with Low Mobility....

## *Learning for Life*

**You can be active even with limited movement.**

**The University of Georgia Cooperative Extension**

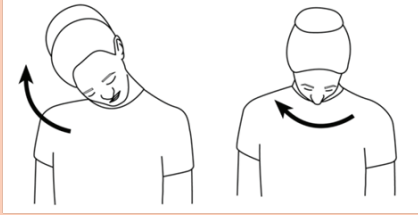
**Contact your local office at**



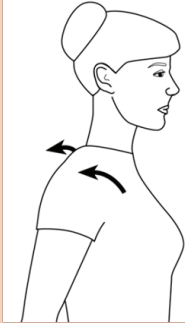
- **Limited mobility means you cannot move as well because of injury, age or illness.**
- **Before getting more active, check with your doctor.**
- **If needed, get help from a physical therapist or personal trainer.**
- **Warm up before you get started.**
- **Work up to 5 or more days a week for 30-60 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**



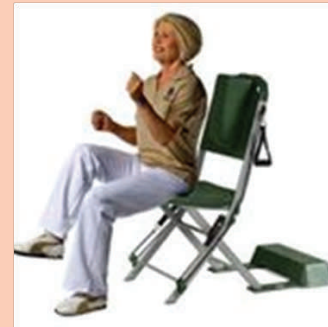
**Shoulder Rolls**



**Arm Swings**

**Marching in Place**

**Side  
Bends**



## Possible activities



**Water Exercise**

**Exercise with balls**

**Exercise bands**

**Active Stretching**



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