

# Maintaining flexibility and mobility

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Regular exercise can help us maintain flexibility and mobility as we age, making it easier to stay active and remain independent. More and more older adults are discovering the benefits of exercise for healthy living. With some simple lifestyle choices and exercises, you can age better and maintain a good quality of life in your later years.

Flexibility refers to the range of motion in our joints and muscles, while mobility involves being able to move freely and easily. As we age, both of these can decline, leading to stiffness, discomfort, and a greater risk of injury. A few simple exercises can help reduce these effects, keeping us more agile and reducing the chances of falls.

One of the most effective ways to stay flexible and mobile is through stretching exercises. Gentle stretches, such as those targeting the neck, back, and legs, can help improve joint flexibility and muscle length. A basic routine might include stretching exercises like shoulder rolls, neck tilts, and hamstring stretches, all of which can be done in a comfortable chair or standing position. It's important to focus on slow, controlled movements and never push too hard, as overstretching can cause injury.





Strengthening exercises are also essential for maintaining mobility. Building muscle helps support the joints and improves balance, making it easier to get up from a chair or walk without feeling wobbly. Simple exercises like leg lifts, squats (without weights), and seated marches can be done safely at home and don't require any special equipment. It's best to start slowly and gradually increase the number of repetitions as strength builds.

Low-impact aerobic exercises like walking or swimming are also great for improving cardiovascular health while enhancing mobility. These activities can be done outdoors, giving you the chance to enjoy the fresh air and socialise with others, or in a warm pool, which supports your joints. It's a good way to keep your body moving and improve flexibility in a low-stress way.

Incorporating exercises into a daily routine is key to ageing better. A consistent exercise for healthy living routine, focused on flexibility and mobility, will help you stay independent and reduce the risk of injury. It's never too late to start, so take small steps towards a more active lifestyle.