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.
Possible activities

- Water Exercise
- Exercise with balls
- Exercise bands
- Active Stretching

Warm Up First

- Neck Rolls
- Arm Swings
- Shoulder Rolls
- Side Bends
- Marching in Place