

# How to Improve Your Activities of Daily Living



## Functional Movement #1: **Squat**

**WHY:** “Hip-hinging or squatting movements are a staple movement pattern in daily routines: using the restroom, rising from and lowering into a chair, or bending down to pick up something you’ve dropped.

**HOW:** Lower until your thighs are parallel or almost parallel to the floor, trying not to let your knees travel too far forward past the toes. Push through your heels to return to standing. Do three sets of 10 reps to start.

## Functional Movement #2: **Lunge**

**WHY:** Whenever you walk down the street or climb up stairs, you’re essentially performing a single-leg movement, similar to a lunge.

**HOW:** Take a big step forward with one leg, and slowly lower your body until front thigh is parallel to floor (knee is at a 90-degree angle). Push up through heel to rise. Start with hand on wall. Do three sets of 10 reps.

## Functional Movement #3: **Pushup**

**WHY:** The chest muscles involved in push movements are essential for one of life’s greatest joys: lifting your grandchild up in the air! You also employ these muscles when putting away groceries on high shelves or propping yourself up in bed from a lying to a seated position.

**HOW:** If you have difficulty getting to floor, use a sturdy bench to perform incline pushups. If that’s still too challenging, try standing pushups against a wall or countertop. Again, three sets of 10!

## Functional Movement #4: **Row**

**WHY:** Think about pulling open your car door, entering the grocery store, or doing household chores like raking leaves. All of these are pulling movements.

**HOW:** Can be done with hand weights, bands of household objects. Three sets of 10.

## Functional Movement #5: **Wood Chop**

**WHY:** You do it more often than you may realize. From everyday tasks like putting on a seatbelt or shoveling snow to leisure activities like enjoying a game of golf or tennis, rotational movements are important.

**HOW:** Standing or seated, make like a lumberjack and chop! Three sets of 10.

## Functional Movement #6: **Roll Over**

**WHY:** Rolling over should occur easily from the front to the back & back to the front without assistance from your arms/legs.

**HOW:** Practicing this motion will help you develop the coordination to perform it. Do three sets of five reps to start.

## Functional Movement #7: **Hop**

**WHY:** Being able to hop can help you stay safe anytime you need to suddenly accelerate or decelerate. For example, stepping off a curb when a car unexpectedly speeds by and needing to step back to safety.

**HOW:** A hop involves a one-foot takeoff and opposite-foot landing (initially stabilize with chair or wall to perform safely). If you have trouble balancing or any joint problems, don’t hop. Instead, step from one leg to the other, but move more quickly than a normal step. Do three sets of 10!