

Mobility Review Portrait Report Goals and Strategies

(Below are examples of practices gathered from MPL partner communities)

1. Two-Minute March (measures endurance)

- Choose a theme song and encourage teams to participate in a march at all large resident gatherings
- Offer a walking club for residents with a variety of speeds and distances
- Offer the Movement Matters campaign
- Circuit training classes
- Aqua walking classes
- Encourage seated marching during bus rides

2. 8-Foot Up & Go (measures dynamic agility)

- Add a class to the schedule focused on dynamic agility (use ladders drills, footwork exercises and other fitness equipment)
- Balance classes
- Add real-life challenges to fitness classes (walking up a hill or in long grass)

3. Arm Curl (measures upper body strength)

- Change classes and/or approach to classes to encourage gradual increase in weights for muscle strengthening activities
- Analyze calendar to ensure muscle strengthening activities and power activities are available to residents who are interested in growing in this area
- Offer yoga and/or tai chi classes

4. Back Scratch (measures upper body flexibility)

- Create laminated flexibility cards to hand out to residents. This will allow them to practice various stretches in their apartments.
- Offer yoga and/or Tai chi classes

5. 30-Second Chair Stand (measures lower body strength)

- Offer Vertical 360 (Program by Masterpiece)
- Add chair stand exercises to the warm up for all fitness classes
- Practice chair stands at all large resident gatherings

6. Chair Sit & Reach

- See note in number 4 about flexibility cards.
- Offer yoga and/or tai chi classes

7. Single Leg Balance

- Offer a balance class focused on practicing balance exercises in a safe environment
- Practice balance at beginning, middle and end of town hall meetings (using chairs for support).
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8. Tinetti Gait and Balance

- Balance classes
- Partner with a local PT or personal training school to design a monthly class.

9. Reported Falls

- Paint yellow lines on all curbs
- Ask the Building and Grounds Committee to identify areas of potential hazards on their “walk abouts”

10. Fear about falls

- Education/presentation
- Offer Vertical 360 (Program by Masterpiece)
- Create a resident panel to have residents share fall experiences
- Have a podiatrist lead program on proper shoes and how foot problems contribute to falls
- Address worry in general

Overall Strategies Used to Increase Mobility

- Create levels for various classes (easy, moderate, difficult).
- Overhaul class structure to ensure classes are currently meeting the needs/wants of the residents.
- Create partnerships with local organizations that are offering innovative new classes or that have expertise in areas that are different from your organization’s strengths.
- Create Mobility Stations (indoors and outdoors) around the community. As part of a walking routine, residents and/or team members can stop at the various stations to practice a variety of strength and balance exercises.
- Offer fitness classes in additional locations (non-fitness center classes) to take exercise to the residents that may be more isolated.
- Create movement reminders and place around the around the community.
- Offer fitness scavenger hunts and poker runs.
- Create a community wide flash mob or lip dub with practice sessions as a fun way to offer fitness.
- Offer movement events (walk-a-thon; bike-a-thon; nu-step-a-thon) in a common area of the building to spark interest in fitness center equipment.
- Offer special events to introduce long-term fitness classes to a new resident to reduce fear about going into a class as a beginner.

