

Signature Assignment

I have decided to reflect on the **How To Improve Your Mobility** assignment from this semester. While looking back at the assignment, I remembered a story from when I was very first looking at an exercise program in preparation for working out at the gym. The program said to do squats, and at the time I could not squat with my heels flat on the floor. I squatted down with my heels up and was wondering “How is this supposed to help me? This isn’t a difficult movement to do.” I soon realized that my body couldn’t even complete this simple movement properly, so I spent about a month training my ankle mobility so I could squat properly.

I think sometimes we take our flexibility and mobility for granted and don’t realize what we were capable of doing until we’ve lost it. Especially as we age, people tend to exercise less and lose mobility, which can be dangerous and lead to things like falls that break or fracture bones.

While exercising is important for our health, I think it’s just as important to complement physical activity with mobility work for the best long-term outcomes.

How to Improve Your Mobility

I love mobility exercises. When I was in my late teens and early 20s, I never exercised and had chronic back and hip pain. I became interested in lifting weights and found that every weightlifting program recommends stretching and mobility work. After several months of using mobility exercises to improve my flexibility (I couldn’t even squat with my feet flat on the floor!), I found that my chronic pain had disappeared.

I was familiar with a few of the movements in the video, like leg swings and threading the needle, but after working alongside the instructor in the video, I can see why he put the program together with those movements. I have okay flexibility but I felt the stretch in every single exercise. After working through this program, it’s become apparent that I need to improve my shoulder flexibility.