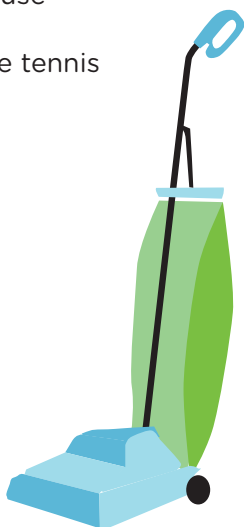


QUESTIONS TO ASK YOURSELF ABOUT EVERYDAY ACTIVITIES

Here are 35 common everyday activities. **Circle 10** that are important to you and that you want to make sure you can continue to do as you age.

ENDURANCE

1. Keep up with my grandchildren during a trip to the park
2. Walk uphill or upstairs and not get out of breath
3. Have enough energy to go out with friends
4. Rake leaves
5. Shovel snow
6. Take a walk without having to stop and rest
7. Vacuum the house
8. Play a sport like tennis
9. Dance



STRENGTH

10. Carry groceries
11. Carry a laundry basket full of clothes
12. Get up out of a chair with ease
13. Climb stairs
14. Open a jar
15. Lift a young grandchild or a pet
16. Get out of the shower or tub safely
17. Get in and out of a car easily
18. Pull open a door



BALANCE

19. Walk on an uneven sidewalk without falling
20. Avoid falling if I happen to stumble
21. Safely stand on tiptoe to reach a high shelf
22. Avoid falling if I'm jostled
23. Go up and down stairs
24. Feel steady on my feet when standing still
25. Avoid falling if I bend down to pick up something

FLEXIBILITY

26. Bend down to pick up what I dropped
27. Look over my shoulder when I back up my car
28. Reach from the front to back seat of the car
29. Make the bed
30. Put on a coat
31. Bend over to put on socks or tie shoes
32. Feel less stiff when I get out of bed
33. Get down on the floor with my grandkids
34. Button a shirt or blouse
35. Get on my knees to garden

Choose a physical activity from each of the exercise categories above to develop your own plan. Write your plan in the box below.

