



FREE

The 10-Minute Mobility Reset

for Adults 55+

A simple daily routine to move with less stiffness, more confidence, and greater independence.

5

CLINICAL
ASSESSMENTS

10

MINUTES
PER DAY

4

WEEK TRACKING
SYSTEM

10 MIN

Just 10 Minutes
Per Day

FREE

No Equipment
Required

CHAIR

Chair-Supported
Options Included

Safety Note: Consult your healthcare provider before starting if you have recent surgery, dizziness, severe pain, balance issues, or other medical conditions.

“ ”

*Mobility isn't about touching your toes.
It's about moving through your day with confidence.*

If you've noticed more stiffness in the morning, hesitation getting up from a chair, or a little less confidence walking on uneven ground — you're not alone. And this is not something you simply have to accept.

The truth is: your body responds to movement at any age. Small, consistent daily practice can reduce stiffness, improve balance, build strength through your range of motion, and restore your confidence in everyday activities.

This guide is not a fitness program. There are no complex workouts, no floor exercises, and nothing intimidating. It is a 10-minute daily mobility routine designed specifically for adults 55+ — something safe, simple, and genuinely effective.

What This Guide Will Help You Do:

- Get out of a chair with greater ease and less effort
- Reach overhead without stiffness or fear
- Walk more steadily with better balance and confidence
- Turn and rotate safely reducing strain on your back and hips
- Track real progress with simple weekly mobility scores
- Stay independent longer by keeping your body capable and strong

How to Use This Guide:

- Step 1** Complete your Baseline Mobility Scorecard (Pages 4–5)
- Step 2** Do the 10-Minute Daily Mobility Reset each morning (Page 6)
- Step 3** Re-test your scores every 30 days using the Weekly Check-In (Page 7)

The 4 Pillars of Mobility Success

What we measure — and why it matters for your daily life

Most people think mobility means flexibility. But for adults 55+, true mobility success means measuring function and longevity — how well your body performs in real life, every single day.

1 Range of Motion

- Hips, shoulders, ankles & spine
- Measured in simple pass/fail
- Joint-specific movement tests
- Identifies areas of restriction

2 Functional Movement | Balance

- Sit, stand, reach, rotate, balance
- Static & dynamic balance control
- Walking & turning safely
- Daily independence skills

3 Strength Through Range

- Control at end range of motion
- Safe movement, not just stretching
- Reduces injury risk
- Chair squat & overhead stability

4 Pain + Confidence

- Pain level: 0–10 scale
- Confidence moving: 0–10 scale
- Tracks the most important outcome
- Your real goal starts here

Why These 4 Pillars Work Together:

When your range of motion improves, functional movement becomes easier. When you build strength through that range, you move more safely. When pain decreases and confidence increases — that's when your quality of life truly changes.

Your Baseline Mobility Scorecard

Complete this before you start. Repeat every 7 days to track your progress.

Date: _____

Name: _____

TUG

Timed Up & Go

MEASURES:

Balance + gait

HOW TO DO IT:

Stand, walk 10 ft, turn, walk back, sit. Time the trip.

YOUR TIME:

SCORING:

- Under 10 sec — Excellent
- 10–14 sec — Normal
- 14+ sec — Higher fall risk

FRT

Functional Reach

MEASURES:

Balance + stability

HOW TO DO IT:

Stand near a wall. Reach forward as far as you can without stepping. Measure the distance.

YOUR DISTANCE:

SCORING:

- 10+ inches — Good
- 6–10 inches — Moderate
- Under 6 inches — Higher risk

SHL

Shoulder Mobility

MEASURES:

Shoulder range of motion

HOW TO DO IT:

One hand over shoulder, one behind back. Try to touch fingers. Test both sides.

YOUR SCORE:

SCORING:

- Hands touch — Great mobility
- Small gap — Note inches
- Large gap or pain — Limitation

5xSTS

5x Sit-to-Stand

MEASURES:

Leg strength + fall risk

HOW TO DO IT:

Sit in a standard chair with arms crossed if possible. Stand up and sit down 5 times as quickly and safely as you can. Record the total time.

YOUR TIME:

SCORING:

- Under 12 sec — Good LE strength
- 12–15 sec — Moderate limitation
- Over 15 sec — Elevated fall risk

Baseline Scorecard — Continued

Balance screening, pain & confidence scores, and notes

ROMBERG

Romberg Balance Test

MEASURES:

Static balance • Proprioception • Postural control • Fall risk

Safety: Perform near a kitchen countertop or sturdy chair for support.

HOW TO DO IT:

Stand with feet together, arms relaxed. Hold for 10 seconds with eyes open. If steady, progress to eyes closed and time how long you can hold balance.

EYES OPEN (SEC): _____

EYES CLOSED (SEC): _____

SCORING (EYES CLOSED):

- 30+ seconds — Excellent balance
- 20–29 seconds — Mild balance limitation
- 10–19 seconds — Moderate balance limitation
- Under 10 seconds or requires assistance — Higher fall risk

Your Total Mobility Score

HOW TO SCORE: Good = 3 pts • Moderate = 2 pts • Limitation = 1 pt

My total score: _____ / 15

■ **LOW RISK — 13–15 pts**
Strong baseline — keep going

■ **MODERATE RISK — 8–12 pts**
Build consistency — focus weak areas

■ **HIGH RISK — 5–7 pts**
Start gently — seek pro support

Pain & Confidence Scores

PAIN SCORE

My score today: _____ / 10

0 = No Pain → 10 = Severe

CONFIDENCE SCORE

My score today: _____ / 10

0 = Not Confident → 10 = Fully

The 10-Minute Daily Mobility Reset

Do this every morning. Gentle, safe, and effective.

Safety: Mild stretching discomfort is OK. Stop if you feel sharp pain or symptoms above 4/10.

MOVEMENT FOUNDATIONS

- Breathe steadily throughout each movement — do not hold your breath. • Some muscular fatigue is normal and safe.
- Consistency matters more than intensity.

MIN 1 Breath + Posture Reset

- Sit tall. Inhale through your nose for 4 counts, exhale slowly for 6 counts. Roll shoulders gently back. Repeat 5 times.

Improves: Posture, breathing, and nervous system calm

MINS 2–3 Neck & Upper Back Mobility

- Tilt ear to shoulder, hold 5 seconds each side (3 reps).
- Rotate chin slowly to each shoulder, hold 5 seconds (3 reps).
- Do 10 slow shoulder circles — forward and back.
- Thoracic rotation: arms crossed over chest, rotate side to side slowly while letting your head follow your elbows (8 reps each side).

Improves: Neck range of motion, thoracic mobility, posture, rotational capacity

Easier option: Stay seated. Only move as far as is comfortable.

Safety note: Stay within tolerable range. Mild discomfort OK; avoid sharp pain or symptoms above 4/10.

MINS 4–5 Hip & Ankle Mobility

- Lift one knee toward chest, hold 3 seconds (5 reps each side).
- Circle each ankle 10 times each direction.
- Seated heel raises: 10 reps with a 3-second hold at the top.
- Finish with 10 slow hip marches (alternating).

MINS 6–7 Chair Sit-to-Stand Practice

- Sit near the edge of a firm chair. Lean slightly forward, push through your heels, and stand.
- Lower slowly with control on the way down (3–4 second descent) — do not collapse into the chair.
- Repeat 8–10 reps at a controlled pace.

Improves: Leg strength, hip mobility, and daily independence

Easier option: Use one arm to assist first; progress to both arms only if necessary.

Safety note: Keep knees tracking over your toes. Avoid knee cave.

MINS 8–9 Balance & Reach Practice

- Begin with feet together (modified tandem): hold 10 sec.
- Progress to tandem stance: hold 10 sec each side.
- Try single-leg stance: 10 sec each side (if steady).
- Finish: reach both arms forward 5 times.

Your Weekly Mobility Check-In

Repeat your baseline tests every 7 days. Watch your progress grow.

Every 7 days, take 5 minutes to re-test your assessments and update your pain and confidence scores. Small improvements add up — and seeing them on paper keeps you motivated.

Measurement	Baseline	Week 1	Week 2	Week 3	Week 4
TUG Time (seconds)	-----	-----	-----	-----	-----
Functional Reach (inches)	-----	-----	-----	-----	-----
Shoulder Mobility (touch / inches gap)	-----	-----	-----	-----	-----
5xSTS Time (seconds)	-----	-----	-----	-----	-----
Romberg — Eyes Closed (seconds)	-----	-----	-----	-----	-----
Pain Score (0–10)	-----	-----	-----	-----	-----
Confidence Score (0–10)	-----	-----	-----	-----	-----
Notes	-----	-----	-----	-----	-----

Tips for Consistent Progress:

- Do your 10-minute routine at the same time every day — habit beats motivation.
- Consistency over intensity. Even 3–4 days per week will produce measurable results within 30 days.
- If your score does not change one week, that is normal. Keep going. Consistency wins.
- Some muscular fatigue is normal and safe. Sharp pain or symptoms above 4/10 are not.
- If pain increases, reduce your effort and consult a healthcare provider before continuing.

What Your Scores Mean

Understanding your progress in plain, simple language

Numbers only matter if they mean something to your life. Here's what improving each score actually feels like day-to-day.

TUG

Faster TUG Time

Better Walking Confidence + Fall Prevention

A faster Timed Up and Go score means your balance, gait, and reaction time are improving. You feel this when stairs become easier, uneven ground feels safer, and crowded rooms feel less risky.

FRT

Greater Functional Reach

Better Balance + Core Stability

A longer reach means better stability and core control. You notice this when reaching into a high cabinet, bending to pick something up, or leaning over a sink without feeling off-balance.

SHL

Better Shoulder Mobility

Easier Dressing, Reaching + Lifting

Improved shoulder scores mean less strain getting dressed, reaching overhead, or lifting. Shoulder stiffness affects daily energy more than most adults realize.

5xSTS

Faster 5xSTS Time

Stronger Legs + Reduced Fall Risk

A quicker 5x Sit-to-Stand time means stronger legs, healthier hips, and reduced fall risk. It is one of the most reliable indicators of functional independence in older adults.

ROMB

Longer Romberg Hold

Better Balance + Postural Control

A longer eyes-closed Romberg hold means your balance system and proprioception are improving. You feel this in better confidence when standing still, turning, and recovering from small slips.

P+C

Lower Pain + Higher Confidence

The Real Goal

When pain decreases and movement confidence increases, your world expands. You say yes to more. You are less cautious, more present, and more engaged in life. That is what Move With Confidence is all about.

Choose Your Path to *Confident Movement*

When you're ready to go deeper, here are three ways to continue your mobility journey.

COMPLETE GUIDE

\$37

One-time purchase

Everything you need to start moving confidently — in one premium, printable guide.

- ✓ Full 10-minute daily routine
- ✓ Safe at-home exercises
- ✓ Mobility framework guide
- ✓ Printable scorecards
- ✓ 4-week tracking system
- ✓ Chair-supported options

Get the Complete Guide

MOST POPULAR

MONTHLY MEMBERSHIP

\$67

/mo · Cancel anytime

A full monthly program with guided routines, coaching, and community support.

- ✓ Guided at-home routines
- ✓ Progressive mobility plans
- ✓ Weekly coaching & Q&A
- ✓ Educational movement content
- ✓ Community & accountability
- ✓ All guide resources included

Join the Waitlist

INTENSIVE SUPPORT

\$997

One-time program

Personalized, higher-touch support for deeper transformation and accountability.

- ✓ Personalized movement plan
- ✓ 1-on-1 guidance & support
- ✓ Deep-dive mobility assessment
- ✓ Weekly check-ins
- ✓ Full program access

Apply for Intensive

Visit mwcmobility.com, DM @mwc.mobility on Instagram, or email support@mwcmobility.com to get started.

YOU'VE ALREADY DONE

The Hardest Part.

You picked up this guide. You read it. And that decision—to take your mobility seriously — is the step that changes everything.

You do not need complex workouts to move better. You do not need a gym, special equipment, or an hour a day. What you need is simple, consistent daily movement that teaches your body to feel safe, capable, and confident again.

Remember: consistency over intensity. Ten minutes each morning. A few simple movements. And the commitment to check your scores each week.

That's it. That's the whole plan. And it works.



Move With Confidence™

Move Better. Stay Independent.