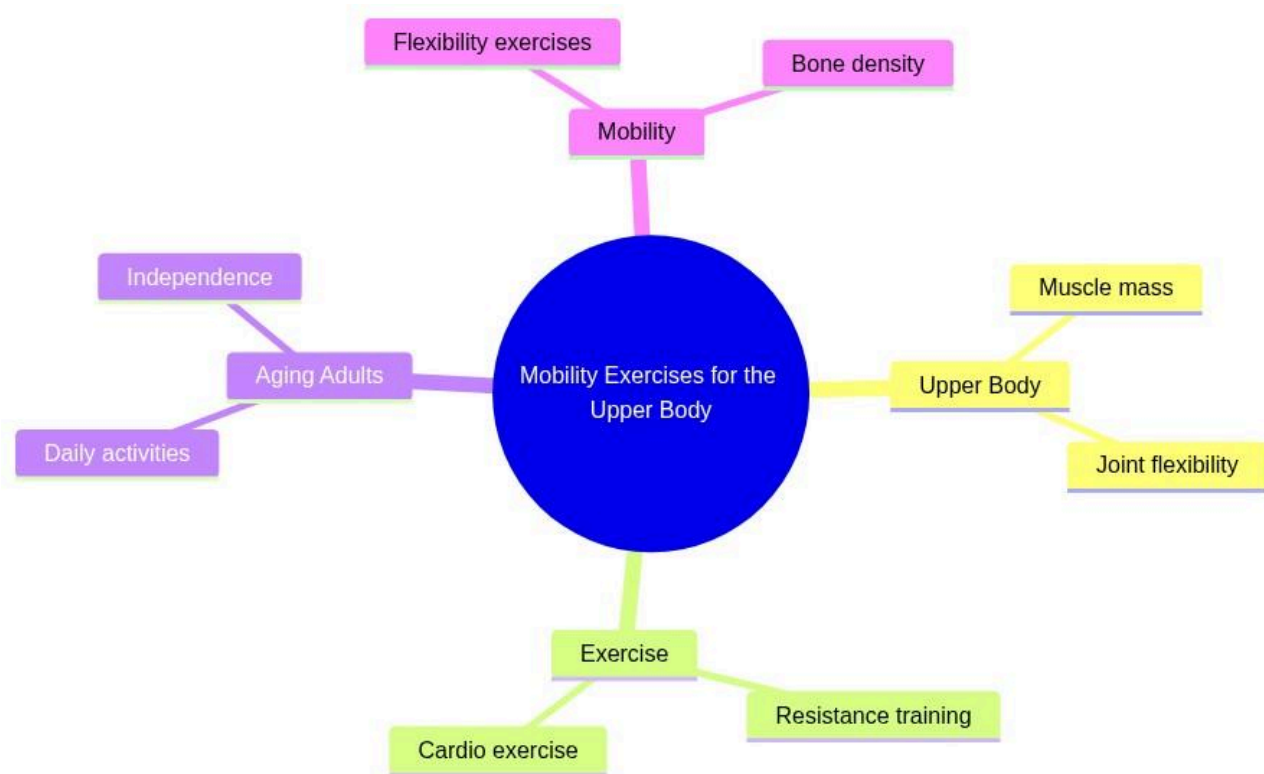


Professional Certificate in Mobility Exercises for Aging Adults

Mobility Exercises for the Upper Body



```

mindmap
  root((Mobility Exercises for the Upper Body))
    Upper Body
      Muscle mass
      Joint flexibility
    Exercise
      Resistance training
      Cardio exercise
    Aging Adults
      Daily activities
      Independence
    Mobility
      Flexibility exercises
      Bone density
  
```