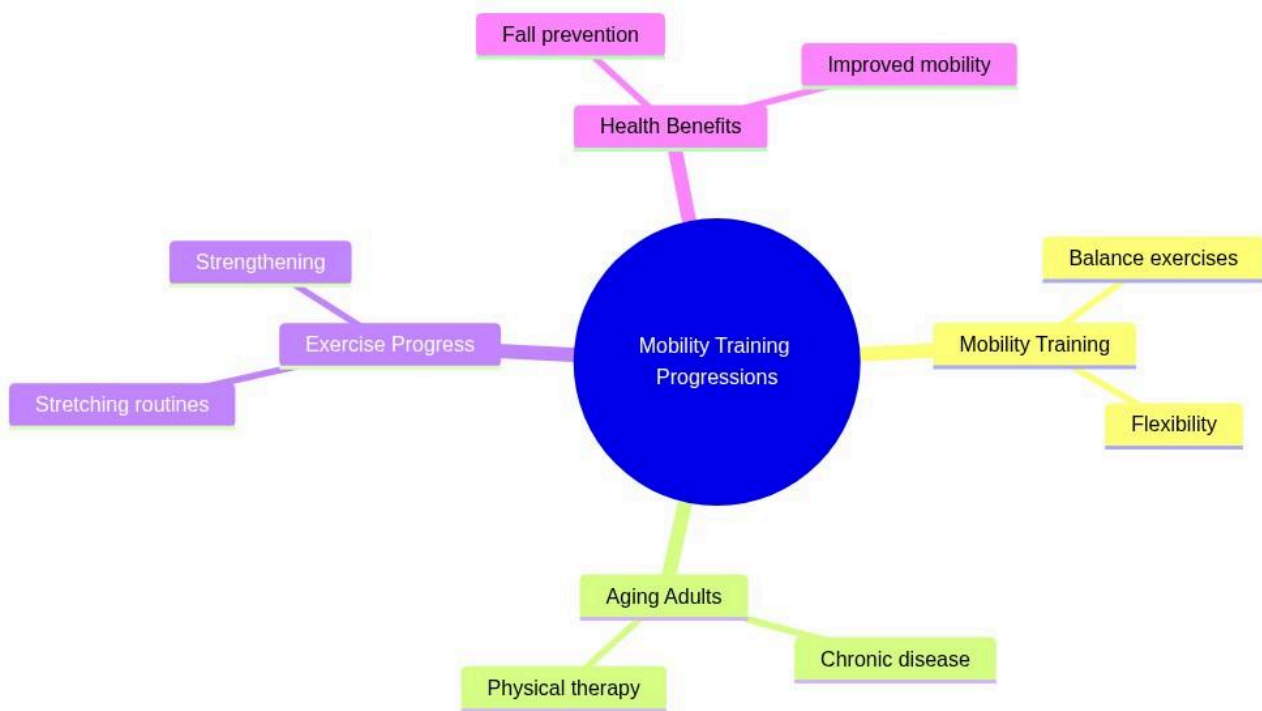


Professional Certificate in Mobility Exercises for Aging Adults

# Mobility Training Progressions



mindmap

root((Mobility Training Progressions))

Mobility Training

Balance exercises

Flexibility

Aging Adults

Chronic disease

Physical therapy

Exercise Progress

Stretching routines

Strengthening

Health Benefits

Fall prevention

Improved mobility