

SPRING ACTIVITIES READINESS CHECKLIST

Are You Spring-Ready? A 5-Minute Body Check to Avoid Injury (by Cynthia)

Before you jump into gardening, hiking, or biking this season, give your body a quick test. This checklist helps you discover whether your joints, muscles, and balance are ready for spring activities - so you can enjoy the outdoors without pain, setbacks, or stiffness.

Quick Spring Readiness Checklist:

- Can you walk briskly for 10 minutes without feeling short of breath?
- Can you squat down and stand back up without effort (e.g., to pull weeds)?
- Can you balance on one leg for 15 seconds without wobbling?
- Can you safely lift a 10 lb object from the ground (like a mulch bag)?
- Do your knees, back, or hips feel stiff when you get up in the morning?

If You Answered 'No' to Any of These:

Don't worry - it simply means your body needs a little prep. The good news? A few weeks of the right movement can make all the difference.

Look out for my next guide in your inbox, where I'll show you 3 simple exercises that improve strength, balance, and endurance so you can get back outside with confidence.

About Cynthia:

I teach a small-group Pilates/conditioning class that helps people over 50 feel stronger, more mobile, and confident in their bodies again - even if it's been a while since they exercised.

Call: 301-493-9257

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