

Habits That Keep You Capable

5 functional movement patterns | simple cues | easy modifications | 5-minute daily routine

Quick Safety Guide

- Aim for a comfortable effort: **4-6/10**
- No sharp pain. Make the range smaller if needed.
- Use a chair, wall, or countertop for support.
- Breathe - do not hold your breath.

THE 5-MINUTE CAPABILITY ROUTINE

Do this once per day (or 3-5x/week):

- **5** Chair Sit-to-Stands
- **5** Hip Hinges (hands on thighs is OK)
- **5** Wall Push-Ups
- **10** Shoulder-Blade Pinches (Scapula Squeezes)
or **10-20 sec** Towel Row Hold
- **30-60 sec** March in Place (tall posture) or Light Carry (15-30 sec each side)

The 5 Patterns

1) SQUAT (Sit/Stand)

Daily life: Getting out of a chair or car; stairs

Key cue: Chest tall. Push the floor away.

Make it easier: Use a higher chair; hands on thighs; partial stands

Make it harder: Slow lower (3 seconds); pause/hover; no-hands reps

2) HINGE (Bend/Lift)

Daily life: Pick up laundry/groceries; reach low cabinets; protect the back

Key cue: Hips back, spine long (like closing a car door).

Make it easier: Small range; hands on thighs; use a countertop

Make it harder: Deeper hinge; slower tempo; add a brief pause

3) PUSH

Daily life: Pushing doors; rising from the floor (progression); upper-body strength

Key cue: Body straight. Push the wall away.

Make it easier: Higher wall push-ups; smaller range

Make it harder: Counter push-ups; slower tempo; more reps

4) PULL (Posture)

Daily life: Pulling tasks; shoulder health; standing tall while walking

Key cue: Shoulders down. Squeeze shoulder blades into back pockets.

Make it easier: Shoulder-blade pinches seated; gentle holds (2-3 sec)

Make it harder: Longer holds (5-10 sec); towel isometric row (light tension)

5) CARRY + BRACE

Daily life: Groceries; stairs; balance; walking confidently

Key cue: Stand tall: ribs stacked over hips. Slow, controlled steps.

Make it easier: March near a wall; hold nothing; shorter time

Make it harder: Light one-side carry (tote bag); longer time; slower march

Simple Habit Tip

Attach the routine to something you already do: after morning coffee, before lunch, or after the evening news. Consistency beats intensity.

MOVE TO IMPROVE

7-Day Mini-Challenge | Habits That Keep You Capable | Bodyweight | No equipment needed

Your goal: Complete the 5-Minute Capability Routine at least **5 of 7 days**.
Effort: comfortable (4-6/10). Use a chair/wall for support - smart, not cheating.

Optional bonus: Add a 10-minute walk OR take the stairs once today.
Small wins count. Consistency beats intensity.

Habit / Move	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
5 Sit-to-Stands Squat							
5 Hip Hinges Hinge							
5 Wall Push-Ups Push							
10 Scap Squeezes (or 10-20s towel hold) Pull/Posture							
30-60s March or Carry Carry + Brace							
Bonus (optional) 10-min walk / stairs							

Reflection (optional): What felt easier by Day 7? What will you keep doing next week?