

# Aging Gracefully List of Activities



1. Hike 1.5 Miles on a Hilly Trail:
2. Get Up Off the Floor Under Your Own Power, Using a Maximum of One Arm for Support:
3. Pick Up a Young Child from the Floor:
4. Carry Two Five-Pound Bags of Groceries for Five Blocks:
5. Lift a Twenty-Pound Suitcase into the Overhead Compartment of a Plane:
6. Balance on One Leg for Thirty Seconds (Bonus: Eyes Closed for Fifteen Seconds):
7. Have Sex:
8. Climb Four Flights of Stairs in Three Minutes:
9. Open a Jar:
10. Do Thirty Consecutive Jump-Rope Skips:
11. Ride a Bike:
12. Shovel Snow Off a Driveway:
13. Play 18 Holes of Golf:
14. Walk 10,000 Steps in a Day:
15. Travel Somewhere by Plane:
16. Walk a Dog for 30 Minutes at a Time:
17. Lift a Cast Iron Skillet with One Hand:
18. Move Furniture Around a Room:
19. Wear/tie Shoes with Laces:
20. Do 10 Push-Ups in One Set:
21. Operate a Kayak:
22. Lift 30lb Bag of Mulch into a Garden Cart:
23. Get Down on Floor and Stand Back Up from Seated Position Without Using Hands:
24. Carry Three Bags of Groceries 50 Yards:
25. Rake Leaves in Yard for 30 Minutes:
26. Weed Garden Beds Kneeling and Bent Over for 1 Hour:
27. Push/Pull Loaded Wheelbarrow Weighing 150lbs:
28. Move Stack of 8 Cement Patio Stones That Are 50 lbs Each:
29. Climb a Flight of Stairs Without Using the Handrail:
30. Clean Difficult-to-Reach Areas of My Home (Tub, Under the Bed):
31. Maintain Personal Hygiene Independence:
32. Transfer Items from Car into House:
33. Make a Bed:
34. Dress Myself:
35. Tread Water for 10 Minutes:
36. Run and Keep Up with Grandchildren Playing in the Park:
37. Dance Vigorously for Entire Slow and Fast Songs at a Family Wedding:
38. Carry Children/Grandchildren for 5 Minutes Without Back/Hip Fatigue:
39. Pick Up a Crying Toddler from a Crib:
40. Stand in River Current Fly Fishing for Over 1 Hour:
41. Hike Moderate Trails with a 15lb Pack for 3 Miles:
42. Recover Balance from Standing Push/Pull in All Directions:
43. Rotate Torso Freely to Look Behind When Reversing Vehicle:
44. Continuous Crawl, Crouch, Squat for 5 Minutes Playing with Kids:
45. Comfortably Look Up at Sky or Down at Ground for Short Periods:
46. Have Conversation Over Loud Background Noise/Music:
47. Stand Stationary Barefoot on Firm AND Soft Surfaces for Balance:
48. Drag Overloaded Sled 100 Feet in Snow:
49. Perform Martial Arts/Capoeira Kicks & Maneuvers:
50. Stand Up Paddle Board for 60 Minutes in Wind/Waves:
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# Requirements for Activities

- 1. Hike 1.5 Miles on a Hilly Trail:**
  - i. Leg strength: Able to ascend and descend hilly terrain, equivalent to a total elevation gain of 500 feet.
  - ii. Cardiovascular health: Maintain a brisk hiking pace, achieving a VO<sub>2</sub> max of at least 18 ml/kg/min.
  - iii. Dynamic stability: navigate rocky unstable terrain and needing quick adjustment in leg placement to prevent falling.
- 2. Get Up Off the Floor Under Your Own Power, Using a Maximum of One Arm for Support:**
  - i. Strength: Lift and support body weight with one arm, equivalent to at least 30% of body weight.
  - ii. Dynamic stability: Execute the movement smoothly without excessive swaying or assistance.
- 3. Pick Up a Young Child from the Floor:**
  - i. Strength: Lift a child weighing 30 pounds from the floor using proper lifting techniques.
  - ii. Dynamic stability: Maintain balance during the lifting motion.
- 4. Carry Two Five-Pound Bags of Groceries for Five Blocks:**
  - i. Cardiovascular health: Maintain a brisk walking pace for the distance, achieving a VO<sub>2</sub> max of at least 15 ml/kg/min.
  - ii. Arm strength: Carry the bags for the specified distance without excessive fatigue.
- 5. Lift a Twenty-Pound Suitcase into the Overhead Compartment of a Plane:**
  - i. Strength: Lift a suitcase weighing 20 pounds overhead using proper lifting techniques.
  - ii. Arm strength: Perform the lift without excessive strain on arms and shoulders.
- 6. Balance on One Leg for Thirty Seconds (Bonus: Eyes Closed for Fifteen Seconds):**
  - i. Balance: Maintain stability on one leg for 30 seconds, and for an additional 15 seconds with eyes closed.
  - ii. Proprioception: Demonstrate control and awareness of body position.
- 7. Have Sex:**
  - i. Cardiovascular health: Engage in sexual activity without undue exertion, maintaining a VO<sub>2</sub> max of at least 10 ml/kg/min.
  - ii. Flexibility: Perform various movements comfortably without discomfort or strain.
- 8. Climb Four Flights of Stairs in Three Minutes:**
  - i. Cardiovascular health: Ascend four flights of stairs within three minutes, achieving a VO<sub>2</sub> max of at least 20 ml/kg/min.
  - ii. Leg strength: Execute the climb without undue fatigue or excessive reliance on handrails.
- 9. Open a Jar:**
  - i. Grip strength: Open a standard-sized jar lid, requiring a grip strength of at least 15 kg.
  - ii. Arm strength: Twist and open the jar without excessive strain on the arm and shoulder muscles.
- 10. Do Thirty Consecutive Jump-Rope Skips:**
  - i. Aerobic performance: Maintain a heart rate of 140-160 bpm throughout the activity.
  - ii. Coordination: Perform consecutive jump-rope skips with precise timing and rhythm.
- 11. Ride a Bike:**
  - i. Leg strength: Generate a minimum of 2.5 watts/kg during cycling.
  - ii. Cardiovascular health: Maintain a steady heart rate, achieving a VO<sub>2</sub> max suitable for sustained biking.
  - iii. Balance: Navigate the bike without undue difficulty.

# Requirements for Activities



## 12. Shovel Snow Off a Driveway:

- i. Strength: Lift and shovel snow equivalent to 75% of body weight.
- ii. Endurance: Continue shoveling for at least 20 minutes without excessive fatigue.
- iii. Dynamic stability: Maintain stability while performing shoveling movements.

## 13. Play 18 Holes of Golf:

- i. Cardiovascular health: Achieve a VO2 max of at least 18 ml/kg/min during the 18-hole round.
- ii. Endurance: Complete the full round without significant fatigue.
- iii. Balance: Maintain stability during swings and movements on the golf course.

## 14. Walk 10,000 Steps in a Day:

- i. Aerobic performance: Sustain a walking pace equivalent to 4 METs for 60 minutes.
- ii. Endurance: Achieve a total of 10,000 steps throughout the day.

## 15. Travel Somewhere by Plane:

- i. Mobility: Move comfortably within the plane, including sitting, standing, and walking.
- ii. Comfort: Ability to sit for extended periods without discomfort.

## 16. Walk a Dog for 30 Minutes at a Time:

- i. Cardiovascular health: Maintain a brisk walking pace for 30 minutes.
- ii. Leg strength: Walk with stability on varied terrain.
- iii. Balance: Maintain equilibrium while walking with a dog.

## 17. Lift a Cast Iron Skillet with One Hand:

### a. Requirement:

- i. Grip strength: Exert a force of at least 25 kg to lift and hold the skillet.
- ii. Arm strength: Lift and control the cast iron skillet with one hand.

## 18. Move Furniture Around a Room:

- i. Leg strength: Lift and carry furniture components weighing up to 50 lbs.
- ii. Arm strength: Push/pull heavy furniture during rearrangement.
- iii. Balance: Maneuver furniture without compromising stability.

## 19. Wear/tie Shoes with Laces:

- i. Balance: Stand on one leg comfortably while bending down to tie laces.
- ii. Mobility: Flexibility to bend and reach feet for lacing.

## 20. Do 10 Push-Ups in One Set:

- i. Arm strength: Perform 10 push-ups with proper form, engaging upper body muscles.
- ii. Core strength: Stabilize the body during the push-up motion.

## 21. Operate a Kayak:

- i. Arm strength: Paddle effectively for 30 minutes, controlling the kayak's direction.
- ii. Core strength: Stabilize the torso and maintain balance in the kayak.
- iii. Balance: Navigate the kayak without undue difficulty.

## 22. Lift 30lb Bag of Mulch into a Garden Cart:

- i. Leg strength: Lift and carry a 30 lbs bag of mulch into a garden cart.
- ii. Arm strength: Maneuver and deposit the bag into the cart.
- iii. Core strength: Stabilize the body during lifting and movement.

## 23. Get Down on Floor and Stand Back Up from Seated Position Without Using Hands:

- i. Leg strength: Rise from a seated position on the floor without using hands.
- ii. Dynamic stability: Perform the movement smoothly without excessive swaying.
- iii. Mobility: Demonstrate flexibility and ease in transitioning to and from the floor.

## 24. Carry Three Bags of Groceries 50 Yards:

- i. Arm strength: Carry 15 lbs in each hand for a total of 45 lbs.



# Requirements for Activities

- ii. Endurance: Walk 50 yards without significant fatigue.
- iii. Balance: Maintain stability while carrying groceries.

## 25. Rake Leaves in Yard for 30 Minutes:

- i. Arm strength: Rake leaves continuously for 30 minutes.
- ii. Endurance: Sustain the activity without excessive fatigue.
- iii. Dynamic stability: Maintain stability during repetitive raking movements.

## 26. Weed Garden Beds Kneeling and Bent

### Over for 1 Hour:

- i. Core strength: Engage core muscles while kneeling and bending over.
- ii. Leg strength: Support body weight in varied positions for an extended period.
- iii. Endurance: Weed garden beds continuously for 1 hour.
- iv. Dynamic stability: Maintain stability while performing bending and kneeling motions.

## 27. Push/Pull Loaded Wheelbarrow Weighing 150lbs:

- i. Leg strength: Able to perform controlled squats and push/pull a loaded wheelbarrow weighing 150 lbs.
- ii. Arm strength: Capable of maneuvering and controlling the wheelbarrow handles.
- iii. Core strength: Demonstrated ability to stabilize and maintain posture during the pushing/pulling motion.
- iv. Endurance: Sustain the activity for a minimum of 10 minutes, maintaining a cardiovascular output equivalent to a VO<sub>2</sub> max of at least 15 ml/kg/min.

## 28. Move Stack of 8 Cement Patio Stones That Are 50 lbs Each:

- i. Leg strength: Able to lift and carry a total of 50 lbs from the ground for a short distance.
- ii. Arm strength: Capable of lifting and stacking each stone (50 lbs) with control.

- iii. Core strength: Ability to engage core muscles for stability during lifting and carrying.
- iv. Endurance: Successfully complete the task without significant fatigue, maintaining a cardiovascular output equivalent to a VO<sub>2</sub> max of at least 15 ml/kg/min.

## 29. Climb a flight of stairs without using the handrail

- i. Leg strength: Ascend the flight of stairs relying solely on leg muscles.
- ii. Balance: Maintain stability without the aid of the handrail.
- iii. Dynamic stability: Perform the climbing motion smoothly without excessive swaying.

## 30. Clean Difficult-to-Reach Areas of My Home (Tub, Under the Bed):

- i. Flexibility: Ability to stretch and reach difficult areas, such as the tub and under the bed.
- ii. Mobility: Perform movements that involve stooping, getting on the floor, and standing back up.
- iii. Core strength: Engage core muscles for stability during various cleaning positions.
- iv. Dynamic stability: Maintain balance while reaching and bending during the cleaning process.

## 31. Maintain Personal Hygiene Independence:

- i. Mobility: Ability to move to and from the bathroom independently.
- ii. Leg strength: Support weight while sitting on and rising from the toilet.
- iii. Flexibility: Perform necessary hygiene tasks, including cleaning, without assistance.
- iv. Core strength: Maintain stability during movements related to personal hygiene tasks.

# Requirements for Activities



- v. Independence: Execute bathing, toilet use, and cleaning tasks without external aid.

## 32. Transfer Items from Car into House:

- i. Leg strength: Carry and lift items from the car to the house.
- ii. Arm strength: Support and maneuver the items during the transfer.
- iii. Core strength: Stabilize the body while lifting and walking.
- iv. Mobility: Move items with ease, navigating doorways and obstacles.
- v. Balance: Maintain stability during the transfer process.

## 33. Make a Bed:

- i. Mobility: Ability to move around the bed to tuck in sheets and arrange bedding.
- ii. Arm strength: Lift and straighten pillows, and pull up blankets.
- iii. Dynamic stability: Perform bed-making motions with smooth and controlled movements.

## 34. Dress Myself:

- i. Mobility: Move arms, legs, and torso to put on clothing.
- ii. Flexibility: Bend and stretch to put on various garments.
- iii. Coordination: Coordinate movements to fasten buttons, zippers, or tie shoelaces.
- iv. Independence: Ability to dress without assistance, indicating self-sufficiency.

## 35. Tread Water for 10 Minutes:

- i. Cardiovascular endurance: Maintain a steady and controlled vertical position in the water for 10 minutes.
- ii. Leg strength: Use leg movements to keep the body afloat during treading.
- iii. Arm strength: Perform arm movements to assist in maintaining balance.
- iv. Breathing control: Breathe rhythmically to sustain the activity for the specified duration.

- v. Water confidence: Stay calm and composed while treading water without panic.

## 36. Run and Keep Up with Grandchildren Playing in the Park:

- i. Cardiovascular endurance: Sustain a running pace to keep up with active grandchildren.
- ii. Leg strength: Maintain agility and speed during play.

## 37. Dance Vigorously for Entire Slow and Fast Songs at a Family Wedding:

- i. Cardiovascular endurance: Dance energetically throughout the duration of both slow and fast songs.
- ii. Leg strength: Support dynamic dance movements.

## 38. Carry Children/Grandchildren for 5 Minutes Without Back/Hip Fatigue:

- i. Leg strength: Support body weight during carrying.
- ii. Core strength: Stabilize the torso and maintain posture.
- iii. Endurance: Carry children for 5 minutes without fatigue.

## 39. Pick Up a Crying Toddler from a Crib:

- i. Leg strength: Bend and lift from a squatting position.
- ii. Arm strength: Lift and support the toddler with care.
- iii. Mobility: Maneuver easily around the crib.

## 40. Stand in River Current Fly Fishing for Over 1 Hour:

- i. Balance: Maintain stability on uneven river terrain.
- ii. Endurance: Stand for over 1 hour during fishing.
- iii. Leg strength: Support body weight against the current.

## 41. Hike Moderate Trails with a 15lb Pack for 3 Miles:



# Requirements for Activities

- i. Cardiovascular endurance: Sustain a steady hiking pace.
- ii. Leg strength: Ascend and descend trail terrain with a 15lb pack.
- iii. Endurance: Complete a 3-mile hike without excessive fatigue.

## 42. Recover Balance from Standing Push/Pull in All Directions:

- i. Dynamic stability: Regain balance after external forces in various directions.
- ii. Core strength: Stabilize the body during recovery movements.

## 43. Rotate Torso Freely to Look Behind When Reversing Vehicle:

- i. Mobility: Twist torso comfortably to enhance visibility while reversing.
- ii. Core strength: Provide stability during rotational movements.

## 44. Continuous Crawl, Crouch, Squat for 5 Minutes Playing with Kids:

- i. Endurance: Engage in continuous crawling, crouching, and squatting for 5 minutes.
- ii. Mobility: Move freely in various positions while playing with kids.

## 45. Comfortably Look Up at Sky or Down at Ground for Short Periods:

- i. Neck flexibility: Tilt head upward and downward comfortably.
- ii. Mobility: Move head easily to observe surroundings.

## 46. Have Conversation Over Loud Background Noise/Music:

- i. Auditory acuity: Maintain conversation comprehension amidst loud ambient noise.
- ii. Communication skills: Speak and listen effectively in noisy environments.

## 47. Stand Stationary Barefoot on Firm AND Soft Surfaces for Balance:

- i. Balance: Stand on both firm and soft surfaces without losing stability.

- ii. Sensory adaptation: Adjust to varying ground textures.

## 48. Drag Overloaded Sled 100 Feet in Snow:

- i. Leg strength: Generate force to pull the sled through snow.
- ii. Endurance: Drag the sled for 100 feet without excessive fatigue.

## 49. Perform Martial Arts/Capoeira Kicks & Maneuvers:

- i. Flexibility: Execute a range of kicks and maneuvers.
- ii. Coordination: Combine movements seamlessly.

## 50. Stand Up Paddle Board for 60 Minutes in Wind/Waves:

- i. Balance: Maintain stability on a paddleboard in challenging conditions.
- ii. Core strength: Stabilize the body against wind and waves.
- iii. Endurance: Paddle continuously for 60 minutes.

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52. \_\_\_\_\_

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53. \_\_\_\_\_

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