

Activities of Daily Living

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



We all have certain *Activities of Daily Living* (ADLs). However, each person's health status will directly *enable* or *limit* which ADLs can be performed and enjoyed. What do you *need* to do each day? What *can* you do each day? What do you *want to do* 1, 5, or 10+ years from now each day?

Taking care of your health is the best way to facilitate high-level function that provides the most opportunity to experience life at its fullest through injury-free movement.

Start today so you keep moving tomorrow! ☺

1. **Basic**: Eating, bathing, dressing, bathroom, bed, & mobility.
2. **Instrumental**: Light-heavy cleaning, cooking, washing, ironing, & shopping.
3. **Advanced**: *Hard work, travel, emergency actions, & active recreation!
4. **Athletic**: Ability to function well in desired sport or vigorous activity.

Don't limit your opportunities—As a minimum focus on the *Advanced ADLs!

* Ron Jones (9.5.07)

www.ronjones.org "High-Performance Health" ©2007

Get Fit.  Be Strong.