



AGESTRONG™

— MOVE BETTER. STAY STRONG. LIVE INDEPENDENTLY. —

THE STARTER GUIDE

A simple roadmap to better movement, greater confidence
and lifelong independence after 50.



MOVE BETTER. STAY STRONG. LIVE INDEPENDENTLY.

Welcome

A Different Way to Think About Exercise After 50

Most people are told that getting fitter means finding a programme, choosing a level and starting to exercise. But after 50, movement is rarely that simple.

One movement may feel strong and confident while another feels restricted, awkward or uncertain. AgeStrong starts by helping you understand *your movement* before asking you to do more of it.

AgeStrong begins with understanding.



This guide will help you observe the movements that matter in everyday life, identify where a movement may need to be restored or improved, and then build strength and capacity with greater confidence.

Bringing the movement thinking used in clinical practice into a simple system you can use at home.

“Most exercise programmes begin with strength. AgeStrong begins with understanding.”

Getting older changes the way we move. That is a normal part of life.

We may notice that getting out of a chair takes a little more effort, that we feel stiffer after sitting for too long, that our balance isn't quite as automatic as it once was, or that activities we used to do without thinking now require a little more confidence.

But getting older does not mean that we should stop challenging our bodies.

In fact, movement becomes more important as we age, not less.

The difficulty is that most of us have never been taught *how* to think about movement as we get older. We are usually given one of two messages: either slow down and be careful, or follow an exercise programme designed around sets, repetitions and increasingly difficult exercises.

AgeStrong begins by meeting you **where you are today**.

You may be in your 50s and already exercising regularly. You may be in your 70s and beginning to notice changes in your strength or balance. You may be returning to movement after an injury, illness or long period of inactivity.

Or perhaps you simply want to remain capable of travelling, gardening, playing with your grandchildren, carrying your shopping and getting up from the floor for many years to come.

AgeStrong is for all of those people.

Because rather than asking:

“How fit are you?”

I want you to begin asking:

“How well can I move — and what does each movement need from me?”

AgeStrong doesn't place you into a box labelled *Beginner, Intermediate or Advanced*.

Instead, we look at the movements that make up everyday life and decide whether each one needs to be **Restored, Improved or Built**.

The goal isn't perfect movement.

The goal is to develop a body that remains capable, adaptable and confident enough to support the life you want to keep living.

That is what it means to AgeStrong.

Why Most Programmes Start Too Far Ahead

Many traditional fitness programmes jump from “you are here” directly to building strength. That can miss the steps that help someone understand limitations, restore movement quality and improve control first.



What this image shows:

The upper half illustrates the risk of skipping Understand, Restore and Improve. The lower half shows the AgeStrong pathway: understand what is holding you back, restore movement quality, improve movement, build capacity, and use that capacity to support an independent lifestyle.

That is why the AgeStrong journey looks like this:

YOU ARE HERE → UNDERSTAND → RESTORE → IMPROVE → BUILD → LIVE

If a movement already feels comfortable, controlled and confident, you may be ready to **Build** immediately. But if another movement is restricted, we don't simply push harder. We meet that movement where it is.

Because strength built on good movement gives you more than stronger muscles. It gives you greater capacity to climb stairs, carry groceries, get out of a chair, and continue doing the things that make your life your own.

AgeStrong therefore doesn't begin by asking:

“What exercise should you be doing?”

It begins with a much more useful question:

“Where are you today?”

And from there, we build forward — **one movement at a time.**

The AgeStrong Roadmap

AgeStrong is a journey rather than a fitness level. The roadmap gives you the big picture - from understanding where you are today to building a lifestyle supported by better movement.

THE AGESTRONG ROADMAP™

Your journey to lifelong independence through better movement.

— UNDERSTAND • RESTORE • IMPROVE • BUILD • LIVE —



One step at a time. Every day. Your journey. Your pace. Your life.

THE AGESTRONG PRINCIPLES



Movement Before Muscles
Quality comes before quantity.



Meet Yourself Where You Are Today
Start where you are. Build from there.



Every Exercise Should Make Life Easier
If it doesn't help in real life, it doesn't belong.



Progress Over Perfection
Small, consistent steps create big change.



Independence Is the Goal
Not just living longer, but living well and on your own terms.



AGESTRONG
Protect the life you love through better movement.

How to read the roadmap: You are here → Understand → Restore → Improve → Build → The AgeStrong Lifestyle. Each stage has a purpose, but the destination is not exercise itself. It is greater confidence, independence and freedom in everyday life.

Restore. Improve. Build.

These three stages form the practical AgeStrong Formula. They are applied to individual movements rather than used to label you as a person.



THE AGESTRONG FORMULA™
THREE STAGES. ONE GOAL. **LIFELONG INDEPENDENCE.**

Every movement goes through three stages.
Start where you are. Progress at your own pace.

MEET
YOURSELF
WHERE YOU
ARE TODAY.

 RESTORE REMOVE THE BARRIERS TO GOOD MOVEMENT.	 IMPROVE REFINE THE MOVEMENT.	 BUILD STRENGTHEN THE MOVEMENT.
 PURPOSE Address limitations that make the movement difficult. This is your preparation phase.	Practice the movement with better control, technique and confidence.	Add resistance and challenge to build strength, muscle and functional capacity.
 FOCUS • Mobility • Activation • Stability • Pain management • Confidence • Movement preparation	• Technique • Coordination • Control • Range of motion • Breathing • Efficiency	• Resistance • Progressive overload • Strength • Power • Muscle • Endurance
 EXAMPLES Stiff hips, weak glutes, poor balance, limited ankle mobility, knee discomfort, fear of falling, reduced confidence, poor motor control.	You can do the movement, but want it to feel smoother, more controlled and more efficient.	You move well and are ready to get stronger, increase muscle and take on more demand.
 EXAMPLE EXERCISES SIT-TO-STAND  • Higher chair • Use your hands • Supported standing • Weight shifting • Ankle mobility • Glute activation • Mini squats • Pain-free range	SIT-TO-STAND  • Standard chair • Minimal hand support • Controlled lowering • Good foot position • Pause before standing • Upright posture • Smooth and controlled	SIT-TO-STAND  • Goblet sit-to-stand • Slower tempo • Pause at the bottom • Add load • Single dumbbell • Power sit-to-stand • Build strength and muscle
STRONGER MOVEMENTS. EASIER EVERYDAY LIFE.  GETTING OUT OF A CHAIR  CLIMBING STAIRS  CARRYING SHOPPING  GETTING OUT OF THE CAR  GARDENING  GETTING OFF THE TOILET  GETTING UP FROM THE FLOOR  PLAYING WITH GRANDCHILDREN		
PROGRESS, NOT PERFECTION.	 You don't have to be perfect. You just have to keep progressing.	 Small steps today. Stronger tomorrow. Independence for life.

ONE MOVEMENT AT A TIME. ONE DAY AT A TIME. FOR THE LIFE YOU LOVE.

RESTORE removes barriers and prepares the movement. **IMPROVE** refines technique, coordination and control. **BUILD** adds resistance and challenge to develop strength, power and capacity.

Meet the AgeStrong Five

Five fundamental movement families sit at the foundation of everyday independence: Squat, Hinge, Push, Pull and Carry.



SQUAT



HINGE



PUSH



PULL



CARRY

THE AGESTRONG 5™

THE 5 MOVEMENT FAMILIES THAT SUPPORT EVERYTHING YOU DO

Every exercise you do can be traced back to one (or more) of these 5 fundamental movement families.

WE DON'T TRAIN EXERCISES. WE TRAIN MOVEMENT.
BETTER MOVEMENT. STRONGER FOR LIFE.



DIFFERENT EXERCISES. SAME MOVEMENTS. BETTER RESULTS IN LIFE.

STAND VERTICAL STRENGTH & STABILITY	BEND HIP HINGE, SQUAT & LOWERING	PUSH UPPER BODY PUSHING STRENGTH	PULL UPPER BODY PULLING STRENGTH	CARRY TRANSPORT LOAD & STABILITY
The ability to stand tall, maintain balance and move with control.	The ability to lower your body and reach the ground safely and effectively.	The ability to press weight away from your body with control and power.	The ability to pull weight toward your body with control and strength.	The ability to carry weight from one place to another safely and efficiently.
HELPS YOU: ✓ Stand up from a chair ✓ Climb stairs ✓ Maintain balance ✓ Stay upright and confident	HELPS YOU: ✓ Pick things up ✓ Get down and up from the floor ✓ Move with less strain and risk	HELPS YOU: ✓ Push doors ✓ Move objects away ✓ Stabilise your body ✓ in daily tasks	HELPS YOU: ✓ Open doors ✓ Lift and retrieve objects ✓ Maintain good posture	HELPS YOU: ✓ Carry groceries ✓ Travel with luggage ✓ Move items around your home

AGESTRONG™
MOVE BETTER. STAY STRONG. LIVE INDEPENDENTLY.

TRAIN THE 5. COVER EVERYTHING.
When you train all five movement families, you build a body that's strong, capable and ready for life.

What this image shows: Each of the AgeStrong Five is a movement family, not a single exercise. A squat family can include sit-to-stands, squats, step-ups and lunges; the same idea applies to hinge, push, pull and carry. Master the pattern, then expand the possibilities.

Before You Exercise, Observe

Before deciding what to strengthen, notice what your body is already telling you. These three questions turn a movement into useful information.



1 CAN I DO IT?

Comfortable and confident?

2 HOW AM I DOING IT?

Controlled, balanced, symmetrical?

3 HOW DOES IT FEEL?

Comfortable, restricted or uncertain?

CAN I DO IT?

Can you complete the movement comfortably and confidently?

HOW AM I DOING IT?

Do you feel controlled and balanced, or do you rely on support, momentum or compensation?

HOW DOES IT FEEL?

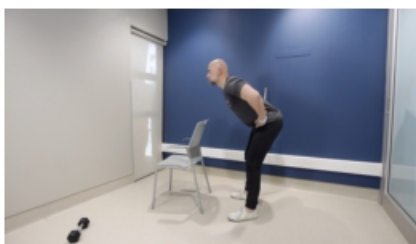
Does it feel comfortable, restricted, uncertain or uncomfortable?

Observation changes the question from “How hard should I exercise?” to “What does this movement need from me today?”

The AgeStrong Five Movement Screen

TheAgeStrong Five Movement Screen is a simple way to observe the five movement families. It is a **screen, not a test**. There is no pass or fail and there is no final score.

SQUAT Chair sit-to-stand/Box squat/Overhead/Back/Front Squat	Lower-body control, ankle, hip and knee mobility, balance and reliance on the arms.
HINGE Hip hinge	Hip movement, mobility, trunk control and bending strategy.
PUSH Wall push/Counter/TRX/Floor	Pushing capacity, shoulder (Scapular) control, mobility, symmetry and trunk stability.
PULL Band pull/Rows/Pull-ups	Pulling capacity, shoulder-blade (Scapular) control, symmetry and trunk stability.
CARRY 30-second carry/Distance/Time/Weight	Grip and postural endurance, gait, balance and alignment with integrity under control with load.



WATCH THE FREE AGESTRONG FIVE MOVEMENT SCREEN

<https://youtu.be/2-cn3Gx6Mug>

What Did You Discover?

Do not add the five movements together to create a score. Look at each movement on its own and decide what it currently needs.

MOVEMENT	RESTORE	IMPROVE	BUILD
Squat			
Hinge			
Push			
Pull			
Carry			

- Restore** if a barrier is preventing comfortable, confident movement.
- Improve** if you can do it but want better control, technique or efficiency.
- Build** if the movement is comfortable and controlled and you are ready for greater capacity.

A movement that needs Restore is not a failure. It is useful information. It tells you where to begin.





AGESTRONG
MOVE BETTER | LIVE BETTER

THE AGESTRONG FIVE

5 FUNDAMENTAL MOVEMENT PATTERNS.
EVERY MOVEMENT YOU NEED. EVERY DAY. FOR LIFE.

RESTORE.
IMPROVE.
BUILD.



MASTER THE PATTERN.
NOT JUST THE EXERCISE.

The AgeStrong Five are the foundation of all movement. When you master these patterns, everyday tasks become easier and you stay independent for life.



RESTORE
Make it possible



IMPROVE
Make it better



BUILD
Make it stronger

5 PATTERNS. ENDLESS POSSIBILITIES.

1

SQUAT

Lower your body and stand up.

Builds leg strength, mobility and balance.



SQUAT FAMILY

- Sit to Stand
- Lunges
- Step-ups
- Stairs
- Split Squats
- Box Squats
- Toilet Transfers

REAL LIFE EXAMPLES

- Getting off a chair or couch
- Climbing stairs
- Getting in and out of the car
- Standing from the toilet
- Playing with grandchildren

2

HINGE

Bend at your hips to reach or lift.

Builds posterior chain strength and spinal health.



HINGE FAMILY

- Deadlift
- Romanian Deadlift
- Good Mornings
- Single Leg Hinge
- Picking Things Up
- Gardening
- Tying Your Shoes

REAL LIFE EXAMPLES

- Picking up groceries
- Lifting a suitcase
- Gardening and weeding
- Picking up grandchildren
- Reaching low cupboards

3

PUSH

Push something away from you.

Builds upper body strength, confidence and function.



PUSH FAMILY

- Wall Push-up
- Incline Push-up
- Floor Push-up
- Chest Press
- Overhead Press
- Dips (Assisted)
- Pushing a Cart

REAL LIFE EXAMPLES

- Pushing open doors
- Getting up from the floor
- Pushing a shopping trolley
- Moving furniture
- Getting out of a chair

4

PULL

Pull something toward you.

Builds back strength, posture and grip.



PULL FAMILY

- Resistance Band Row
- Seated Row
- Lat Pulldown
- Bent Over Row
- Face Pulls
- Pulling a Suitcase
- Opening Heavy Doors

REAL LIFE EXAMPLES

- Opening heavy doors
- Pulling a suitcase
- Getting out of the car handle
- Rowing or paddling
- Hanging laundry

5

CARRY

Carry loads safely and well.

Builds total body strength, grip and resilience.



CARRY FAMILY

- Farmer's Carry
- Suitcase Carry
- Overhead Carry
- Front Carry
- Grocery Carry
- Laundry Basket Carry
- Uneven Carry

REAL LIFE EXAMPLES

- Carrying groceries
- Carrying laundry
- Carrying grandchildren
- Carrying luggage
- Walking on uneven ground



THE AGESTRONG METHOD
APPLY TO EVERY MOVEMENT PATTERN



RESTORE
Make the movement possible again.



IMPROVE
Make the movement better.



BUILD
Make the movement stronger.



CONFIDENCE
Move with confidence.
Live independently.

♥ STRONGER MOVEMENTS. STRONGER YOU. INDEPENDENT FOR LIFE.

AGESTRONG

Your First AgeStrong Week

You do not need to change everything at once. Your first week can be remarkably simple.

1	CHECK Use the AgeStrong Five Movement Screen.
2	NOTICE Pay attention to control, confidence, compensation and how each movement feels.
3	CHOOSE ONE MOVEMENT Start with the movement that feels most useful to work on.
4	DECIDE Does that movement need Restore, Improve or Build?
5	BEGIN Take the next appropriate step rather than trying to do everything at once.



Clarity first. Progress second.

This Is Just the Beginning

AgeStrong is designed to help you understand your movement, choose the right starting point and gradually build the strength, confidence and capacity that support an independent life.

AGESTRONG FOUNDATIONS Learn the ideas that make the system work.	HEALTHYAGEINGRESOURCES Understand strength, balance, mobility, bone health and recovery.
MOVEMENT CONVERSATIONS Simple discussions that help you think differently about movement and ageing.	THE AGESTRONG ACADEMY Guided movement learning and progression.



Move better. Stay strong. Live independently.

Educational & medical disclaimer

This guide is for general educational purposes and is not a substitute for individual medical assessment, diagnosis or treatment. Exercise should be appropriate to your health, abilities and circumstances. If you have a medical condition, significant pain, recent injury, unexplained symptoms or concerns about starting exercise, seek advice from an appropriately qualified healthcare professional. Stop an activity and seek appropriate advice if it causes concerning symptoms.