

A.B.C.: Agility, Balance & Coordination for the Active Aging Client

Session 660

IDEA World 2025

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- **Learning Objectives**

- The Role of Agility, Balance and Coordination in the context of Movement Longevity
- The impact that Aging has on Agility, Balance and Coordination
- Programming Strategies to improve Agility, Balance & Coordination for the Active Aging Client
- A.B.C. class design

- **Movement Longevity**

- **The Aging Movement System**

- **The role of Agility, Balance & Coordination**

- **Agility: The Power to React**

- Agility & Aging
- Benefits
- Training Strategies

- **Balance: The Pillar of Coordination and Agility**

- Balance & Aging
- Benefits
- Training Strategies

- **Coordination: The Art of Movement Control**

- Coordination & Aging
- Benefits
- Training Strategies

- **Programming Strategies**

- Core Stability
- Proprioception & Kinesthetic Awareness
- Joint Mobility & Flexibility
- Muscular Strength

- Motor Control
- Reaction Time
- Cognitive Processing & Decision Making
- Foot & Ankle Function
- Visual and Vestibular integration
- Coordination between Limbs
- **A.B.C. Exercise Circuits:**
 - Agility
 - Balance
 - Coordination
- **Key Take Aways**
 - Agility, balance, and coordination are essential for maintaining independence and quality of life in older adults.
 - Regular training in these areas can lead to significant improvements in physical function, including strength, balance, mobility, and reaction time.
 - These types of training can also have positive effects on cognitive function and mental well-being.
 - Programming and Exercise Design

NOTES

THANK YOU FOR ATTENDING!

For additional information please send email to: robertomelani@gmail.com