



Mobility is **INDEPENDENCE**

Helping Your Parents
Stay Active Safely

行动力就是独立
帮助父母安全地保持活跃生活

As adult children, we often see our parents as the strong foundation of our lives—the ones who raised us, guided us, and gave us roots. But as they age, that foundation can feel a little shakier. A simple trip to the kitchen or a walk in the garden shouldn't come with fear. Mobility isn't just about moving; it's about freedom, dignity, and staying in their own home on their own terms. Falls, weakening bones and stiff joints are common after 65, yet they don't have to define the later years. With thoughtful support, safe movement habits and nutrition that strengthens from within, we can help our parents remain active, confident and truly independent.

The numbers tell a clear story: falls are a leading cause of injury for older adults, often leading to broken hips or long hospital stays that erode independence. But the good news? Most falls are preventable. The key is combining gentle activity, a safer home, and smart daily choices that support bones and muscles. Think of this as teamwork—small, consistent steps that add up to big wins.

作为成年子女，我们常常把父母视为我们生活的坚实基础——是他们养育了我们，引导了我们，给了我们根。但随着他们年岁渐长，这个基础可能会变得有些不稳。去厨房拿个东西或者在花园里散散步，本不该让人担惊受怕。行动能力不仅仅关乎移动，更关乎自由、尊严以及按照自己的意愿留在自己家中。65岁以后，跌倒、骨质变脆和关节僵硬是常见现象，但这并不意味着晚年就只能如此。通过周到的支持、安全的行动习惯以及从内而外增强体质的营养，我们能够帮助父母保持活跃、自信和真正的独立。

数字清晰地表明了这一问题：跌倒是老年人受伤的主要原因，常常导致髌骨骨折或长时间住院，从而削弱独立性。但好消息是？大多数跌倒是可以预防的。关键在于将适度的活动、更安全的居家环境以及有益骨骼和肌肉的明智日常选择结合起来。不妨将它想象成团队合作，一个个小小的、持续的步骤累积起来就能带来巨大的成效。

Why Mobility Matters and Getting Started Safely

Mobility keeps the whole body working better. Strong legs and good balance mean easier daily tasks like dressing, cooking or playing with grandchildren. Weak muscles and brittle bones raise fall risk, but regular movement builds resilience. The Centre for Disease Control (CDC) recommends that adults aged 65 and older should aim for 150 minutes of moderate aerobic activity each week (like brisk walking), plus muscle-strengthening and balancing exercises at least twice a week.

Safe exercises focus on three areas:

- **Strength:** Builds muscles to support joints and bones
- **Balance:** Directly reduces fall risk
- **Aerobic movement:** Improves heart health and endurance

行动能力的重要性， 以及如何安全起步

良好的行动能力能让整个身体运作得更好。强健的双腿和良好的平衡能力，让日常活动如，穿衣、做饭或陪孙辈玩耍变得更加轻松。肌肉无力和骨质脆弱会增加跌倒风险，然而规律地运动可以增强身体的韧性。美国疾病控制与预防中心（CDC）建议，65岁及以上的成年人每周应进行至少150分钟的中等强度有氧运动（如快走），并每周至少进行两次肌肉强化和身体平衡训练。

安全锻炼主要关注的三个方面：

- **力量：**增强肌肉以支撑关节和骨骼
- **平衡：**有效降低跌倒风险
- **有氧：**改善心肺健康与耐力

Rebounding

蹦床运动

Exercise

Rebounding exercise—gentle bouncing on a small, stable mini-trampoline (rebounder)—is low-impact yet powerful for seniors. It improves balance, strengthens legs and core muscles, builds bone density through gentle G-forces, boosts circulation, and reduces fear of falling. Studies show it significantly enhances mobility, walking speed and confidence, while releasing endorphins for better mood and less stress. It's joint-friendly (easier on knees than walking on hard ground) and fun—many describe it as "bouncing back joy."

For a fun, low-impact way to build strength, balance and even lift spirits, consider rebounding on a NewLife™ Rebounder. Hold onto a stable handlebar or do seated bounces if needed—start with just 2–5 minutes daily.

Why seniors love it:

- Improves balance and coordination → directly reduces fall risk (one study saw big gains in older women with osteopenia)
- Strengthens bones gently (weight-bearing without harsh impact)
- Boosts mood and energy (endorphins + better blood flow to the brain)
- Enhances mobility and leg power for everyday tasks like climbing stairs or market walks

Safe start tips:

- Choose a rebounder with a handlebar for stability
- Begin seated or light health bounces (feet stay on mat)
- Do it indoors—perhaps during favourite TV shows or with family

Encourage consistency over intensity. A daily 20-minute routine (rebound exercise with outdoor walks) can dramatically reduce fear of falling and boost mood.
每天20分钟的常规运动（弹跳运动结合户外散步）可以显著降低跌倒恐惧并提升心情。

蹦床运动—在小型稳定的迷你蹦床上（弹跳床）进行轻柔弹跳，对老年人来说是一种低冲击但效果显著的运动。它能改善平衡能力，强化腿部和核心肌群，通过轻微的重力刺激增强骨密度，促进血液循环和减少对跌倒的恐惧。研究表明，这种运动可以显著提升行动能力、步行速度和自信心，并同时释放内啡肽，有助于改善情绪、减轻压力。它对关节友好（对比在硬地上行走对膝盖的压力小），而且有趣——很多人形容它为“快乐的弹跳”。

如果您想要一种有趣且低冲击的方式来增强力量、平衡感甚至提升精神状态，不妨考虑在新生命弹跳床进行反弹运动。您可以握住稳固的扶手，或者进行坐式弹跳——每天从2到5分钟开始。

为什么老年人喜欢它：

- 改善平衡与协调能力 → 降低跌倒风险（一项研究发现，患有骨质减少的老年人在平衡和协调性方面有改善）
- 温和增强骨骼（负重但不剧烈冲击）
- 提升情绪与活力（内啡肽+更好的脑部血液循环）
- 提高行动能力和腿部力量，如上下楼梯或外出买菜

安全入门贴士：

- 选择带有扶手的弹跳床以增加稳定性
- 从坐式或轻微弹跳（脚不离垫）开始
- 在室内进行——或许在和家人一起观看喜爱的电视节目时



Diet and Supplements: The Supporting Foundation for Strong Bones and Steady Steps

饮食与补充剂： 强健骨骼与稳定步伐的基础

Exercise and safety are powerful, but nutrition fuels the engine. Bones and muscles need specific nutrients to stay dense and resilient. A bone-friendly diet plus targeted supplements (only when needed) plays a supporting role that amplifies everything else.

运动和安全措施固然重要，但营养才是身体的燃料。骨骼和肌肉需要特定的营养来维持密度与强度。有益骨骼的饮食加上有针对性的补充剂能起到关键的辅助作用。

PROTEIN

Focus on 3 stars:
**calcium, vitamin D
and protein**

重点关注三大营养：
**钙，维生素D，
蛋白质**

VITAMIN
D

CALCIUM



**Daily diet tips your parents
will actually enjoy:**
您的父母会喜欢的日常饮食小贴士：

CALCIUM-RICH FOODS

富含钙的食物

Low-fat yoghurt (3-4 servings), cheese, kale, broccoli
低脂酸奶（3 - 4份）、奶酪、羽衣甘蓝、西兰花



VITAMIN D SOURCES

维生素D来源

Fatty fish (salmon, mackerel) twice a week, egg yolks plus safe sunlight
(10-15 minutes at midday with arms and legs exposed)
每周两次的富含脂肪的鱼类（三文鱼、鲭鱼），蛋黄以及适当的日晒
（中午时分，手臂和腿部暴露10至15分钟）



PROTEIN POWER

优质蛋白

Eggs, chicken, beans, lentils, nuts, yoghurt, or a small handful of almonds
鸡蛋、鸡肉、豆类、扁豆、坚果、酸奶或一小把杏仁



SUPPORTING PLAYERS

辅助营养

Leafy greens for vitamin K and magnesium, bananas and potatoes for potassium, and colourful fruits/veggies to fight inflammation. A Mediterranean-style plate—lots of fruit and vegetables, healthy fats like Flaxseed Oil, moderate fish and poultry—has been linked to better bone density.

绿叶蔬菜提供维生素K和镁，香蕉和土豆提供钾，色彩丰富的水果/蔬菜有助于抗炎。地中海式饮食——大量植物、健康的脂肪，如亚麻籽油、适量的鱼和禽肉——与更好的骨密度有关。



Supplements as smart support

补充剂作为明智的辅助

Calcium Complex supports strong bones, teeth, and overall mobility by providing essential minerals and cofactors for bone density and calcium absorption. Key nutrients like calcium, vitamin D, magnesium, boron, and others work together to enhance bone strength, reduce fall risk through better muscle function, and help prevent age-related bone loss in seniors.

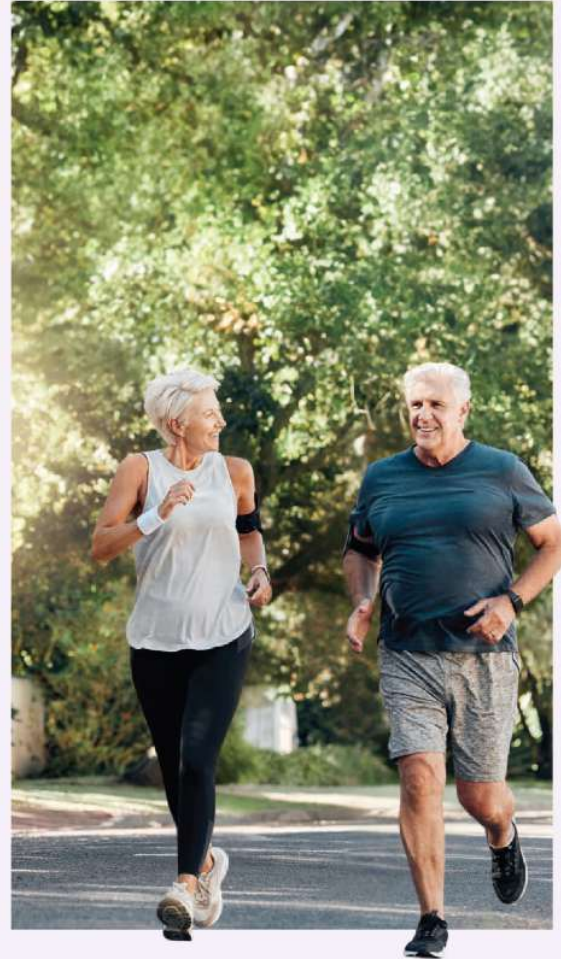
NewLife™ Calcium Complex provides a balanced, synergistic blend for daily bone support.

When your parents eat well and move safely, the results compound: stronger bones resist fractures, steadier legs prevent falls, and daily energy returns. Independence isn't lost with age—it's protected with love and smart choices.

钙合成剂通过提供对骨密度和钙吸收至关重要的矿物质和辅助因子，支持强健的骨骼、牙齿和整体活动能力。像钙、维生素D、镁、硼等关键营养素协同作用，能增强骨骼强度，通过改善肌肉功能降低跌倒风险，并有助于预防老年人的年龄相关性骨质流失。

新生命钙合成剂提供了一种平衡且协同的配方，为日常骨骼健康提供支持。

当您的父母饮食良好且安全活动时，效果会叠加：更强壮的骨骼能抵御骨折，更稳健的双腿能防止跌倒，日常精力也会恢复。通过关爱和明智的选择，独立性不会随着年龄的增长而丧失。



Your
Next

Step



您的下一步行动

Sit with Mum or Dad over a cup of chamomile tea, and pick one change this week—maybe a short walk together. Celebrate every win, no matter how small. You're not just helping them stay active; you're giving them the gift of continued freedom in the home they love.

Mobility truly is independence. With your support, your parents can keep walking their own path—safely, happily, and on their terms—for years to come.

与您父母一起坐下来喝杯洋甘菊茶，一起选择这周一个小改变——比如每天一起散步。庆祝每一个小进步。您不仅是在帮助他们保持活跃，更是在守护他们在熟悉的家中继续自由生活的能力。

行动力就是独立。在您的支持下，父母可以安全、快乐地走好自己的路，继续过他们想要的生活。



10 Aging-in-Place Features for Safer Living

10项贴心适老化改造， 让家成为父母安心生活的港湾

Honouring our parents includes helping them stay active, safe and independent. Age-related changes in balance, strength and bone health can increase fall risk, but simple home adjustments can greatly support safe movement and daily independence. Here are 10 practical aging-in-place features to create a safer home:

爱父母，不只是陪伴，更包括帮助他们保持活跃、安全和独立。随着年岁渐长，身体的平衡感、力量和骨骼韧性可能悄然变化，但请放心：许多跌倒等意外伤害风险，其实可以通过周到的家居小改变来化解。这些调整不一定得大动干戈，以下是10项实用又暖心的适老化改造建议，切实提升居家养老的安全性、自主性与生活质量，让家真正成为父母长久安居、自在生活的温暖空间：

01 Wide Walkways & Doorways 宽敞的走道与门道

- Wider doorways and hallways (min 3 feet+) ease movement for walkers and wheelchairs.
- Continuous flooring reduces tripping hazards and eases movements.
- In kitchens, maintain at least a 48-inch clearance around islands for safe navigation.
- 门道与走廊宽度建议不少于3尺，方便轮椅、助行器平稳通行；
- 地面尽量统一、无高差，避免门槛或突起，减少绊倒的危险，方便行动；
- 厨房岛台周边预留至少48寸回转空间，方便转身、取物与照护协作。

02 Single-Level Living 更安心的单层生活

- Single-floor layouts or minimal steps reduce fall risks.
- If steps are unavoidable, gentle ramps or handrails provide safer transitions.
- 若条件允许，优先考虑单层起居布局，减少上下楼带来的潜在风险；
- 如确需楼梯，应配置双侧连续扶手、设置缓坡过渡，让每一次上下都稳稳当当。

03 Grab Bars 扶手

- Install grab bars near showers and toilets for balance and support.
- 在马桶旁、淋浴区两侧及入口处安装承重扶手，以保持平衡和提供支撑。

04 Abundant Lighting 分层级照明系统配置

- Layered lighting with smart controls improves visibility and helps prevent accidents.
- Low-level LEDs and matte finishes guide nighttime movement and reduce glare.
- 分层照明搭配智能控制，提高可见度，有助于预防事故。
- 低亮度的LED灯和哑光表面引导夜间行动，减少眩光。

05 Easy-to-Grip Levers & Handles 易于抓握的开关与把手

- Lever-style faucets, sturdy cabinet pulls and large-button smart panels are easier to use with limited dexterity.
- Touch-free faucets add convenience and hygiene.
- 采用杠杆式水龙头、宽面抽屉拉手、大按键智能面板，降低操作难度；
- 推荐触控或红外感应水龙头，兼顾卫生、便利与优雅，让日常更从容。

06 No-Bend Features 免弯腰设计

- Wall ovens, pull-out drawers and raised appliances reduce bending and reaching.
- Pull-down or adjustable shelving and counters positioned at comfortable heights improve accessibility and support independence.
- 墙挂式烤箱、抽拉式调料架、抬高式电器减少弯腰和伸展的动作，让常用物品触手可及；
- 可升降台面、下拉式吊柜，让操作高度随人而变，照顾不同身高与体能状态。

07 Kerbless Showers 无门槛淋浴间

- Barrier-free entries prevent slips and allow easier access for wheelchairs and walkers.
- 平滑入室的淋浴区，无需跨步，既防滑又省力，轮椅或助行器也能轻松进出。

08 Shower Bench 淋浴凳/台墩式平台

- Provides a safe, comfortable place to sit while showering.
- Freestanding benches allow flexible positioning for caregivers or changing needs.
- 提供稳固、低矮的坐台，让老人坐着沐浴更安全与省力。
- 独立式淋浴凳提供灵活性，方便照顾者协助洗澡和更衣。

09 Handheld Sprayers 手持淋浴喷头

- Useful for seated showering and caregiver assistance.
- Slide-bar models can double as grab bars for added safety.
- 适用于坐浴淋浴，也方便家人协助洗护；
- 滑杆式喷头可调节高度与兼作扶手，一物多用，增加安全性。

10 Non-Slip Flooring 防滑地面

- Crucial in bathrooms and kitchens where wet surfaces are common. Choose textured tiles, mosaic patterns, or matte finishes to increase traction.
- Avoid high-gloss, polished materials, wax coatings and natural stone without anti-slip treatment.
- 浴室、厨房等易湿区域，优选纹理瓷砖、微晶石复合防滑砖或哑光釉面砖增强摩擦力；
- 避免高光、抛光材质，蜡质涂层及无防滑处理的天然石材，让每一步都稳稳落脚。