

PROGRAM LIBRARY — GOAL-BASED TRACKS

Everyday Healthy Living Track

AdaptAbility Co Program Library, Goal-Based Tracks. The simplest, most welcoming track of all. For a family who just wants the person moving more and living healthier, with no specific target beyond a better, more active life. Read [Goal-Based Tracks – Overview](#) first.

◆ Is this you

You don't have a specific goal like weight loss or a sport. You just want the person you care for to move more, feel good, and live a healthier life. You want something easy and sustainable that fits into normal days. This is the gentlest place to start, and for a lot of families it's all they need.

◆ The one big idea

Movement is medicine, and it doesn't have to be a workout. A more active life means a healthier heart, a better mood, better sleep, stronger bones and muscles, and more energy, and it doesn't require a gym or a plan or a goal. It just requires building a little more movement and a few simple habits into normal life. Small things, done most days, add up to a real difference. Make it enjoyable and make it part of the routine, and it lasts.

◆ The whole plan, in one frame: AdaptAbility Five

This track is really just the AdaptAbility Five habits, lived. They're simple, they're easy to remember, and they cover the foundations of a healthier life.

- **Five days of activity a week.** Any movement the person enjoys, for any amount of time. It all counts.
- **Five fruits and vegetables a day.** Add color to the plate. Add good things rather than taking favorites away.
- **Five bottles of water a day.** A marked water bottle makes it easy. Swap in water for sugary drinks where you can.

Two more that round it out: **good sleep** (a consistent bedtime, a calm wind-down, eight to ten hours) and **time being active together as a family**, because doing it together is what makes it stick and makes it good.

◆ Easy ways to add movement (pick what they enjoy)

The best activity is the one the person likes, because they'll actually do it. Mix and match.

- **Walks or wheels**, around the block, in a park, to somewhere they like to go.
- **Dancing** to favorite music.
- **Active games**, tag, catch, balloon keep-up, an obstacle course, anything playful.
- **Swimming or water play**, great for everyone and easy on the body.
- **Helping with active chores**, carrying, gardening, tidying, which builds strength and independence at once.
- **A favorite sport or activity**, even casually.
- **A few simple strength moves** a couple times a week if they enjoy them, sit-to-stands, wall push-ups, bridges, carries, but only if they're fun, since this track is about an active life, not a program.

Aim for twenty to thirty minutes most days, in one go or in small bursts. Every bit counts, and consistency matters far more than intensity.

◆ Make it fit the person

- **Any mobility level:** every idea here adapts, seated dancing, seated games, wheeling instead of walking, water work. See the [Wheelchair and Limited Mobility – Seated Strength and Conditioning](#) program for seated activity ideas.
- **Sensory needs or resistance to activity:** make it play, keep it predictable, and follow what they enjoy. The movement matters, not the form it takes.
- **A specific diagnosis:** the community programs in this library add anything specific, but for general healthy living, this simple track fits everyone.

◆ When to level up

- If a specific goal shows up, weight, strength, foundations, mobility, move to that track.
- If the person wants to compete, look at a sport in the [Special Olympics Sport Training](#) library.
- If the family wants a full custom plan built around the person, that's the app.

There's no pressure to level up, though. For a lot of people, a consistently active, healthier everyday life is the whole goal, and it's a great one.

◆ The bottom line

Live the AdaptAbility Five habits, add movement the person enjoys most days, sleep well, and do it together as a family. That's it. Simple, sustainable, and genuinely good for a healthier, happier life, no specific goal required.

◆ The rules that don't change

These hold in every program in this library, for every person, on every day. If anything else here ever conflicts with this section, this section wins.

Pain and discomfort are not the same thing. Uncomfortable is okay. Pain means stop, right now. Everybody's body moves differently, and the same body moves differently on different days, so nobody ever knows the whole of what is going on inside somebody else. Say it at the start, not after. A person who hears the rule first will stop. A person who hears it once they have already pushed into something has learned that stopping is a correction. This does more work than any list of things to avoid, because a list only protects against what is on it.

Ask it so it can be answered. "Is that uncomfortable, or does that hurt?" beats "are you okay?" An open question puts the whole burden on somebody who may not have the word, or may not know it is their turn to use it, and most people answer yes because yes ends the attention. Give the options, don't ask for the word. Two options is help, five is a test, and the door stays open for neither.

For the person who can't tell you, the rule transfers rather than disappears. The coach holds the stop button. Watch for a face that changes, breath that catches, a body that braces or goes still, a limb that pulls back, a sound that isn't their usual sound, a hand that comes up, or somebody who suddenly disengages from something they were enjoying. Any of those is a stop, and it does not need confirming. Stopping something that turned out to be fine costs nothing. The other direction costs a lot.

A no is a real answer. It ends the ask, it is not negotiated, and it never costs the person the rest of the session.

If the helper's body can't do it, that is information and not a dead end.

Change the position, change the tool, change who moves, or change the helper. You almost never fail at a whole assist, you fail at one piece of it, and every piece has four replacements. Equipment before technique, technique before muscle, and a bath towel used as a strap is the most useful item in the

house. Directing the assist is doing the assist: deciding, pacing, reading the face, running the breath, noticing the change and saying stop are the skilled half of the job, and the hands are the interchangeable half.

How we know it landed. Never "does that make sense?", because everybody says yes. Instead: "I want to make sure I explained that well, tell me what we're doing next." Four levels — can do it with me, can do it without me, can say what it's for, can teach it to somebody else. Nobody moves up a level they haven't shown, and for some people level one or two is the ceiling and reaching it is a finished outcome. Aim one level higher than you expect, because aiming low and being wrong costs somebody years.

And what progress means here. Progress is not only more. Progress is the same work with less help: a hand that wasn't needed this time, a cue nobody had to give, a step that didn't get explained. That is a real gain, it gets written down like any other, and for a lot of the people in this library it is the entire point. A rise in the help needed is worth a question, never a scold.

◆ More capable than the plan assumes

Every part of this program scales up as well as down. The exercises here can be run as real, direct training, bodyweight, dumbbell, kettlebell, medicine ball, and barbell work with honest sets, reps, and progression, for anyone more capable than a starting point assumes. Disguised movement and games are an option for the people they help, never a requirement, and for many people the real lift named in plain, honest terms is exactly the point.

How that decision gets made, and it is never a diagnosis. Four reads.

Cleared, with no open flag on that movement. Can tell you uncomfortable from pain, unprompted, in whatever channel they use, which is not a speech test — a nonspeaking person with a reliable stop signal passes it and a talkative person who says "I'm fine" through everything does not. Owns the pattern, shown in about thirty seconds rather than asked about. And asked to be pushed, because nobody is put in the harder room for their own good.

The reads run per movement, never per person. The same person can train direct on a hinge and adaptive on a floor transfer in the same session, with no announcement and no ceremony. There is no tier and no badge here, so not passing a read is not exclusion from anything. It is a different approach to that one movement, today.

And the mistake runs both ways. Pushing somebody who never asked is the obvious error. The one almost nobody names is the other one: softening the work for a person who passed all four reads and asked for the real thing is condescension wearing kindness. We always assume a person may be capable of more than expected and give them the room to show it, and one of the realest wins here is a person doing a movement they never believed they could.

The full spine is in [01 Our Philosophy and Promise](#).

