

Pillars of Wellness Releases Winter Mobility Checklist for Adults Over 50

Pillars of Wellness publishes a free winter mobility checklist highlighting seven changes in strength, balance and everyday movement for adults over 50.

BURLINGTON, ONTARIO, CANADA, October 29, 2026 /EINPresswire.com/ -- Pillars of Wellness, a multidisciplinary healthcare clinic in Burlington, Ontario, has published a free [winter mobility checklist](#) designed to help adults over 50 recognize changes in strength, balance and everyday movement as winter approaches.

The online resource identifies seven changes that may deserve attention, from difficulty climbing stairs and rising from a chair to feeling unsteady while walking. It also provides practical guidance on remaining active and understanding when professional advice may be appropriate.



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*Mari Mueller, Registered
Physiotherapist at Pillars of
Wellness*

Recognizing changes in everyday movement

Winter conditions can make existing mobility difficulties more noticeable. However, reduced strength, persistent joint stiffness and changes in balance may also affect how comfortably people complete familiar activities throughout the year.

The newly published checklist explores seven situations that readers can reflect on:

1. Getting out of a chair requires more effort.
2. Climbing stairs has become more difficult.
3. Turning or changing direction feels unsteady.

4. Walking less because of concerns about falling.
5. Joint stiffness affects daily routines.
6. Carrying groceries or completing household tasks feels harder.
7. Experiencing a fall, near-fall or change in walking.

The resource is intended to encourage awareness rather than provide a diagnosis or a prediction of fall risk.

A practical approach to healthy aging

"When stairs, walking or getting out of a chair starts to feel harder, it's worth paying attention. This checklist helps people recognize changes in everyday movement and know when to seek advice," said [Mari Mueller](#), Registered Physiotherapist at Pillars of Wellness.

The guide also discusses ways to support physical activity during colder months, including appropriate strengthening, balance activities and practical winter safety measures.

Its educational recommendations draw on Canadian public-health information, including resources from the Public Health Agency of Canada, Health Canada and the Canadian 24-Hour Movement Guidelines.

For readers whose symptoms are persistent or affecting everyday activities, the guide explains how [physiotherapy in Burlington](#) may help assess strength, movement, balance and physical limitations.

Free educational resource now available

The Winter Mobility Checklist for Burlington Adults Over 50 is available at no cost on the Pillars of Wellness website.

The clinic encourages readers to use the information as a starting point for understanding changes in their everyday movement. The checklist is not a substitute for individualized medical advice or professional assessment.

About Pillars of Wellness

Pillars of Wellness is a multidisciplinary healthcare clinic located in Burlington, Ontario. Its healthcare team provides physiotherapy, occupational therapy, counselling, chiropractic care, massage therapy and other services.

The clinic emphasizes individualized care and helping patients work toward meaningful goals related to physical function, health and everyday well-being.

For more information, visit <https://pillarsofwellness.ca/>.

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