

It's time for a stretch break



Did you know a decrease in walking speed is linked to increased mortality and falls in older adults.¹

The Calf Stretch

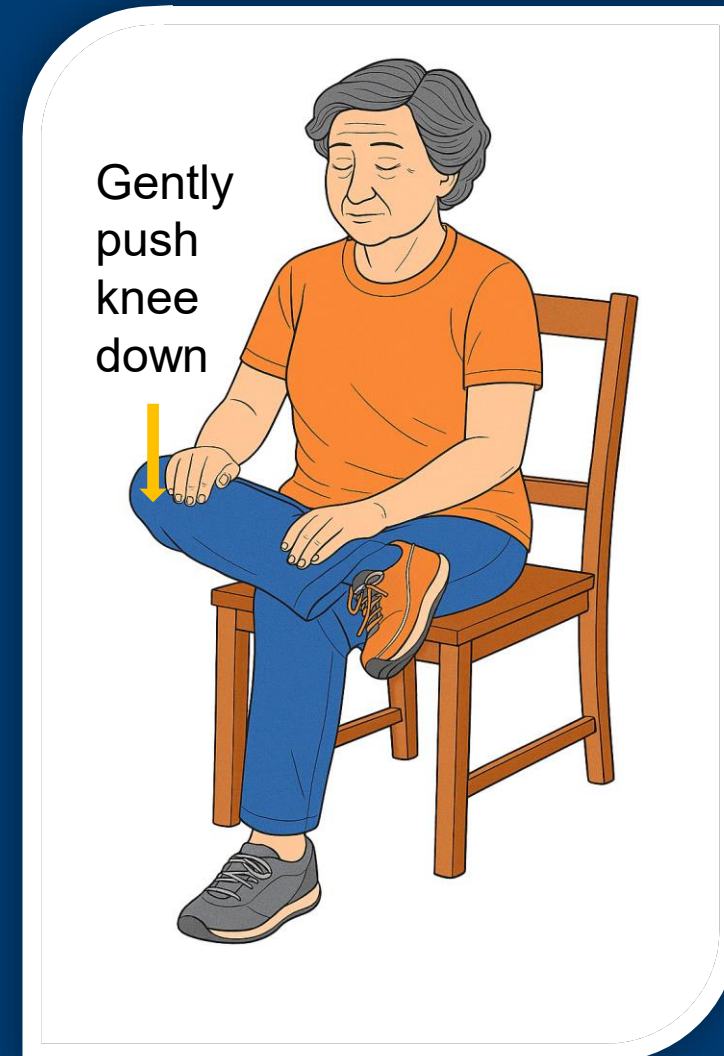
- Increases motion at the ankle and improves walking speeds.¹
- 3 times each leg, hold for 30-40 seconds, every day.



Did you know sitting for prolonged periods can stiffen your hips leading to decreased balance and back pain.²

The Seated Figure 4 Stretch

- Increases motion at the hip, improves balance and decreases back pain.
- 3 times each leg, hold for 30-40 seconds, every day.



Did you know age-related chest muscle shortening can reduce aerobic capacity and limit walking distance.³

The Pectoralis Stretch

- Improves chest expansion, lung function and walking distance in 6 minutes.
- 3 times, hold for 30-40 seconds, every day.

