

Ways To Improve Flexibility & Mobility

Practice good posture

Stretch throughout the day



Dynamic movements

Bodyweight movements

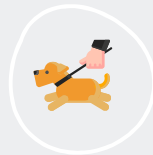
Maintaining Mobility As We Age



Be physically active



Move more and sit less



Mix up your moves



Stretch

Ideas For A Quick Mobility Routine

1

Neck Circles



2

Arm Circles



3

Back Rows



4

Hip Circles



5

Cat-Cow



6

Ankle Circles

