



Strength for Life

An essential pillars of health and independence



Balance

Needed to stand up from a chair, walk confidently, and help prevent falls



Strength

Helps with groceries, stairs, and getting up from the floor



Mobility

Flexibility and range of motion to move freely at any age



Independence

Maintaining hobbies like gardening, golf, and travel requires strength and mobility



Why Muscles Matter

Maintaining muscle means maintaining independence.



Simple Exercise Reminders

8 Beginner-Friendly Balance & Mobility Exercises



Hands-Back Stretch

Open the chest and improve posture



Foot/Grip Stretch

Improve flexibility and balance



Shoulder Rolls

Reduce stiffness and improve mobility



Chair Twist

Improve spinal mobility



Cross-Knee Lie

Improve hip and lower back mobility



Knee-to-Chest Lift

Improve flexibility and balance



Single-Leg Reach (Advanced)

Build balance and stability



Standing from Seated

Build leg strength and improve function

Why these Exercises Matter

Support strength, balance, and mobility.

Progress, Not Perfection