

Mobility or Stretching: What Do I Need?™

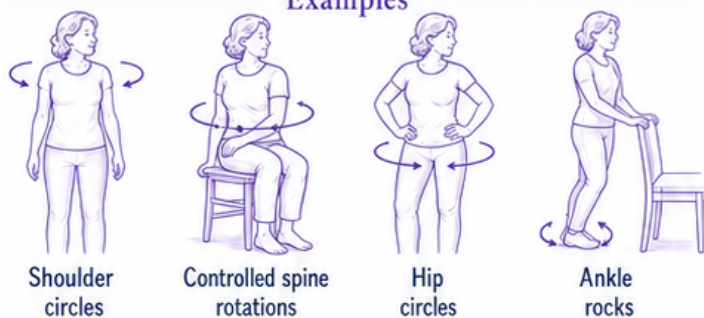
Both can be useful, but they support your body in different ways.

Mobility is your ability to move a joint with control. Stretching places a muscle or group of muscles in a lengthened position.

Choose Mobility When You Want To

- Practice moving a joint through a comfortable range.
- Improve control in positions you use every day.
- Prepare your body for walking, strength training or other activity.
- Work gently with general stiffness.

Examples

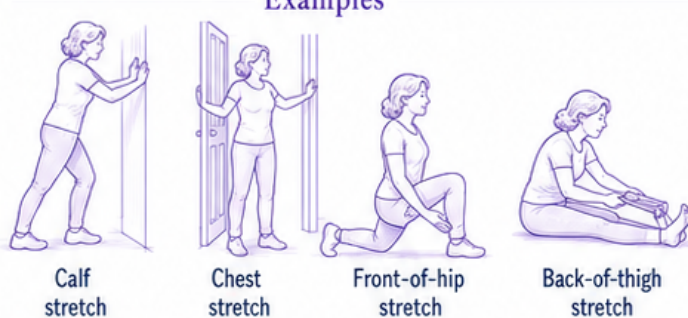


Mobility usually involves repeated, controlled movement.

Choose Stretching When You Want To

- Spend a little time in a comfortable lengthened position.
- Ease a temporary feeling of muscle tightness.
- Slow down after activity.
- Relax into gentle breathing.

Examples



Stretching usually involves holding a comfortable position briefly.

What Does Your Body Need Right Now?

1 Do you want to prepare for movement?
↓
Try mobility.

2 Does a muscle feel temporarily tight after sitting or activity?
↓
Try a gentle stretch.

3 Do you feel generally stiff and want to move more comfortably?
Begin with mobility, then add stretching if it feels useful.

4 Is there pain, numbness, swelling, new weakness or a joint that feels unstable?
Pause and seek professional guidance.

Try This Simple Combination



Comfortable Sensation or Warning Sign?

☒ **Usually Comfortable**

- Mild pulling or lengthening
- Warmth
- A range you can control
- Normal breathing

☐ **Stop or Modify**

- Sharp, pinching or electric pain
- Numbness or tingling
- Joint instability
- Symptoms that worsen or linger



Area I want to support: _____

I may try: Mobility / Stretching / Both

How it felt afterward: _____



Gentle Reminder
More range is not always better. Comfortable control matters.



Martine's Midlife Wellness Tip
Recheck the movement afterward. If it feels easier and steadier, the choice may have suited you.



When to Ask for Guidance
Seek guidance for persistent pain, numbness, swelling, new weakness, recent injury or a joint that feels unstable.