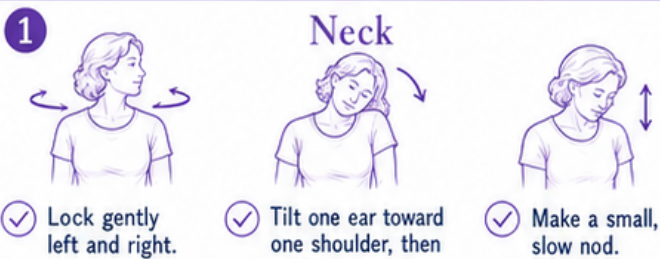


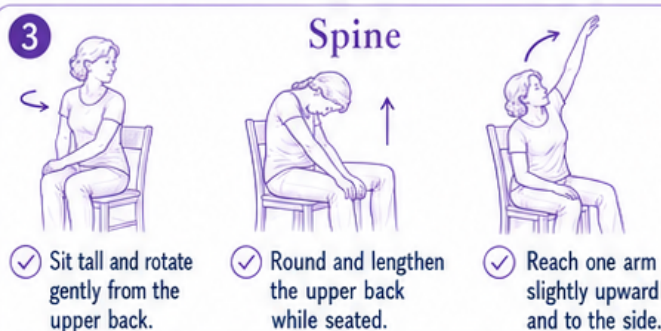
The Daily Mobility Menu™

Choose a few controlled movements based on where your body feels stiff or where you want to move more comfortably.

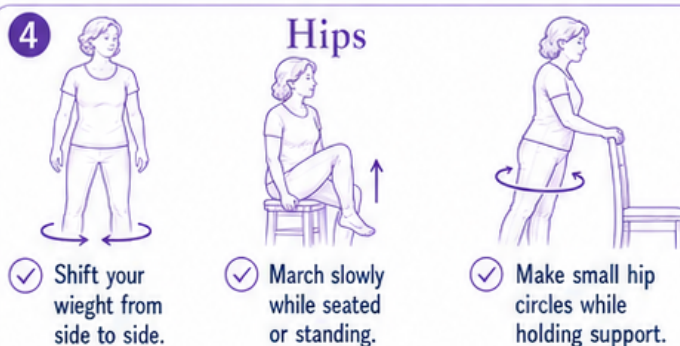
Mobility practice should feel smooth and manageable. Move slowly, breathe normally and stay within a comfortable range.



Keep the range comfortable. Do not force or circle the neck.



Keep the movement gentle and avoid forcing the range.



Ankles & Feet



Build My Mobility Break



2 Minutes

Choose one body area.



5 Minutes

Choose three body areas.



10 Minutes

Move from neck to ankles without rushing.

Repeat each movement 3 to 5 times or for as long as it remains comfortable.

Choose by When You Need It



After Waking
Begin seated and use smaller ranges.



After Sitting
Focus on shoulders, hips and ankles.



Before Activity
Practice movements related to what you are about to do.



During a Stiff Day
Use shorter, more frequent mobility breaks.

Keep It Comfortable

- Move slowly.
- Use support.
- Breathe normally.
- Stop before the range feels forced.

Pause and Reassess

- Sharp or pinching pain
- Dizziness
- Numbness or tingling
- New weakness or instability



Areas I chose: _____

Before: Stiff / Comfortable

After: Easier / Same / Worse



Gentle Reminder

You do not need to complete every movement. Choose what feels useful today.



Martine's Midlife Wellness Tip

Keep your favorite three movements together as a mini routine you can remember anywhere.



When to Ask for Guidance

Seek guidance for persistent pain, new numbness, swelling, weakness, dizziness, recent injury or a joint that feels unstable.