



## Because it Does.

**Even small daily movements can have a positive impact on your mood, your body, and your quality of life.**

### Break-time movements to stay mobile.

You've spent years building your retirement savings and planning for the future. But when was the last time you invested in your body? The good news is that you don't need a financial planner or a gym membership. Just

a few minutes of intentional movement can help maintain your mobility, reduce stiffness, and keep you active for years to come. You've planned for your financial health. Don't forget your physical health.

**These small moments compound to big changes in how your body feels throughout the day.**



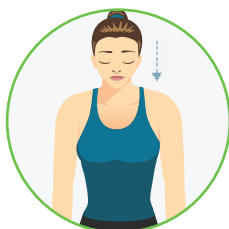
#### Seated Figure-4 Stretch (Hip Opener)

Sit tall in a sturdy chair (no wheels!) with both feet flat on the floor. Cross your right ankle over your left knee so your leg forms a figure-four shape. Keep your spine straight and lean slightly forward from your hips until you feel a gentle stretch in your right hip. Take a few deep breaths then switch sides. If crossing your ankle at the knee feels too tight, rest it just above your ankle or shin.



#### Seated Twist

Sit tall in a sturdy chair (no wheels!) with both feet flat on the floor. Place your right hand on the back of your chair and your left hand on your right thigh. Inhale to sit tall, exhale as you gently twist your upper body to the right. Switch sides. Keep the twist small and easy if you have back tightness. Move only as far as feels comfortable.



#### Neck Flexion Stretch (Forward & Backward)

Sit with your shoulders relaxed and your hands on your lap. Slowly lower your chin toward your chest until you feel a gentle stretch in the back of your neck. Pause for a few deep breaths. Then, slowly lift your chin toward the ceiling without letting your head drop back sharply. Keep the movement slow and controlled. If your neck feels tight, keep the motion smaller.

**Chiropractors help Canadians live healthy, active lives.**

These movements are meant to be safe, simple and easy to follow. Download this page and use it as a reminder to move today and every day.

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