



Maintain Flexibility with Aging

As a kid, touching your toes was a piece of cake. For older adults, being agile becomes more challenging and is due to a loss of flexibility as our bodies age. Flexibility allows us to move our bodies and joints freely and with ease. Maintaining your flexibility is important in order to function normally and complete daily living tasks such as putting on your socks and shoes, getting dressed, and household chores like cleaning and picking up items off the floor.

The good news is you can improve your flexibility at any age. Try these gentle stretches each morning to reduce pain and stiffness and help you move comfortably throughout the day.



Full-body Stretch: On an inhale, reach your arms overhead and straighten your legs out. Hold this fully stretched position for 5 counts, then exhale & release the stretch. Repeat 3 times.



Knees-to-Chest: Lay on your back, bend your knees and use your hands to draw one knee in toward your chest at a time, wrapping your arms around both shins. Hold for 10 deep breaths.



Supine Twist: Stretch your arms out to a "T" shape. Guide your legs over to rest on one side, keeping your knees bent and shoulders planted flat on the bed. Look toward the opposite side of your legs. Hold for 10 deep breaths, then repeat on the other side.

Therapy Can Help Adults Stay Active & Independent

Physical therapists can teach you how to exercise appropriately for joint mobility, flexibility, strength and fitness. Occupational therapists help older adults to safely do the things they want to do, stay active and live well despite limitations. Talk to your doctor today about the benefits of physical and occupational therapy!

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