Longevity for Life

Timeless Energy for Life

Stronger Knees Brighter Days ♡



Knee Mobility & Strength

Supporting Stability, Confidence & Independent Movement

Strong Knees Support Every Step of Life's Journey ♡



1 Seated Knee Extensions

Sit tall in a chair, slowly straighten one knee until your leg is parallel to the floor, pause, then slowly lower with control.

Do 10–15 repetitions each leg.



2 Heel Slides

While sitting or lying down, slide one heel toward you, bending the knee, then slowly slide it back out to a comfortable, straight position.

Do 10–15 repetitions each leg.



3 Sit to Stand

Sit tall in a sturdy chair, feet hip-width apart. Stand up slowly without using your hands if possible, then sit back down with control.

Do 8–12 repetitions.



4 Mini Squats

Stand near a counter or sturdy surface. Bend your knees slightly, keep your chest up and weight in your heels, then return to standing.

Do 10–15 repetitions.



5 Step-Ups

Use a low step or sturdy platform. Step up with one foot, bring the other foot up, then step back down with control.

Do 8–12 repetitions each leg.



6 Terminal Knee Extensions

Loop a resistance band behind your knee (or around a sturdy object). Straighten your knee against the resistance, then slowly relax.

Do 10–15 repetitions each leg.

Healthy Knees Lead to a More Active Tomorrow

FOCUS | IMPROVE | TRANSFORM

Move Better • Live Stronger • Age Well

"Movement is Medicine for a Brighter, Healthier You."

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