Longevity for Life

Timeless Energy for Life

Stronger Hips Brighter Days



Hip & Glute *Mobility & Strength*

Supporting Balance, Stability & Confident Movement

Strong Hips Support Every Step of Life's Journey



1 Seated Marches

Sit tall and slowly lift one knee toward your chest, then lower and alternate sides.

Do 10–15 repetitions each leg.



2 Standing Hip Abductions

Stand tall and slowly move one leg out to the side while keeping your trunk upright.

Do 10–15 repetitions each leg.



3 Seated Figure-Four Stretch

Cross one ankle over the opposite knee and gently lean forward until you feel a stretch in your hip and glute.

Hold for 20–30 seconds, 2–3 times each side.



4 Sit to Stand

Stand up from a chair without using your hands if possible, then sit back down slowly with control.

Do 8–12 repetitions.

Functional Strength for the Things You Love



5 Hip Flexor Stretch

Step one foot back and gently shift your weight forward until you feel a stretch at the front of your hip.

Hold for 20–30 seconds, 2–3 times each side.



6 Glute Bridge

Tighten your glutes and lift your hips off the floor until your body forms a straight line from your shoulders to your knees. Slowly lower down.

Do 10–15 repetitions.

Movement Creates Strength. Strength Creates Confidence.

FOCUS | **IMPROVE** | **TRANSFORM**

Healthy Hips Lead to Better Balance & Mobility

Move Better • Live Stronger • Age Well

Small Improvements Lead to Greater Independence.

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