Longevity for Life

Timeless Energy for Life

A Healthier Neck
A Brighter Tomorrow



Neck & Cervical Spine
Mobility & Strength

Supporting Posture, Comfort & Confident Movement

Move With Comfort
Live With Confidence



1 Chin Tuck + Nod

Gently draw your chin straight back (like making a double chin), then perform a small nod. Keep your shoulders relaxed.

Do 8–10 repetitions.



2 Controlled Neck Rotation

Slowly turn your head to one side until a gentle stretch is felt, then repeat to the opposite side. Keep your shoulders down and relaxed.

Do 5–10 repetitions each direction.



3 Neck Isometric (Front)

Place your hand against your forehead and gently press, without allowing your head to move. Use gentle pressure.

Hold for 5–10 seconds. Repeat 5 times.



4 Neck Isometric (Side)

Place your hand on the side of your head and gently press, without allowing your head to move. Use gentle pressure.

Hold for 5–10 seconds. Repeat 5 times each side.



5 Wall Posture Reset

Stand with your back against a wall, gently align your head, shoulders and upper back. Keep your chin slightly tucked and your core engaged.

Hold for 20–30 seconds. Repeat 3 times.



6 Scapular Retractions

Gently squeeze your shoulder blades together, hold for a moment, then release. Keep your neck long and your shoulders down.

Do 10–15 repetitions.

A Stronger You Supports a Brighter Tomorrow

FOCUS | IMPROVE | TRANSFORM

Healthy Neck Mobility Supports Better Posture, Balance & Daily Function

Move Better • Live Stronger • Age Well

Small Daily Movements Lead to Lasting Results

Timeless Energy for Life