Longevity for Life

Timeless Energy for Life

Healthy Feet Happier Days



Ankle & Foot
Mobility & Strength

Supporting Balance, Confidence & Independent Movement

Small Movements Big Impact



1 Ankle Circles

Sit tall, lift one foot slightly, and slowly circle the ankle in both directions.

Do 10 circles each direction, both feet.



2 Toe Lifts

Keep your heels down and lift your toes, then lower them gently.

Do 10–15 repetitions, both feet.



3 Heel Raises

Hold a stable surface, rise onto your toes, then slowly lower your heels.

Do 10–15 repetitions, both feet.



4 Seated Foot Flexes

Extend one leg slightly, point the toes away, then pull the toes back toward you.

Do 10–15 repetitions, both feet.



5 Calf Stretch

Stand facing a wall, step one foot back with the heel down, and lean forward gently until you feel a stretch in your calf.

Hold for 20–30 seconds each leg. Repeat 2–3 times.



6 Resistance Band Ankle Movements

Sit securely, loop a light resistance band around the forefoot, and slowly point, flex, and turn the foot against gentle resistance.

Do 10–15 repetitions each direction, both feet.

Strong Feet Support a Brighter Tomorrow

Focus • Improve • Transform

Healthy Feet Lead to Greater Freedom of Movement

Move Better • Live Stronger • Age Well

Your Journey to Longevity for Life Starts with You

Timeless Energy for Life