

Stretch it!! 2025



Stretching, Flexibility & Strength - Chair Exercises



Why do we need to stretch?

It is important to understand how stretching can help you stay active as you get older...AND how to stretch correctly.

It's about daily things, bending down to tie a shoe, walking upstairs, just getting up off the couch!

Improving your mobility makes your daily activities easier —"you can move more freely".

Staying flexible is good:

- Move better, in a wider range of motion
- Reduce tightness
- Improve your posture & joint range of motion
- Improve circulation
- Decrease your risk of injury



Let's stretch and flex together!

Follow & do the chair exercises along with John.

Have a firm (not cushioned, no wheels), straight back chair to use for the stretch exercises.



Virtual, from the comfort of your home/office. Every Thursday, at 1 pm
Save the Dates! (Dates Subject to Change)

July 3, 10, 24, 31. **Note: Class canceled July 17**

August 7, 14, 21, 28

September 4, 11, 18, 25

October 2, 9, 16, 23, 30

November 6, 13, 20

December 4, 11, 18

Robert Wood Johnson University Hospital – Community Health Education proudly presents:

John Lancaster, PTA

RWJUH Outpatient Physical & Occupational Therapy Department, New Brunswick

To register, email communityed@rwjbh.org