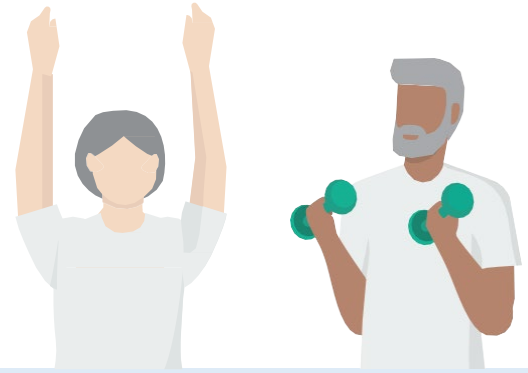


Stretch, Lift, or Tap (SLoT)



HOW TO ADD STRETCHING AND LIFTING TO YOUR DAY!



How to do seated leg LIFTS:



- Sit on a bench, couch, or bed
- STRETCH out your knee and LIFT your right leg up
- Bring your leg back down
- Repeat the same movement with your left leg

Ideas for where to LIFT your legs during your day!

- | | |
|--|---|
| <input type="checkbox"/> While talking on the phone | <input type="checkbox"/> While waiting for the kettle to boil |
| <input type="checkbox"/> After finishing a meal | <input type="checkbox"/> While watching the evening news |
| <input type="checkbox"/> When you wake up in the morning | <input type="checkbox"/> While sitting on a zoom call |
| <input type="checkbox"/> Before you head to bed | <input type="checkbox"/> After finishing a book chapter |



Inspiration from older adults who are stretching, lifting, and tapping....

“ This is something I can continue doing by myself... ”

“ I realized that simple things like putting dishes away one at a time can add more movement to my day... ”