

## 3D MOBILITY

Try these full-body activities and build 3 dimensions of movement into your day.

*If you move with proper form, not only do you move better, but you feel better.*

*Live life healthier and happier.*

### FOR EACH ACTIVITY:

Begin with one foot forward, reach 10-15 times, then repeat with the other foot forward.



### SAGITTAL PLANE

Begin with arms resting at your side, reach both arms overhead and back, and then return arms to your side.



### FRONTAL PLANE

Begin with arms outstretched overhead, reach both arms to the left, and then to the right.



### TRANSVERSE PLANE

Begin with arms in front of you, reach both arms to the left, and then to the right.



### HELPFUL HINTS:

Keep your arms straight, make reaches as big as possible while maintaining balance, and allow your eyes to follow your hands.

*For best results, repeat daily, smile and enjoy your newfound mobility!*