



JOINT HEALTH

# 12-WEEK FLEX AND MOBILITY PLAN

Whilst modern advances have certainly made our lives easier, they've also made us more sedentary than ever before. To support fitness goals and get the nation moving again, we've teamed up with Katie Knapton, a chartered physiotherapist with over 30 years of musculoskeletal experience, to develop a targeted 12-Week Flex and Mobility plan focusing on the upper and lower body. With simple stretches and exercises to incorporate into your daily routine, in addition to the use of our supplement, GOPO® Joint Health, we'll help you live the life you love.



### Katie Knapton comments:

"Regular exercise and stretching are factors of healthy living that are frequently overlooked, yet many daily tasks and our quality of life rely on us keeping active – especially as we get older. Implementing specific stretches and exercises is key to maintaining positive living."

## DID YOU KNOW?

Whilst regular targeted exercises can help support overall flexibility, a supplement may help to maintain joint health from the inside out. The GOPO® Joint Health range contains specially cultivated naturally sourced rose-hip with a uniquely high level of GOPO®.

The galactolipid, GOPO®, has been studied in several scientific trials and is retained at the highest available levels thanks to a special patented process. Rose-hip may play a valuable role in the maintenance of joints and joint tissues.



GOPO® JOINT HEALTH IS RICH IN VITAMIN C, WHICH IS ESSENTIAL FOR COLLAGEN FORMATION – NEEDED FOR THE NORMAL FUNCTION OF BONES AND CARTILAGE

GOPO® Joint Health is available from Boots, Amazon, Tesco and independent chemists nationwide.

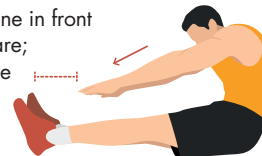
Visit [www.gopo.co.uk](http://www.gopo.co.uk) for further information.

## BASELINE TEST

To start your fitness journey, it's good to assess your current ability. A baseline test is an easy way to ensure that you're maintaining your capabilities by noting down your measurements after each activity.

### SIT AND REACH TEST

1. Sit on the floor with your legs about 8–12 inches apart (20–30 cm) and back straight
2. Extend your arms out in front of you, placing one hand on top of the other
3. In a slow, steady motion, lean forward at the hips, keep your knees straight and reach out towards your toes, extending as far as you can go
4. Imagine a straight line in front of where your feet are; measure the distance from that line to your hands



### SHOULDER STRETCH TEST

1. Raise your right arm and place your palm on your shoulder
2. Reach behind you with your left hand so the back of your hand rests in the middle of your back. Try to touch the fingers of both hands together
3. Measure the distance between the hands or overlap
4. Repeat the process starting with your left arm



### BASELINE MEASUREMENT

SIT AND REACH TEST		
SHOULDER STRETCH TEST	Right arm:	Left arm:

Make sure you can comfortably complete each test and measure within your own parameters.

**TOP TIP:** You may need someone to help with your measurements.



Try implementing these exercises and stretches into your routine at least three times per week alongside the use of GOPO® Joint Health

**TOP TIP:** Don't push yourself; movements can be adapted depending on your ability.



## RESULTS TRACKER

Record your measurements here.

END OF MONTH 1 MEASUREMENT		
SIT AND REACH TEST		
SHOULDER STRETCH TEST	Right arm:	Left arm:

END OF MONTH 2 MEASUREMENT		
SIT AND REACH TEST		
SHOULDER STRETCH TEST	Right arm:	Left arm:

END OF MONTH 3 MEASUREMENT		
SIT AND REACH TEST		
SHOULDER STRETCH TEST	Right arm:	Left arm:

### Katie says:

"Maintaining healthy and flexible joints is key to help perform daily living activities. Implementing both strengthening and stretching exercises ensures that your muscles have the right amount of tension so that they're strong enough to support you and your movements whilst enabling your body to easily move through the full range of motion."

## UPPER BODY

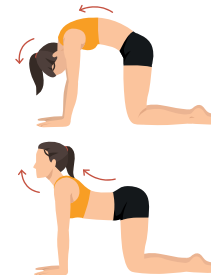
### 1. ELBOW CLICKS

- Stand up straight with your feet slightly apart
- Raise your arms at a 90-degree angle so that your elbows are touching in front of you
- Slowly extend the arms out either side whilst keeping in a right-angle position
- Repeat the exercise 20 times
- Try adding hand weights to build up strength



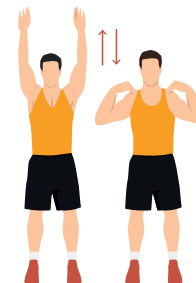
### 2. BACK ARCHES

- Start on all fours
- Create an arch in the middle of your back by raising your abdomen toward the sky whilst bowing your head
- Return to baseline position or challenge yourself and arch your back the opposite direction by lowering your abdomen toward the ground whilst raising your head
- Repeat the exercise 20 times



### 3. SHOULDER TAPS

- Stand up straight with your feet slightly apart
- Raise your arms above your head until they are fully extended
- Slowly bring your arms down and tap your shoulder
- Repeat the exercise 20 times
- To make it harder, try adding hand weights, or challenge yourself by getting into a plank position and alternately touching the top of your shoulder with the opposite arm whilst holding your body still



## LOWER BODY

### 4. HIP FLEXOR STRETCHES

- Kneel on your leg and bend the other leg out in front of you, with that foot flat on the floor
- Keeping your back straight, slowly push your hips forward until you feel a stretch in the upper thigh of your back leg and hip
- Hold the stretch for at least 15–30 seconds
- Don't forget to switch legs!



### 5. LEG RAISE STRETCH

- Lie on your back with your hips square and your legs laid out comfortably on the floor
- Bend one of your knees at a 90-degree angle, planting the foot flat on the floor
- Lift your straight leg slowly off the floor, use your arms to support your leg if you're struggling. To make the movement more challenging and to help increase strength, try adding ankle weights
- Hold for 15–30 seconds and repeat on the other side



### 6. SQUAT

- Stand with your feet slightly shoulder-width apart
- Extend your arms out in front of you and bend your knees, lowering yourself in a controlled manner whilst pushing your hips back
- Go as low as you can, stopping when your knees and arms are parallel with each other
- Once you reach the bottom of the squat, pause for a second before driving through your heels to push yourself back up into a standing position. Increase depth, repetition or add weights to make it more challenging
- Repeat the exercise 12–15 times

