

GOAL: Support long-term joint health with consistent low-impact exercises, healthy lifestyle adjustments and daily supplementation of GOPO[®] Joint Health.

WHY 90 DAYS: Joint care takes time to see noticeable results. A 90-day challenge provides the opportunity to build lasting habits and experience the cumulative benefits of GOPO[®] supplementation alongside healthy routines.

PHASE 1 Week 1-4: Awareness building and initial habit formation

Phase 1 of the Joint Care Challenge ensures that you are mindful of your starting point helping to lay a strong foundation for the rest of the challenge. The focus should be on assessing your baseline fitness level, setting realistic goals, and starting with small actionable steps.

1. ASSESS YOUR CURRENT ABILITY:

Use movements like squats, arm raises, or ankle circles to assess your current flexibility and mobility.

2. BUILD AWARENESS OF CURRENT HABITS:

Log hours spent sitting, standing, or walking to identify sedentary patterns.

3. ESTABLISH INITIAL HABITS:

Use our weekly tracker to help keep yourself accountable with simple and achievable actions.



PHASE 2 Week 5-8: Strength, mobility and dietary enrichment

Phase 2 of the Joint Care Challenge focuses on building stronger muscles, enhancing joint flexibility and stability, and adopting nutrition habits that support joint health.

1. BUILD SUPPORTIVE MUSCLES:

Strengthen the muscles surrounding the joints to reduce strain and improve stability. Introduce body weight exercises, adding light resistance for progression.

2. ENHANCE FLEXIBILITY AND RANGE OF MOTION:

Dedicate 5-10 minutes to targeted stretching and mobility exercises. Start with static stretches, then integrate dynamic movements.

3. NOURISH JOINT HEALTH FROM THE INSIDE OUT:

Incorporate foods which promote positive joint health including fatty fish, berries and leafy greens.



PHASE 3 Week 9-12: Progressive exercise routines and sustainability

Phase 3 of the Joint Care Challenge helps to advance your strength and mobility while embedding sustainable habits into your lifestyle for long-term joint health.

1. ADVANCE YOUR WORKOUTS:

Gradually increase the intensity, variety and complexity of your workouts while minimising the risk of injury.

2. SCHEDULE CONSISTENCY:

Set regular times for workouts, stretching, and meal prep to create a lasting routine.

3. TRACK FOR LONG-TERM SUCCESS:

Once a month, assess improvements in strength, mobility and endurance to help keep you motivated.



WEEKLY TRACKER

Tick once you've completed each activity

| | | W1 | W2 | W3 | W4 |
|----------------|--|----|----|----|----|
| PHASE 1 | Each week try the same set of exercises or routine to understand your baseline abilities and highlight subtle improvements | | | | |
| | Log your hours spent sitting, standing and walking | | | | |
| | Drink 8–10 glasses of water per day to help lubricate the joints | | | | |
| | Daily supplementation of GOPO® Joint Health | | | | |
| PHASE 2 | Implement body weight exercises 2–3 times per week, adding extra resistance for progression | | | | |
| | Dedicate 5–10 minutes each day to targeted stretching or attend a Pilates or yoga class once a week | | | | |
| | Start incorporating at least 2 portions of fatty fish, berries or leafy greens into your diet each week | | | | |
| | Drink 8–10 glasses of water per day to help lubricate the joints | | | | |
| | Daily supplementation of GOPO® Joint Health | | | | |
| PHASE 3 | Schedule your workouts each week to help keep yourself consistent | | | | |
| | Advance your workout routines to add weight or increase the duration and intensity of activities | | | | |
| | Increase your intake of joint-friendly foods to include more berries and leafy greens | | | | |
| | Drink 8–10 glasses of water per day to help lubricate the joints | | | | |
| | Daily supplementation of GOPO® Joint Health | | | | |

GOPO® Joint Health contains specially-cultivated naturally-sourced rose-hip with a uniquely high level of GOPO®.

GOPO®, a key component of rose-hip, was discovered nearly 30 years ago in Denmark. Long-standing research projects have focused on rose-hip with a high level of GOPO®. Rose-hips help maintain healthy and flexible joints.

GOPO® Joint Health is available at Boots, Amazon and independent chemists and retailers nationwide. Find out more at www.gopo.co.uk.

**Share your progress on socials using
#GOPO90DayChallenge**

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.



 @gopojointhealthuk  GOPO Joint Health