JUNE 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Movement!**
- Reach out to **Erika** for more information

Stay Strong with Everday Movement

Motion is Lotion!

Regular movement helps maintain strength, balance, and independence. You don't need a gym to stay active- small activities throughout the day can make a big difference.

Try these simple activities:

- Take a 5-10min walk after meals
- Stand up and sit down from a chair 10 times in a row
- March in place while wathcing TV commercials
- Stretch your arms, shoulder, and legs daily

Remember:

"Motion is Lotion!" Staying active helps keep joints flexible, muscles strong, and faily activites easier.

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.