

# Movement For Healthy Aging Sno-Isle Library Presentation with Sarah Ruggenberg, MCT II

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## Video Resources:

Better5 You Tube Channel: <https://www.youtube.com/@Better5>

## Other Online Resources:

A Beginner's Guide to MovNat:

<https://www.movnat.com/beginners-guide-movnat/>

Silver Sneakers: Available at no cost for adults 65+ through  
select Medicare plans!

[www.silversneakers.com](http://www.silversneakers.com)

Stretches:  
Chair Lunge:



Seated Dancer's Pose:



Overhead Side Stretch:



Shoulder Stretch:



Triceps Stretch:



Hamstring Stretch:



Calf Stretch:



Supine Knee to Chest Stretch:

