



# Move Better Mobility Program

## One-on-One Mobility & Flexibility Zoom Assessments

Do any of the below apply to you?

- Are you held back from completing daily tasks or activities you love due to body aches?
- Are you tired of worrying about throwing your back out?
- Do you have trouble rotating, reaching overhead, squatting, or getting down to the floor?

If you answered yes, to any of the above, (and even if you didn't, you may at some point) then the MIIA Move Better Mobility Program is for you! Learn tips to incorporate mobility and flexibility exercises into your routine, along with why having good mobility can improve balance, decrease your risk of falls, and other injuries.

We are excited to present this mobility improvement package available **FREE to all MIIA/BCBS subscribers (18 years and older)**. You will receive three complimentary mobility-focused sessions with a certified personal trainer specializing in mobility and flexibility improvement.

Please email Mary Harrington, MIIA Wellness Operations Assistant, at [mharrington@mma.org](mailto:mharrington@mma.org) to schedule your first session.

See page two of this flyer for details about what is included in each mobility session.

# One-on-One Zoom Mobility Assessments



Your three FREE sessions will include:

**Session 1 (30-Minutes):** Personalized Mobility/Movement/Flexibility “assessment”, and discussion about current mobility findings and target areas of focus. You will be provided with an individualized mobility/flexibility plan along with videos of your exercises to help you stay on track and get you moving your best.

**Session 2 (30-Minutes):** A chance to ask your trainer questions about your mobility program, review and walk through your mobility/flexibility program plan, make adjustments as needed, and discuss progress or new areas of concern in regard to mobility/flexibility. Ideally, this session is scheduled 1-2 weeks after session #1 when you’ve had the chance to work through your provided mobility and flexibility program.

**Session 3 (30-Minutes):** A final wrap-up and putting it all together - discuss your progress, how to move forward/keep moving with your program plan, and a chance to discuss continuing to work with your mobility trainer. Updated exercises may be provided depending on progress and areas of focus.