

## Post Captions:

Let me show you the way to the Fountain of Youth through mobility stretching and exercise. Here's how to start...

Reclaim Your Vitality by Embracing Movement! A body in motion stays in motion, so keep moving those joints to stay young. Begin with these movements...

Discover the secrets to moving with precision by checking out my Free Guide in my bio and turn back the clock on aging....

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I often receive DMs like, "Hey Lorrie, my shoulders are killing me! I can barely lift grocery bags 😞. Is there some stretch that can help with the pain?" Today, I'll share effective shoulder exercises to prevent pain without daily 30-minute sessions. 💪🧘

*If you like the stretches I've shown here and want to learn other stretches that relieve pain in other parts of your body, check out my FREE guide on 8 daily stretches you need to do to relieve muscle aches and soreness. Link in Bio*

#shoulderrehab #impingement #strongshoulders #shouldermobility #prehab  
#functionalrangeconditioning #shoulderstretch #frc #shoulderstrength #shoulderpain  
#mobilitytraining

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Hello and welcome back to my twerking instruction for the month. This time, I included some hip exercises for all of my clients who said, "I'm not sure if it's my hips or my lower back."

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#hipmobilitywork #hipmobility #mobilityexercises #mobilitytraining #resistancebands  
#kettlebellmobility #tighthips #hiprotation #hipopeners #functionalrangeconditioning  
#frcinternaltraining #hippain #hippainrelief #backday #backpainrelief #backpainexercises  
#hipopener #hipexercises #mobility #hipmobility #painrelief #lowerbackworkout #spinehealth  
#injuryrehab

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Use these mild exercises to loosen up stiff joints and increase flexibility—many can be done sitting down!

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**(Putting memes related to the post will help with engagement)**

### **Website Revamp:**

### **Areas of Expertise:**

*Nutrition Enthusiast* - All diets work, but lifestyle changes make people stuck or fall off. I can break down the benefits and downsides of each diet to figure out what works best for you.

*Gravity & Trapeze Yoga* - Your spine is literally the backbone of your body, so the spine needs special attention and care to feel young and mobile. With the inversion therapy protocol I provide, your back will feel much more nimble and can actually make you stand up taller!

*Breathing Coach* - The presence of oxygen is the absence of disease. Proper breathing is constantly overlooked, which leads to aches, pains, and even illness. I provide simple, quick techniques you can do every day that will make you feel more empowered and ready to take on the day.

*Healthy Habit Coaching* - With all your newfound knowledge, you will need to update your habits so you don't fall back into the pit of sadness and pain. I personally get to know you and your lifestyle to better understand and suggest different actions to change your old habits into healthy ones.

### **About Me:**

Hello loves! My name is Lorrie Dee your Gravity & Trapeze Yoga Instructor.

My mission is all about spreading joy and empowering people to embrace their unique selves through mobility.

It's why I started Stretch With Lorrie Dee – to assist you on YOUR journey. I leverage my expertise, experience, and the mistakes I've made to guide you effortlessly on your mobility journey.







I'm here to help elevate your life through mobility.



## **Newsletter/Article:**

### **Tip the scales toward balance and feel younger!**

Discover the Fountain of Youth: Exercise!

-  Keep the Clock at Bay with Hip-Swiveling Exercises!
-  Every Step Counts, Even That Quick Store Run.
-  Strengthen Body, Sharpen Mind - Accelerate Your Progress!
-  Combat Stress, Ignite Joy, and Rediscover Youth through Exercise.
-  Numbers Don't Lie: Scientifically Proven Benefits Await from Exercise!
-  Begin Today for a Youthful Future; Leave Your Old Self Behind!

The best aspect is that you can start at any time.

No matter your age—20, 60, or 80—exercise has advantages for us all.

Such as more energy to play tag with your children or grandchildren...

Taking care of one's body and mind is essential for healthy aging.

And it's all up to us how we arrive there.

Keep stretching,

Coach Lorrie

## **Version 2:**

### **Stay balanced - and not just mentally!**

Hey there! 🌞

In just 5 minutes a day, and in as little as 14 DAYS, you could feel more balanced and confident than ever! ✨🌟

As we gracefully age, our bodies might not bounce back as they once did. But fear not, because I've got something special for you...

The fantastic Balance Stretch Video! 🦋📺

This 5-minute routine is easy, yet oh-so-challenging, and it's the secret sauce to healthy aging.



So, are you ready to take on the challenge, 😊 Dedicate just 5 minutes a day for a mere 2 weeks to your well-being, and watch as you become steadier on your feet. Let's do this! 💪🌈

### **Examples/Testimonials:**

"I've taken Susanne's senior strength class for several years. Her exercises help me stay strong, maintain balance, and continue to lead an active life even at the age of 81. I especially appreciate that Emerson Wellness streams the class so I can enjoy the strength program from home. I strongly recommend this class to anyone who wants to maintain fitness as they age."  
— Susan S., student, Strength, Balance & Flexibility for Seniors

Her balanced, holistic approach blends traditional, expressive, and therapeutic movement to foster overall wellbeing