






At-home relief solutions to keep you moving





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3 Daily Practices To Rejuvenate Your Body

You can get relief from natural sources
by Waterpik® (Paid Content)




PHOTO CREDIT: SHUTTERSTOCK

Our bodies, particularly our muscles, put in so much work to support us. They see us through exercise, restless nights, stressful days of work, and chasing after grandkids. They deserve (and need!) relief on a daily basis. For optimal performance and a better quality of life, it's important we make a consistent effort to provide ourselves and our bodies with rituals that restore us.

You can make a meaningful impact on how you feel, physically and mentally, with natural, readily-available, and simple everyday practices. Here are three to rejuvenate your body so you can feel good and be the best version of yourself!

1. Strength Training and Stretching

As we get older, it's more important than ever to incorporate daily movement and exercise into our routines. Muscle mass, strength, and function decrease with age, so strength training is essential to maintain muscles and keep them strong. Stretching regularly and being flexible also help keep you limber and mobile, which can prevent injuries.

Dr. Karen Lutz, licensed physical therapist and Waterpik® Water for Wellness council member, advises that a good stretch to try is the Seated Back Stretch. Start by sitting in a sturdy chair (not on wheels) with your feet and knees wide apart. Bring your chin to your chest, and slowly roll down through the back reaching your hands toward the ground. Your hands don't have to touch the ground. Move down as far as is comfortable. Take a few breaths in this position, and then slowly roll back up one vertebra at a time.

When you're stretching, think about grading your stretches as small, medium, and large, and keep your stretches in the small to medium range. You should always consult with your physical therapist or physician before starting any exercise or stretching program.




PHOTO CREDIT: SHUTTERSTOCK

2. Mindful Sleep Habits

You may find yourself sleeping less as you get older. This may be due to stress, certain medications, or achiness that keep you up at night. However, it's so important to get a good night's sleep. In fact, adequate sleep is crucial for your body and brain's day-to-day function, so you can do all the activities you enjoy. Try to practice healthy habits that lead to better sleep. Like relaxing at night with a warm beverage, and turning off screens at least an hour before you go to bed. You can also make your surroundings more conducive to rest by installing blackout shades and using essential oils with a soothing scent like lavender.




PHOTO CREDIT: WATERPIK®


3. Therapeutic Water Massage

Therapeutic water massage can support healthy aging. Adding the right shower head to your weekly routine may provide relief from exercise-induced aches and joint discomfort, and can relax sore muscles. The best news is that you don't need to join an expensive gym or spa to enjoy these benefits. A Waterpik® PowerPulse Therapeutic Strength Massage Shower Head is ergonomic and can be easily installed in your own home. Plus, unlike other shower heads, this line is clinically shown to offer therapeutic massage benefits like helping to soothe muscle tension, increase flexibility and promote restful sleep.

Take The Quiz
Select the correct answer and
earn the tests.
START QUIZ

As we get older there is
nothing we can do to
improve our flexibility.

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[Click here to find out where to buy your Waterpik® PowerPulse Therapeutic Strength Massage Shower Head!](#)

Additional details regarding the Waterpik PowerPulse clinical studies can be found at:
 Increase Flexibility: <https://www.waterpik.com/shower-head/clinical-studies/increase-flexibility-powerpulse-therapeutic-shower-head-quiz/>
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