

TRAVEL

Stubbs  MobilePT

EXERCISES

**FOR
YOU**

**15
TIPS**

to feel better on
your next trip or
vacation!


Press play on exploring further.

TRAVEL EXERCISES

for your

NECK



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MobilePT
Press play on being pain-free.

TRAVEL EXERCISES

for your

LEGS



Ankle Circles


Foot Up/Downs

Toe Scrunch & Flare

Knee Bend & Kick



Leg Circles

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Press play on being pain-free.

TRAVEL EXERCISES

for your

**B
A
C
K**



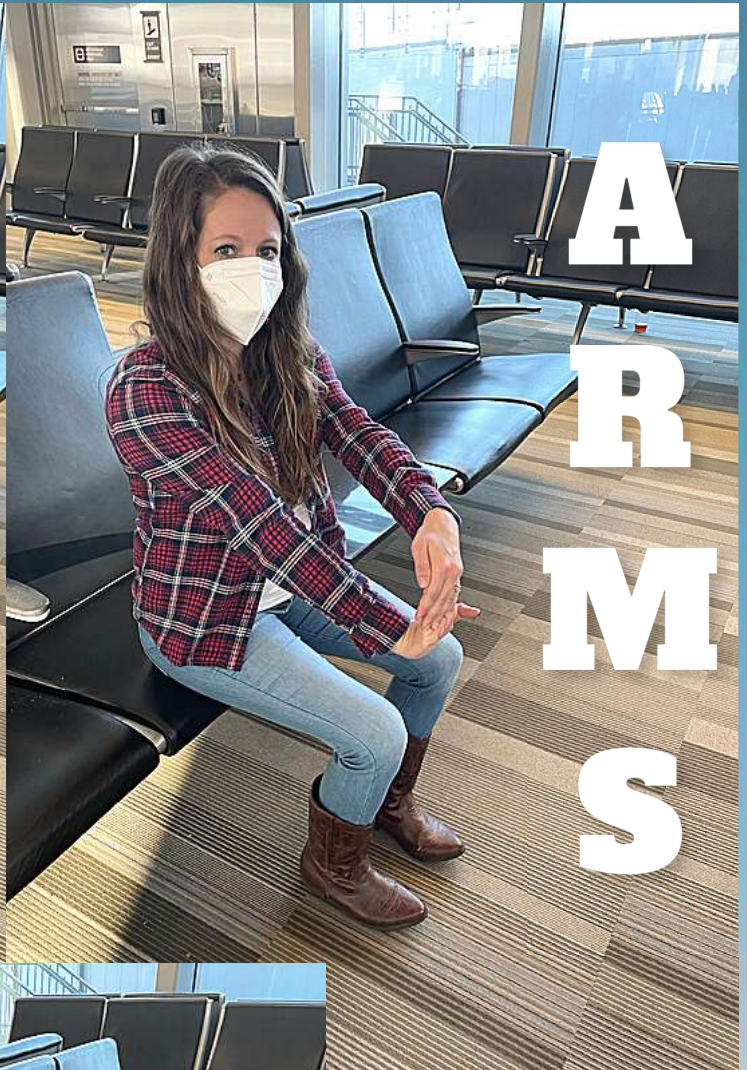
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TRAVEL EXERCISES

for your

A
R
M
S



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Press play on being pain-free.



TRAVEL EXERCISES

I promise you'll feel better
during or after traveling if you
try some or all of these!

MOVEMENT IS MEDICINE

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Press play on being pain-free.