



INTRODUCING *Move with Ease*

THE MIDLIFE WOMAN'S GUIDE TO STRETCHING,
BALANCE & MOBILITY



Meet Your Guide

Hi, I'm Fee, a qualified health and wellness coach, fitness instructor and passionate advocate for helping women 50+ feel strong, energised and fabulous in their second half of life.

Like many women, I hit a point in my 50s where I quietly asked myself, 'Is this it?'

I didn't want to slow down - I wanted to feel good in my body, move with confidence and have the freedom to keep doing the things I love - travelling, exercising, exploring and living fully.

But I also started to notice the subtle changes, the stiffness getting out of bed, tight hips after sitting, balance feeling a little off and recovery taking longer than it used to.

That curiosity led me to dig deeper into the movement practices that truly support women in midlife - not punishing workouts or complicated routines, but simple, effective ways to keep the body mobile, stable and pain-free.

Now, I help women just like you build sustainable movement habits that support flexibility, posture, joint health and confidence in everyday life without spending hours exercising.



This guide shines a light on three of the most powerful (and often overlooked) pillars of ageing well:

Stretching. Balance. Mobility.

These elements are the foundation of moving with ease, helping to reduce stiffness, prevent injury, improve posture and keep you feeling capable and independent as you age.

And the good news? You don't need to be super flexible or fit to start. Small, consistent practices can create incredible change.

This guide is practical, easy to follow and designed to fit real life with simple exercises, quick wins and gentle progressions you can start using straight away.

Let's help your body feel looser, steadier and more supported so you can keep doing life your way, with confidence.

Welcome to Move with Ease!

This guide is your simple, practical roadmap to feeling looser, steadier and more confident in your body after 50.

As we move through midlife, it's common to notice stiffness, tight muscles, reduced flexibility and the occasional wobble in balance. But these changes aren't a sign to slow down - they're a signal to move differently and more intentionally.

Inside, you'll discover easy ways to support your body through stretching, balance and mobility - three of the most powerful tools for staying active, preventing injury and maintaining independence as you age.



No complicated routines. No extreme flexibility required. Just simple, realistic practices you can build into everyday life.

By the end of this guide, you'll have a clear plan to help your body feel more supported, more capable and ready for whatever adventures lie ahead.

Free x



STEP 1

Why Stretching Matters After 50

Stretching isn't just about touching your toes – it's about keeping your body comfortable, functional and pain-free.

Here's why it matters in midlife:



- **Reduces stiffness** – especially in hips, hamstrings, back and shoulders
- **Improves posture** – counteracts sitting and screen time
- **Supports joint health** – keeps muscles supple around joints
- **Prevents injury** – flexible muscles are less prone to strain
- **Enhances recovery** – reduces post-exercise soreness

💡 *Many midlife women notice everyday tasks – bending, reaching, turning – feel easier when stretching becomes consistent.*



Quick Win: Notice where you feel tightest right now – that's your starting point.

STEP 2:

How Much & How Often Should You Stretch?

You don't need long sessions – consistency matters more than duration.



General Guidelines

- 5-10 minutes daily is enough to see benefits
- Focus on major muscle groups
- Hold each stretch 15-30 seconds
- Breathe deeply – never force a stretch
- Stretch after exercise or when muscles are warm

Rule of Thumb:

If it feels good, you're doing it right. Stretching should create relief, not pain.



Get your Stretching Guide [HERE](#)

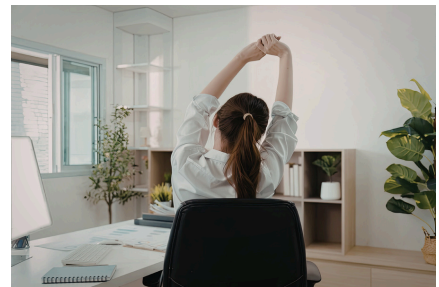
STEP 3:

Easy Ways to Incorporate Stretching Into Everyday Life

No yoga studio required – think lifestyle stretching.

Morning

- Overhead reach
- Gentle spinal twist
- Calf stretch while brushing teeth



During the day

- Chest opener at your desk
- Neck rolls between tasks
- Standing quad stretch while waiting



Evening

- Hamstring stretch on the floor
- Figure-4 hip stretch
- Gentle back stretch before bed

Busy Life?

**Get Your Daily
Bitesized Movement
Snacks [HERE](#)**



Habit stack:

Stretch while the
kettle boils or TV ads
play.

STEP 4:

Stretch Checklist

Use this as your weekly habit builder.

Daily Stretch Goals

- ☐ Neck & shoulders
- ☐ Chest
- ☐ Hips
- ☐ Hamstrings
- ☐ Calves
- ☐ Lower back



Weekly Focus

- Notice where tension reduces
- Track improved range of motion
- Celebrate consistency over intensity



STEP 5:

Sample Daily Stretch Plan

Morning (3 minutes)

- Overhead reach
- Side stretch
- Gentle twist



Afternoon (3 minutes)

- Chest opener
- Neck stretch
- Calf stretch



Evening (5 minutes)

- Hamstring stretch
- Figure-4 hip stretch
- Child's pose or lower back stretch

💡 **Tip:** Pair stretching with deep breathing to calm your nervous system too.

**Get Your Everyday
Stretching Hacks**

[HERE](#)



SECTION 2 - BALANCE

STEP 1:

Why Balance Matters After 50

Balance is one of the most important and often overlooked aspects of healthy ageing.

It impacts:

Fall prevention – a major risk as we age

Joint stability – ankles, knees and hips

Confidence in movement – walking, hiking, travelling

Core strength – balance activates deep stabilising muscles

Brain health – coordination strengthens neural pathways



Balance training keeps you independent and adventurous for longer.



STEP 2:

How Much & How Often?

Balance improves quickly with small, frequent practice.

Guidelines:

- 3-5 days per week
- 5 minutes at a time
- Practice barefoot if safe
- Use support when starting

Progression: Start stable → then add movement or instability.



**Get your
Balance
Guide [HERE](#)**



STEP 3:

How Much & How Often?

Lifestyle balance is powerful.

At home

- Stand on one leg while brushing teeth
- Heel-to-toe walk down hallway
- Balance while waiting for the microwave

Out & about

- Walk on grass or sand
- Step over curbs mindfully
- Try gentle hiking trails

Exercise add-ins

- Single-leg stands
- Tree pose
- Heel raises



'Use it or lose it' applies strongly to balance.



STEP 4:

Balance Checklist

Start making balance a part of your daily routine.

Daily Balance Habits

- ☐ Single-leg stand (30 secs each side)
- ☐ Heel-to-toe walk
- ☐ Heel raises
- ☐ Side leg lifts

Weekly Progress Tracker

- Less wobbling
- Improved stability
- More confidence walking outdoors



Celebrate small wins – they add up fast!



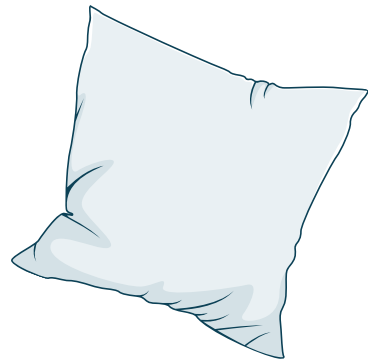
STEP 5:

Sample Balance Plan

Start making balance a part of your daily routine.

Beginner (5 mins)

- Single-leg stand - 30 secs each side
- Heel raises - 10 reps
- Heel-toe walk - 1 minute



Progression

- Eyes closed balance
- Cushion balance
- Add arm movements



TIP: Keep a chair nearby for safety.



SECTION 3 - MOBILITY

STEP 1:

Why Mobility Matters After 50

Mobility is how well your joints move through their full range and it's key to ageing actively.

It supports:

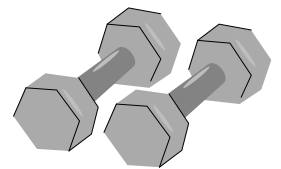
Freedom of movement – reaching, bending, twisting

Joint lubrication – keeps joints healthy

Exercise performance – better form, less strain

Pain reduction – especially in hips, back and shoulders

Functional fitness – everyday movement ease



**Mobility is what helps you keep doing
life – travel, lifting luggage, playing
with grandkids, exercising confidently.**



STEP 2:

How Much & How Often?

Mobility responds best to gentle, frequent movement.

Guidelines:

- 5-10 minutes daily
- Focus on hips, spine, shoulders, ankles
- Move slowly and with control
- Pain-free range only



Consistency beats intensity every time.



Get your
3-minute
Mini Routine
[HERE](#)



STEP 3:

Easy Ways to Incorporate Mobility Daily

Think 'movement snacks'.

Morning

- Hip circles
- Arm circles
- Cat-cow spine flow



During the day

- Thoracic twists at desk
- Ankle rolls
- Shoulder rolls

Exercise warm-ups

- Walking lunges
- Deep squat holds
- Spinal rotations

**Get your
Mobility
Guide [HERE](#)**

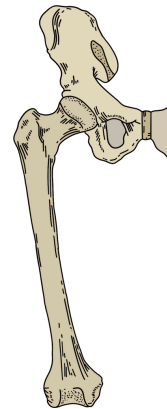
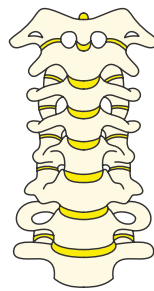
💡 **Mobility before workouts reduces injury risk.**

STEP 4:

Mobility Checklist

Key Areas to Mobilise:

- ☐ Hips
- ☐ Spine
- ☐ Shoulders
- ☐ Ankles
- ☐ Wrists



Weekly Goals:

- Move joints in all directions
- Notice smoother movement
- Reduce aches & stiffness



Download your copy of the Weekly Checklist [HERE](#)

STEP 5:

Sample Daily Mobility Plan

Morning Flow (5 mins)

- Cat-cow x 8
- Hip circles x 10
- Arm circles x 10



Midday Reset (3 mins)

- Thoracic twists
- Shoulder rolls
- Ankle circles



Evening Wind-down (5 mins)

- Deep squat hold
- Spinal rotation stretch
- Gentle hip openers



Tip: Mobility pairs beautifully with stretching – do both for best results.



You did it!

You've just taken a powerful step toward feeling looser, steadier and more confident in your body. By exploring stretching, balance and mobility, you're giving your joints, muscles and posture the attention they deserve all in just a few minutes a day.

Small, intentional movements really do add up. By using the mini-routines, movement snacks and weekly checklist in this guide, you're building habits that support flexibility, stability and joint health helping you move with ease now and in the long term.



Remember, this isn't about doing everything perfectly. It's about consistency, awareness, and choosing movement that feels good for your body every day.



What's Next?



If you *loved* this guide, here are a few simple ways to keep going:

- Revisit your **Daily Mini-Routines** whenever you need a quick reset
- Use the **Weekly Checklist** to stay consistent and track progress
- Pair this guide with **Stronger Every Day: The Midlife Woman's Guide to Resistance Training & Functional Strength** to give your whole body a balanced mix of strength, flexibility and mobility
- Try combining your movement snacks with short walks, stretching breaks or gentle strength exercises
- And if you're ready for extra guidance, accountability and connection, I'd love to welcome you into my world of midlife movement and wellness.



Stay Connected



If you loved this guide and you're ready for more *personalised support*, you're invited to take the next step.

Join my community for ongoing inspiration, mini-movement ideas, tips and support designed specifically for women 50+ who want to move well, feel strong and live fully.

I'd love to hear how you're going, what routines you enjoy and the small wins you notice along the way.

Here's to moving with ease, building habits you love and feeling confident in your body as you embrace this next chapter.

You've got this,

Fee xx



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