The Monthly Lift

by Dr. Antigone Vesci

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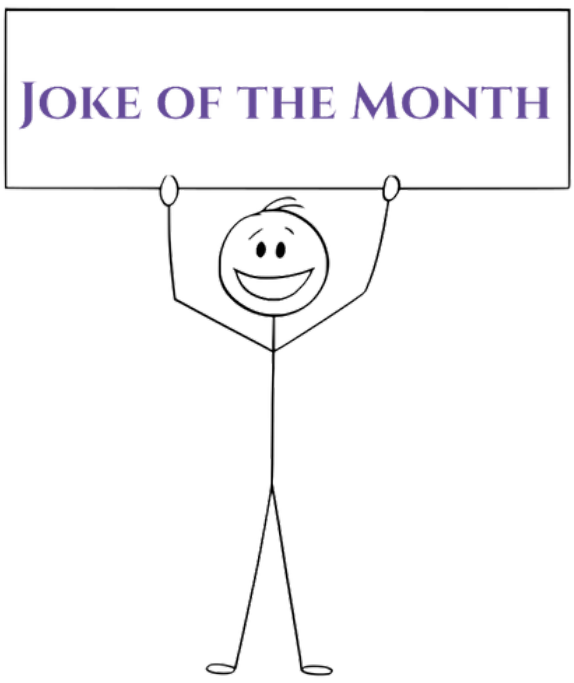
Real stories, practical tips, and a laugh to keep you moving.

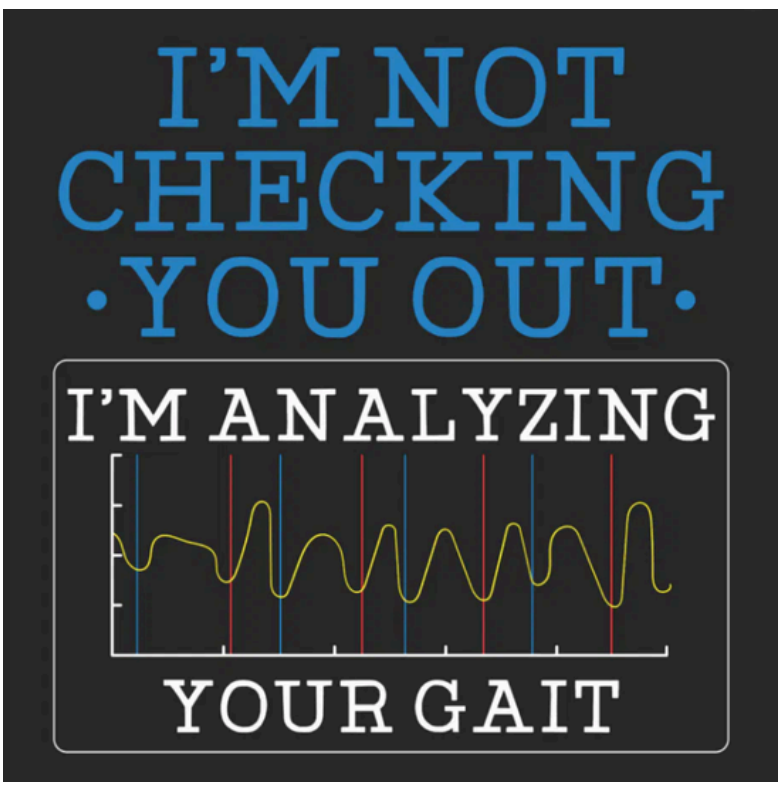
From Limp to Machu Picchu: Turning a Bucket List Dream into Reality

Click the photo to hear his story!

Did you know that your walking speed today predicts future mobility and disability? The good news: targeted exercise can improve your gait efficiency and ease.

Here's the study!





Know someone who could use a comeback story of their own? Share this PDF with them.

Need more inspiration?