

TRS-ActiveCare HEALTHY JOINT MOBILITY



Tune in to the Blue Cross and Blue Shield of Texas (BCBSTX) worksite wellness podcast for a short episode about healthy joint mobility. We'll cover:

- the importance of joint mobility
- why sitting for long periods of time can cause joint pain or problems
- the three "i's": improve, implement and incorporate movement
- some simple exercises for improving mobility and flexibility



Listen to the podcast at your convenience!

Click on the link below or scan the QR Code:

BCBSTX Healthy Joint Mobility



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