

An illustration of an elderly woman and man performing a side stretch exercise. The woman, on the left, is wearing a purple long-sleeved top and purple pants, with her right arm raised and bent, holding her right elbow with her left hand. The man, on the right, is wearing a green long-sleeved top and green pants, with his left arm raised and bent, holding his left elbow with his right hand. Both are smiling and looking towards the viewer.

[illegible]