

## Video Segment Topics

### Wellness for Older Adults...or anyone who will someday be an older adult!

#### Segments can be tailored to 5-15 minute blocks, customized with Masterpiece Branding

- It's Never Too Early or Too Late to Get Stronger
  - Content can be divided into separate videos, such as
    - It All Starts with Motivation
    - The Magic of Strength Training
    - Home Workout 101: Safety First Seated Workout
    - Home Workout 201: Mid-level Workout
    - Home Workout 301: Advanced Workout
- Jump Start Your Metabolism at Any Age
- Walking for Fitness and Energy
- The Magic of Aerobic Exercise
- The Super-Ager's Approach to an Amazing Brain
  - Each Tip Can be a separate video
- What Did You Say?: Help for Healthy Hearing!
- Why Yes, I CAN Sit on the Floor and Get Up Again!
- Cut Your Risk of Falling in Half
- Better Balance Basics
- Goodbye Back Pain
- The Skinny on Weight Loss
- Nutrition Nuggets: Superfoods and Easy Ways to Eat Healthy
- Do Your Body Good: Time for a Stretch Break
- Book Discussion and Take Away Tips : Atul Gwande "Being Mortal"
- The Four Keys to Fight Fatigue and Replace It with ENERGY!
- The Four Cs of Resilience: Thriving Despite Life's Stresses
- The Top Ten Tangible Wellness Tips for Older Adults

*This listing is just a sample. Many more topics related to lifestyle and wellness for older adults can be made available.*