



FREE PRINTABLE GUIDE

The Active Aging Starter Guide

A weekly movement plan, a daily routine checklist, questions for your doctor, and a CBD label cheat sheet. Large print. Keep it on the fridge.

Senior CBD Relief, an active aging guide

from



RESTORE. RECOVER. BE RESILIENT.

Your weekly movement plan

The CDC's guidance for adults 65 and older asks for three kinds of activity each week. If you cannot do it all yet, do what you can. Some activity is better than none.

- ☐ **Aerobic:** at least 150 minutes of moderate activity, such as brisk walking. For example, 30 minutes a day, 5 days a week.
- ☐ **Strength:** at least 2 days that work legs, hips, back, abdomen, chest, shoulders and arms.
- ☐ **Balance:** activities such as walking heel-to-toe or standing up from a chair.

This week (check off each day)

Day	Walk / golf / garden (minutes)	Strength	Balance
Monday		☐	☐
Tuesday		☐	☐
Wednesday		☐	☐
Thursday		☐	☐
Friday		☐	☐
Saturday		☐	☐
Sunday		☐	☐

Four at-home strength and balance moves

Sit-to-stands from a sturdy chair · Wall push-ups · Heel raises holding the counter · Heel-to-toe walk along a hallway

Check with your doctor before starting a new activity program, especially if you have not been active for a while.

Your daily routine checklist

Small steps in the same order, most days. Start with two and add one each week.

Morning

- ☐ Glass of water
- ☐ Gentle stretch, 5 minutes
- ☐ Take medications as directed
- ☐ Walk, 10 to 30 minutes
- ☐ Plan one thing to look forward to
- ☐ Call or text a friend

Evening

- ☐ Short walk after dinner
- ☐ Screens off one hour before bed
- ☐ Warm shower, then a 5-minute hand massage
- ☐ Lamps on, overhead lights off
- ☐ Write tomorrow's list
- ☐ Same bedtime as last night

After an active day: a 10-minute cool-down

- ☐ Walk slowly for 2 to 3 minutes
- ☐ Stretch calves, thighs and chest, holding each 20 to 30 seconds
- ☐ Drink a glass of water
- ☐ A few minutes of self-massage on shoulders, knees, calves or hands



Before you try CBD: talk to your doctor

Especially if you take medications. The FDA says CBD can affect how other drugs work, and using it with alcohol or other drugs that cause drowsiness raises the risk of feeling sleepy.

Bring to your appointment

- ☐ The CBD product label
- ☐ Its lab report (Certificate of Analysis)
- ☐ A list of every prescription, over-the-counter medicine and supplement you take

Questions to ask your doctor or pharmacist

- ☐ Is there any reason I should not try CBD with what I already take?
- ☐ Does it matter whether I use a balm or a gummy?
- ☐ What should I watch for, and when should I call you?
- ☐ Should I avoid CBD around the time I take any medication?

My medications and supplements

CBD label and lab report cheat sheet

Check	What good looks like
Batch number	Matches between your package and the lab report
Who tested it	An independent third-party lab, named on the report, with a recent date
CBD amount	Close to the label. 1% = 10 mg per gram
THC lines	Match the product type. ND = not detected
Spectrum	Isolate = CBD only. Broad = THC removed. Full = small amount of THC
Safety panels	Note which were tested: metals, pesticides, solvents, microbials

The K61 Recovery Protocol

- **STEP 01 Recovery Standard:** topical CBD balm stick, 225mg CBD isolate, 0.6 oz
- **STEP 02 Resilience Rounds:** broad-spectrum CBD gummies, 25mg per round, 30 per jar
- **STEP 03 Recovery Concentrate:** deep tissue CBD balm, 1000mg CBD isolate, 2 oz

Three products that work on their own, or together. Lab tested, every batch, with the report published online.



K61

Next step: get the free 10-Minute Recovery Routine

Scan the code or tap a link. Join the K61 email list at k-61.com/pages/free-recovery-routine, or shop the Recovery Protocol at k-61.com.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. For adults 21+. This guide is general education, not medical advice.

Published by Kansas State Hemp, LLC, Hutchinson, Kansas, the company behind K61.

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