

I'm Melissa,
a kinesiologist
and founder of
HomeStretch Active
Living!



HomeStretch Kinesiologists
are training adults in over 16
Canadian cities and I'm excited
to finally offer our services in
Burlington, Oakville, Hamilton &
surrounding areas.

Whether you want sport-
specific training, group classes
or personal training in the
comfort of your home, give us a
call!



"I set up HomeStretch sessions for
my dad after a fall. It's been a total
shift. He's steadier, more mobile,
and no longer afraid of moving
around on his own."

— Jessica, 2025

**STAY STRONG.
STAY STEADY.
STAY INDEPENDENT.**

**CONTACT MELISSA
TO GET STARTED TODAY!**



519-427-4522



**Established in
Vancouver, BC**

Now Serving:
Haldimand — Norfolk,
Toronto, Hamilton,
Burlington & Niagara
Region



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www.homestretch4seniors.ca



**In-home Kinesiology
for Older Adults**

**home
stretch**
ACTIVE LIVING

Join Our Community Programs & Events!

Educational workshops designed for adults who want to stay steady, sharp, and independent.

Brain & Balance Workshops

An 8-week program that teaches how balance really works- and how to train your brain and body for fall resiliency.



Lunch & Learn Events (1 Hour)

Popular topics include:

- Preventing Muscle Loss
- Nutrition For Longevity
- Top 10 Tips for Staying Independent
- Golf Longevity: How to play for life

Want the updates + invites?

Contact Melissa to receive email invites and event details for upcoming workshops and community events near you.

Our Offerings (In-home Kinesiology)



In-home personal training

- With an experienced kinesiologist who understands aging bodies.

In-home stretch sessions

- Reduce stiffness, improve mobility, and feel more comfortable in your body.

Pre- and post- operative rehab

- Prepare for joint replacement surgery or recover safely with active, guided rehab.

Fall-risk Reduction & education

- Learn what to focus on now to stay steady, mobile, and independent later.

Golf & Pickleball Training

- Improve your game with strength and mobility training.

Combat Sarcopenia: The loss of muscle mass as we age

Starting as early as age 30, muscle mass begins to decline, accelerating after age 50. This loss of muscle doesn't have to be a natural side-effect of aging: its often due to inactivity.

We'll help you overcome this!



**Do The Things You Love
For Longer!**