



You're invited to this free virtual event

From pickleball to power walking: getting back to sports and hobbies

**February 11, 2026 |
1 PM ET/ 12 PM CT/ 10 AM PT**

Presented by a Hinge Health expert physical therapist, this event will discuss how to safely start exercising again, as well as simple warm-up and cool-down routines to improve your mobility and prevent injury.

- Safe ways to start/restart a sport or active hobby
- The difference between muscles that are sore from exertion vs in pain from overuse
- Simple warm-up and cool-down routines



Scan the QR code to save your seat or visit:

hinge.health/register-february2026

This is a free virtual event. While all are welcome to join the webinar, please note that you must be enrolled in your employer's medical plan in order to participate in Hinge Health. This presentation will be recorded and a link to view will be emailed to all registered participants one day after the event concludes. Questions? Email: hello@hingehealth.com | Phone: (855) 902-2777.

Una transcripción de este seminario web estará disponible en español 2 semanas después de que concluya el evento. Para activar las transcripciones en español en Vimeo, haga clic en el botón "CC" y seleccione "Spanish/español".