Getting Started!
Flexibility & Mobility

Benefits All Around
- Improves Posture
- Reduces day-to-day pain
- Increased blood flow
- Improved balance
- Manage low back pain
- Increase energy levels
- Reduce risk of falling

CDC Recommendations
Adults should do flexibility exercises 2 - 3 days per week:
- 10 - 30 second holds to the point of tightness or slight discomfort
- 2 - 4 times accumulating 60 seconds for each each stretch
- Best to stretch muscles when warm

Ways to improve your flexibility - take a yoga or pilates class, add simple stretches while sitting at your desk, in class, while standing or in your commute!