

# *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**

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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!