

10 WAYS TO IMPROVE YOUR FLEXIBILITY



UNDERSTAND WHY WE NEED FLEXIBILITY

Flexibility is important for:

- Every day task such as bending over to pick something up off the floor
- Releasing muscle tension
- Playing sport

MAINTAIN GOOD POSTURE



PAY ATTENTION TO YOUR BODY

Notice which areas of your body move easily and which ones don't

Tightness is most common in the neck and shoulders, along with the hamstrings because of how much sitting we do

HOLD STRETCHES FOR LONG ENOUGH

Stretching is crucial for improving flexibility but not holding stretches for long enough is a common mistake.

It is recommended to hold a stretch for **30 seconds**



WARM UP BEFORE YOU STRETCH



Stretching is not a warm up.

Stretching cold muscles can increase the risk of injury. Make sure you take part in a pulse raiser first to make your muscles warm.

How many exercises can you think of that are considered a pulse raiser?

Take a warm bath or shower - being warm relaxes our muscles



Stretch a variety of muscle groups



Practice often

Aim for a 10-15 minute session, 3 day a week.



One key reason to practice flexibility training is to correct and prevent muscle imbalances, which occur when some muscles surrounding a joint become overactive and others become underactive. Muscular imbalances can lead to improper posture and movement and, eventually, injury.



Hamstrings



Hip flexors



Back



Forward fold

ADD RESISTANCE TRAINING TO YOUR WORKOUTS

Resistance training with a focus on a full range of motion promotes flexibility. Look at Olympic weight lifters and gymnasts- they're extremely strong but also extremely flexible!



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