

THE *Healthy* LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 33 • APRIL 2022

Get Your Move On



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This issue of *The Healthy Life* newsletter is about Mobility and Flexibility. In the next three pages, personal trainer Louis Scorzello takes you through the importance and benefits of mobility and flexibility and how to improve yours with sample exercises and stretches for Hamstrings, Hip Flexors, Spine and Shoulders. We hope this will be a handy guide to use and refer to regularly.

We have other ways for you to stay flexible and mobile with the classes we offer in the group exercise studio: The Stretch class, with Susan Notaras, on Tuesday morning at 7:30 am is predominately a standing stretch class performed at the barre.

Our Melt Method class taught by Ainsley Venner just recently moved to Monday at 4:15 pm. Melt Method helps you gain mobility and flexibility while reducing accumulated tension and stress.

Tai Chi on Mondays at 11:15 am with Elisa Barona helps reduce stress and improve posture, balance and general mobility while increasing muscle strength

in the legs.

Qigong, an ancient Chinese meditative movement practice, integrates posture, meditation, and breathing to promote strength, flexibility, mobility, balance and mindful awareness.

Another great way to improve mobility, strength and balance is through one of our many yoga classes. Mondays we have Yoga-lates at 10:00 am with Ainsley and Yoga Nidra at 5:30 pm with Edwin. Tuesday is Vinyasa with Susan Notaras at 8:00 am. Wednesday we have Yin Yoga with Irina at 4:00 pm. On Thursday is Vinyasa Flow with Jaime at 4:00 pm. Friday is Hatha Yoga with Edwin at 12:00 pm.

As Louis says in his article, “training your flexibility and mobility is truly an investment in yourself – for a lifetime of better health and longevity!”

The next issue of *The Healthy Life* will be out in August. We welcome your suggestions and feedback.

Be Healthy,

Karen



ANUPAM MAHAPATRA / UNSPLASH



**LOUIS
SCORZELLO**
Personal
Trainer



Improving Your **FLEXIBILITY** & **MOBILITY**

Flexibility; it's something that most of us want and even more of us need! From the chronic stiffness that plagues us in the mornings to tight muscles that prohibit an ideal golf swing, the ability to move our bodies freely is extremely critical to our health, well-being and performance. Additionally, concerns like poor posture and arthritic joints are often strongly associated with limitations in flexibility.

With this in mind, how should we go about achieving this goal of being more flexible? Is the old adage of "just stretch more" and performing a simple maneuver like pulling your leg up in the air to stretch your hamstrings once a day the key to solving your chronic lower back pain, releasing tight hips and preventing the need for a joint replacement? To answer this, we first must understand a few specific concepts.

There are two distinct terms we use to describe the freedom of movement that we assume is benefited by stretching: "flexibility" and "mobility." Flexibility is the range of motion that a joint is able to passively move through without any muscular contraction. As an example, a physical therapist or practitioner stretching your leg without your assistance is a test of joint flexibility. Mobility is the ability to use your muscles to

move the joint through a full range: the ability to reach your arms overhead or turning your torso in a golf backswing are examples of mobility.

Our active mobility is a much more important measure than our passive flexibility in creating an ideal quality of health and lifestyle. However, if your joints themselves are stiff due to conditions like arthritis, scar tissue or the presence of joint replacements, it can be much more difficult to manifest the ideal mobility that results in the best outcomes. In these cases, a doctor or physical therapist is usually needed to fix these root causes.

Even still, there are plenty of exercises within our control to improve measures of flexibility and mobility, especially since the vast majority of the benefits we receive from stretching, massage and mobility work are related to the nervous system's innervation to our muscles. By stretching, engaging in mobility exercises and using our muscles regularly, we help to "re-wire" the brain to reduce the reflexive tension on tight muscles and the connective tissue called "fascia" that surrounds them.

The typical start of any flexibility routine should involve dynamic, flowing movements that maximally engage the muscles in the surrounding areas of the segment we are looking to stretch. These exercises are best performed before hobbies like golf, tennis and more traditional strength training routines. After these activities, it is advised to switch to passive forms of stretching to create relaxation and neurological inhibition of the targeted muscles.

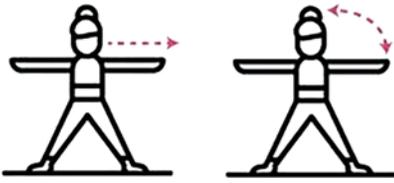
Training your flexibility and mobility is truly an investment in yourself - not only will you help yourself to feel better almost immediately, but you'll set yourself up for a lifetime of better health and longevity!

EXERCISES & STRETCHES

Here are some specific examples of mobility and flexibility drills for four of the most common areas of tightness in our bodies: our hamstrings, hip flexors, spine and shoulders.

Each example is labeled with its **mobility** component, which is to be performed prior to activity, and the **flexibility** component, which is to be used as a cooldown from exercise.

If you are looking to perform the entire flexibility routine from this article in sequence, start with the four “mobility” exercises and then subsequently switch to the “flexibility” stretches.



HAMSTRINGS



MOBILITY

Stand with one foot forwards and one foot backwards. While keeping most of your weight on your front leg with the knee bent and supporting with your hand for balance, slowly reach down towards your foot while keeping your spine straight.



FLEXIBILITY

Lie down on the hamstring stretching machine in the back right corner of the fitness center. Position one leg on the pad and adjust the foot distance with the right yellow lever. Then, pull the left yellow lever and lift your leg slowly until you feel a stretch. Pull the left lever again to lower your leg to the starting position.

HIP FLEXORS



MOBILITY

Stand tall and slowly elevate one knee as high as possible without changing the position of your spine. Hold on to a support with your hands if necessary for balance.



FLEXIBILITY

Get into a half kneeling position as pictured (support yourself with the hands if necessary for balance). Stay upright and slowly slide your hips forward until you feel a stretch in the front of your hip and leg in the rear leg.

SPINE



MOBILITY

Stand tall with your arms extended and feet firmly planted to the floor. Slowly rotate from side to side as far as possible without losing the connection between your feet and the floor.



FLEXIBILITY

Lie on your side with your knees bent at 45 degrees together and your elbow bent with the top hand on your ear. Slowly rotate backwards towards the floor while keeping your knees together on the ground.

SHOULDERS



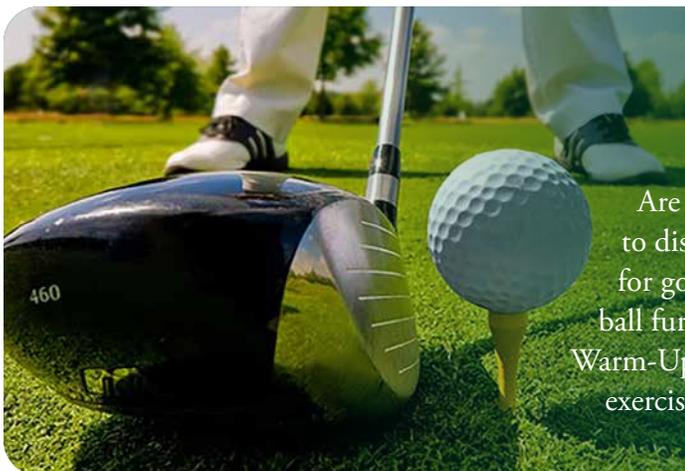
MOBILITY

Stand tall with your arms hanging by your sides. Slowly raise both arms over your head while attempting to keep your elbows straight and maintaining an upright posture.



FLEXIBILITY

In the Healthy Lifestyle Center, find a set of parallel bars or a straight bar that's just above head height. While keeping your feet under the bar and firmly planted to the floor, slowly lower your body to feel a full stretch of the shoulders and back.



Golf Warm Up Workshop

Tuesday, April 19 • 2:30 pm MP

Are you getting off to a slow start in your golf rounds? Want to discover the secrets of how to properly warm up your body for golf to improve mobility, reduce nagging pains and hit the ball further? If so, please join Louis Scorzello for our latest Golf Warm-Up workshop where Louis will walk you through the exact exercises you need to know to take your game to the next level!