

FEEL GOOD STRETCHING FOR 55+
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Feel Good Stretching 55+: improving overall mobility and comfort in the body by using incremental progression supported by rhythm, repetition and holding the stretch. This approach embraces a longitudinal time frame (over weeks, months and even years for older bodies) to help ensure integrated results without injury.

The overall process of using rhythm, repetition and hold supported by breath, in incremental progression is gentle on the joints. Going slowly allows the clients to get in touch with their bodies (interoception) and feel (connect to sensations). Body awareness is necessary for transforming unconscious habits into conscious choices – a foundational skill for making lifestyle changes in all areas of life. Moving between contraction and extension including compression, rotation and shearing gradually improves myofascial elasticity and helps to eliminate pain. As the neuro-myofascial system improves, so does range of motion, technique and overall mobility. Pain decreases, vitality and tone increase as do confidence, functionality and happiness.

Rhythm: Slow and relaxed, moving between extension and contraction in a flow of movement supported by breath.

Repetition: 2 to 4 repetitions or more depending on the exercise – creates a less painful experience and gives the older body the time it needs to gently make change. Results are cumulative.

Hold: Minimum 3 slow breaths to begin with (about 20 seconds). As your clients become more flexible the holds can be held for longer periods of time. The longer the hold the more intense the experience. The hold phase is where we practise yielding and being still body & mind., The grimaces on their faces are good indicators of when is enough. Lol Invite them to relax their faces, to focus on the breathing versus the discomfort or pain. To yield to the moment.

3 Sequences:

- Standing stretch sequence: Fitness based
- On the Mat: Incorporates adapted Yoga postures in a gentle flow
- With the Sponge Ball: Restorative

To see these 3 sequences go to: <http://active-aging-coach.lisamclellan.com/cfp-2017-toronto/>

Safe and methodical, this way of working also relieves body/mind tension and leaves participants feeling great.