PHS

MOBILITY *Guide*

Boost Your FLEXIBILITY *and* MOBILITY



PURE HEALTHY SOLUTIONS

HELLO



WELCOME TO YOUR **FLEXIBILITY & MOBILITY GUIDE!**

If you want a more flexible, supple, and agile body, you are in the right place. Mobility plays a huge role not only in your workouts but in your everyday life.



It affects:

- *How your body feels when you get up in the morning*
- *The ease of your daily activities*
- *How limber you stay as you get older*
- *Your overall fitness, strength, and performance*

This guide breaks down everything you need to know to help your body move better – and then helps you put that knowledge into practice.

First, we'll talk about what "mobility" really is, why it's so important, and how it might be different than you think.

Then, we'll put it all together with an action plan to increase your OWN mobility.

Hello



Mobility has a tremendous impact on your quality of life ... because when you can move better, you'll feel better.

Inside this guide you'll find mobility and flexibility exercise you can add in to your daily routine to maintain and improve your flexibility.

Use this routine as-is or choose exercises that target specific trouble spots. Over time you will discover more movements that feel good, so keep this guide as your starting point.

Remember: your body is unique! Your first stop is with your healthcare provider for a check-up and clearance for exercise. Use common sense and stop if you experience pain or moderate discomfort. Consult a professional (physical therapist, certified fitness coach) for personalized guidance.



In good health,

Beth

MO·BIL·I·TY

The ability to move freely and easily. It's the active range of motion through your joints and muscles.



WHAT IS

MOBILITY?



> "Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."
>
> – *Plato*

As you can imagine, mobility is vital when it comes to having a body that performs for you in everyday life.

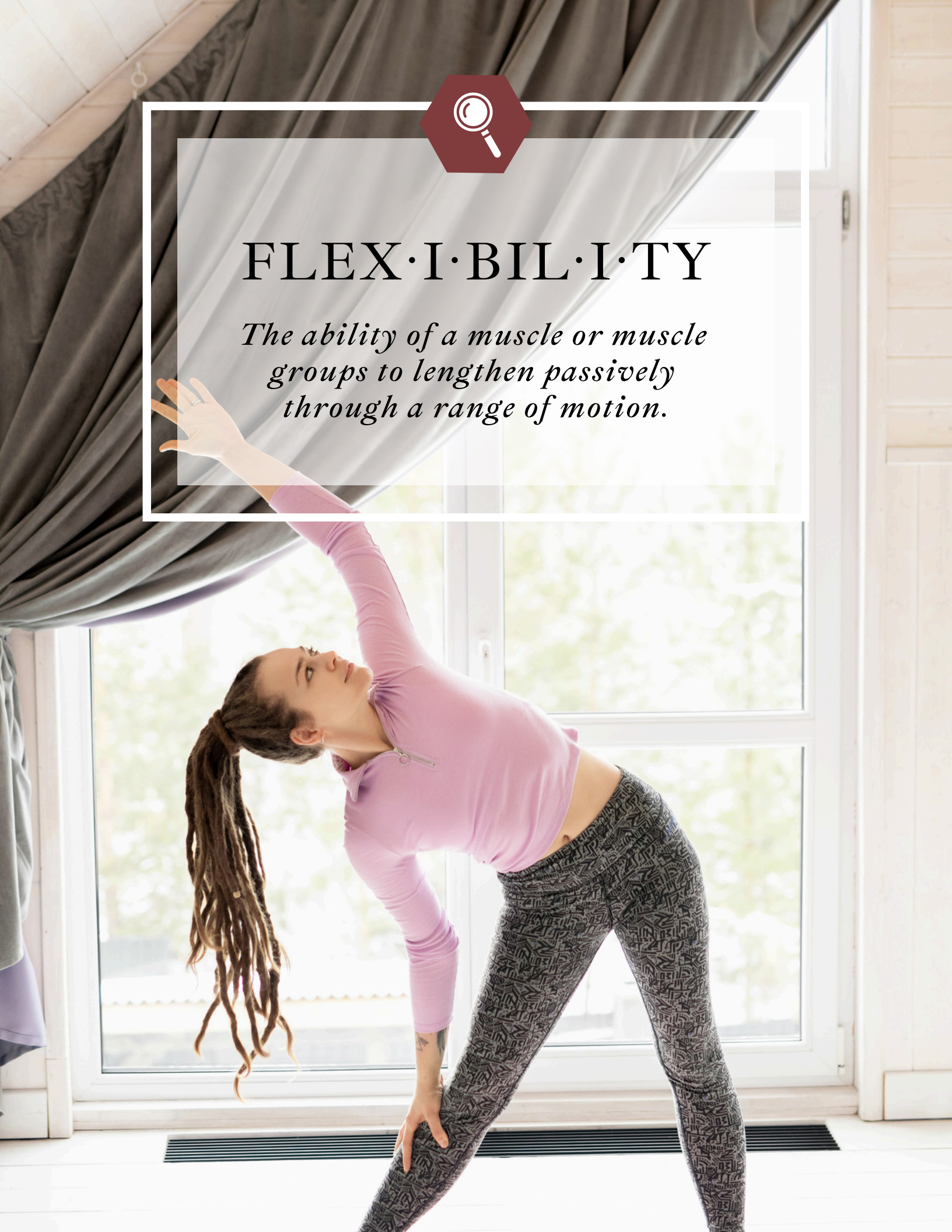
It's being able to reach overhead to get something off the top shelf or easily bending down to pick up something on the floor.

Or even being able to turn your head to look over your shoulder.

And it's also about doing activities we enjoy!

But it's often confused with flexibility because the two are so intertwined.

It can help to think of mobility as "applied flexibility."



FLEX·I·BIL·I·TY

The ability of a muscle or muscle groups to lengthen passively through a range of motion.

How is mobility different from

FLEXIBILITY?

> "Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."
>
> – *Bruce Lee*



Here's a simple example of mobility vs. flexibility:

Lie on the floor on your back, with knees bent and feet flat on the floor. Raise one knee toward your chest.

Your **hip mobility** is how far up your knee can get without any assistance.

Now, grab your knee and pull it closer to your chest (keeping your back close to the floor for safety). This assisted stretch shows your overall **hip flexibility**.

So, the difference is that while flexibility tends to be more passive, mobility is active.

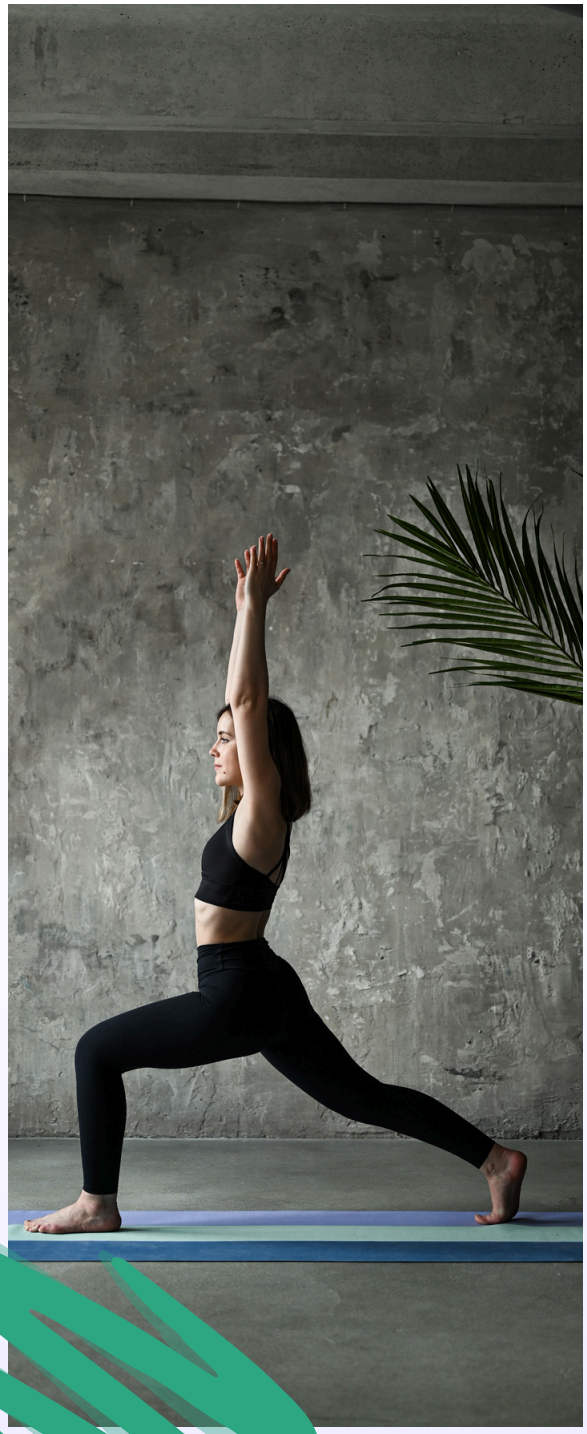
STA·BIL·I·TY

The strength to stand or endure. The property that restores a body, when disturbed, to its original condition.



STABILITY

WHAT HOLDS IT ALL TOGETHER!



> "Change happens through movement, and movement heals."
>
> – *Joseph Pilates*

There is a third function to know about when it comes to mobility ... because it's designed to keep your body safe and strong.

Your joints need an **anchor point** – a start/stop position – so that they can move through their normal ranges of motion at an appropriate speed.

Without that anchor, they can become unstable and set you up for all sorts of problems.

Remember the old Skeleton Dance song? "The foot bone's connected to the leg bone, the leg bone's connected to the knee bone," etc.?

Your body has a chain of connected joints that allows you to move while also keeping you safe and stable. It's called the kinetic chain.



If one link in that chain isn't working properly – **by being either too tight or too loose** – it can throw off many other links in the chain.

When this happens, muscles that normally allow your joints to mobilize (move through their range of motion) suddenly are called on to help stabilize you.



Some examples:

- *You have a lengthened muscle in your ankle because of a sprain, which forces your knees or hips to help with stabilization.*
- *You have a torn knee ligament, which affects your ankle, hips, and spine.*
- *Your shoulder and chest muscles are tight, which limits the mobility of your neck, back, elbows, and more.*

FAS·CIA

A thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber, and muscle in its place.

Fascia contains a rich network of nerves that make it almost as sensitive as skin. When it is stressed, it tightens up.



THE TISSUE

THAT TIES IT ALL TOGETHER

> "Fascia does not discriminate, it simply keeps growing and eventually hardening into whatever shapes you make most often with your body. Unfortunately, today that most likely means your body resembles the shape of an office chair."
>
> – *Janu Vanier*

Scientists are continually learning more about fascia and the role it plays in our movement and our health.

Even though it looks like a single sheet of tissue, it is actually multiple layers that are separated by layers of a liquid called hyaluronan.

Healthy fascia stretches and glides as it moves because it's flexible and supple.

But if it becomes damaged or unhealthy, it gets thick and sticky. It can dry up and tighten around your muscles.

You can imagine how this can get in the way of your mobility and even cause painful knots.

If you've ever tried to "roll out" a knot using a foam roll, you know firsthand how painful this can be.



Some causes of "sticky" fascia:

- *A sedentary lifestyle with limited movement each day*
- *Repetitive movement*
- *Trauma or injury*



THINGS THAT CAN AFFECT YOUR

MOBILITY

1 AGE

As you get older, your mobility tends to go down.

Factors playing a role:

- *Less lubricating fluid in your joints*
- *Thinner cartilage around your joints*
- *Shorter ligaments*



But you have more control over that than you might think! Many age-related changes to your joints are caused by one thing ...

2 LACK OF ACTIVITY



Moving your joints regularly helps keep the fluid moving around them, while inactivity can cause cartilage to shrink and stiffen, reducing your joint mobility.

No matter your age, being more active can help improve mobility.



3 HOW YOU'RE BUILT

We all are put together a bit differently, and some of us have joints that allow more movement than others.

Plus, we can have individual differences in our fascia (more on that shortly) and connective tissues.



4 TISSUE SURROUNDING YOUR JOINTS

If there is a lot of muscle or adipose (fat) tissue surrounding a joint, it can physically prevent your joints from moving through their full range of motion.

Example: a bodybuilder with large biceps and triceps muscles that get in the way of fully extending or contracting their elbows.

5 INJURIES

Trauma or tissue damage from repetitive use can also play a role in joint mobility.

4 EVERYDAY BENEFITS OF MOBILITY



1 Lower risk of injury

Studies show that having a smaller range of motion through a joint raises your risk of getting injured.

2 Improved posture

Tight joints can throw your whole body out of whack. For example, if your hips lack mobility, it can affect your spine, cause shoulder stiffness, and even affect your neck.

3 Ease of movement

Have you ever tried to reach your arms overhead and found that they wouldn't straighten ... or that they wouldn't extend without shrugging your shoulders?

Over time this can lead to a cycle of less activity, even less mobility, and potentially an increase in pain.

4 Active aging

If you think this doesn't apply to you, I've got news for you: unless you are active, your mobility starts to go downhill at age 30!

The steps you take NOW can pay off for decades to come.

MOBILITY

EXERCISES



Get ready... because you're about to feel **AMAZING**!

We're going to work on improving the range of motion of a few VERY important areas in your body:

- ***Hips***
- ***Shoulders***
- ***Upper / Middle Back***
- ***Legs / Low Back***
- ***Ankles / Feet***

As you go through these exercises, chances are you'll notice many of these moves will also engage a cascade of other joints and muscle groups.

That's because, as mentioned earlier, it's all connected!

It's also why it is absolutely vital to have great posture while doing these exercises and move deliberately and mindfully. Be sure to engage your core and to breathe.



HOW OFTEN SHOULD YOU DO MOBILITY TRAINING?

At least 2-3 times a week to get noticeable results.

WHEN IS THE BEST TIME TO DO MOBILITY EXERCISES?

When you have time. They can make a great workout warmup, or you can do them on their own.

HOW LONG SHOULD IT TAKE?

Once you find a routine that works for you, try to keep it to 10-15 minutes (tops) so that you have time to work on other aspects of your fitness.

1

Hip Mobility



1 Hip Mobility

Pretty much everything in our daily life sets us up to have tight hips.

Sitting at work, while driving, and during our leisure time can really do a number on the range of motion of your hip joints.

And that can lead to aches and pains, reduced mobility, and even LESS activity!

These exercises can start to reintroduce a wider range of motion.

Hip Mobility Exercises:

Standing Hip Opener



1. Stand with legs hip-distance apart and gently sway back/forth, leading into a hip rotation in both directions, if you're flexible enough to do so.
2. While in this position, add arm swings naturally and gently.
3. Repeat several times until your hips and shoulders feel open and relaxed.

2

Shoulder Mobility



2

Shoulder Mobility

The goal with these exercises is to keep the movement under control and not let your shoulders shrug or roll forward/inward.

It also can be helpful to engage your core and make sure your pelvis/hips remain in neutral position.



Shoulder Mobility Exercises:

Standing Elbow Circles

1. Stand tall with your fingertips touching the tops of your shoulders.
2. Begin with small circles with your elbows.
3. Reverse direction.
4. Repeat for 30 to 60 seconds.

Shoulder Mobility Exercises:

Overhead Hand Clasp



1. Clasp your hands overhead, palms facing you.
2. Gently reach arms over head. Reach gently side to side and forward to back.
3. If your shoulders are tight, bend your elbows.
4. See if you can move your shoulders away from your ears. Imagine you are lengthening your neck
5. Try turning your palms up toward the sky and repeat the movement.



3

Upper/Middle Back Mobility



3

Upper/Middle Back Mobility

Chances are if you sit for even a few hours a day, your thoracic spine – which includes the upper and middle parts of your back – could use a little mobility love!

This matters because if your thoracic spine is tight, it can put excess strain on other joints and muscles. It also can cause problems for your neck as well as your lumbar (lower) spine.

These mobility moves will also bring other body parts like your hips and shoulders into play.

Back Mobility Exercises:

Upper Back Opener



1. Start with your hands clasped behind your head.
2. Begin to open elbows out to the sides while keeping your head facing forward.
3. Slide your hands down just a bit to the area just before reaching your neck (occipital bone).
4. Continue opening elbows and begin to take your gaze and your chin upward. Lower shoulders, lengthen your neck, and open your chest.
5. From here, release the clasp and place one hand on your opposite elbow, reaching your free hand toward your mid back. Hold several seconds then switch sides.
6. Release hands to your sides, clasp fingers behind your low back, opening chest.

Upper-Middle Back Exercises:

Alternating Arm Reaches



1. Stand with your feet shoulder-width apart and your arms overhead.
2. Reach for the sky, alternating sides.
3. Gradually engage your core as you deepen the movement diagonally.
4. You should feel the stretch along the side of your body toward your hips. Only go as far as comfortable.
5. Hold the pose for a few seconds.
6. Gently alternate sides.
7. Repeat 5-10 times.



4

Low Back & Leg Mobility



4

Low Back & Leg Mobility

These two joints/muscle groups take a lot of abuse during our daily lives, without receiving much attention in return.

These exercises, combined, create a great anti-desk routine.

Low Back & Leg Mobility Exercises:

Forward Fold

1. Stand tall, with your knees slightly bent. Let your arms rest alongside your body.
2. Bend forward as if you intend to touch your toes.
3. Stand with your butt against a wall, if more support is needed.
4. Alternatively, use a sturdy chair or table to support your upper body.
5. Hold for several seconds. Bend your knees and return to the start position.
6. Repeat for 3-5 repetitions.





Lower Leg Stretch:

Calf/Hamstring Stretch

1. Face the wall or sturdy chair back/table for support and balance, stretch the back of your legs (hamstring and calf stretches).
2. Begin by moving one foot back and gently pressing the heel toward the floor.
3. Change to the other leg.
4. Repeat a few times.

5

Ankle & Foot Mobility

5

Ankle & Foot Mobility



Ankle mobility issues can be caused by a surprising number of things ... from having high or low arches in your feet to injury to your activity level.

Your ankle mobility is VERY important in how you move during your everyday life. That's because your ankles are key to your foundation – they (along with your feet) support your body as you stand and walk.

When it comes to fitness and performance, having tight ankles can even affect your ability to squat or safely run.



Foot Mobility Exercise:

Tennis Ball Roll

1. Place a tennis or lacrosse ball under your foot and with light pressure, slowly roll from side to side so the ball goes across your arch. Repeat for 20-30 seconds.
2. Then, roll the ball from heel to toe for another 20-30 seconds.
3. Switch sides.

Ankle Mobility Exercises



Ankle Circles

1. Either stand or sit.
2. Turn your ankle in slow circles, 10 clockwise and 10 counter clockwise.
3. Switch sides and repeat as desired.
4. BONUS: Repeat this motion with your wrists, both directions.

Ankle Mobility Exercises



Standing Ankle Flexion

1. While standing, slowly rock back and forth between standing on your toes to rolling back to your heels (lifting your toes).
2. Work your ankle through a full range of motion.
3. Hold onto a stable surface if necessary. Doing this exercise for about 45-60 seconds should do the trick.

6

Putting It Together



6

Putting It Together

Today, try a feel-good experiment. Your assignment: *Do all of the exercises covered at least 3-4 times per week or daily, if possible*.

Before you start, note any joints or muscles that feel a little tight.

Then, go through all the exercises for each body part.

Ask yourself: *Which exercises feel best? Which ones are the most challenging? Are there any joints that feel especially tight, loose, or that have a normal range of motion?*

When you're done with all of the exercises, move around and shake your muscles out. (Dance it out!) How does your body feel now?

You probably notice a BIG difference in at least 1-2 of your joints.



MOVING

FORWARD

As you've seen (and felt!) firsthand while doing the exercises in this guide, working on your mobility is a long-term project – but it's definitely worth it!

Choose your favorites from this guide and incorporate them into your daily routine as standalone exercises or as part of your warmup for your workouts. Alternatively, use them as part of a relaxing bedtime routine (exchange dancing for a foot and hand massage).

The exercises included are a starting point.

There are literally hundreds to choose from based on your goals, your body's unique needs, and your fitness level.





DAILY SELF-CARE!

Tip: End your session with a relaxing hand and foot massage. Scented lotion or oil is an added bonus.

Healthy Body,

HEALTHY LIFE

Pure Healthy Solutions is here to help you get started, gain momentum, and sustain healthy habits.

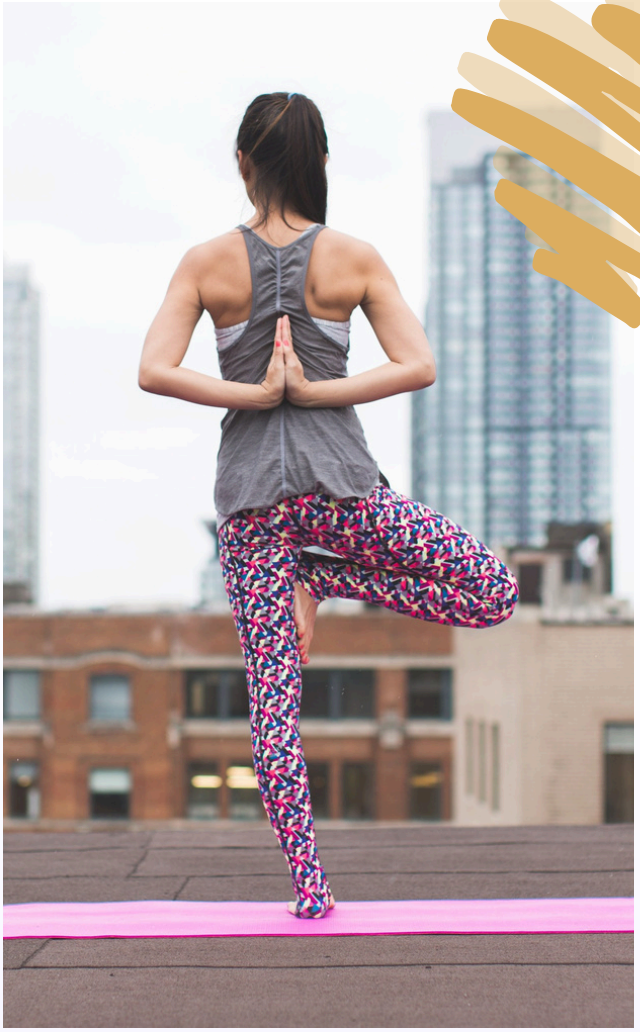
I understand the difficulty of trying to make changes to your health by yourself. I've been there too and can assure you that there is a way to sustain healthy habits.

A holistic approach to wellness is the most effective.

If you're ready for support while you make positive changes in your health habits I'd be honored to be part of your success team!

In good health,

Beth



Introducing:

The Get Better Group Program for Women. Begin Your Balanced Body Reset!

Deep dive into making positive change that lasts. Learn more HERE