

EXERCISE FOR LIFE: Flexibility Training and Stretching



Flexibility is defined as the range of motion of a particular joint or the level of extensibility a muscle group possesses.

Flexibility Training Benefits

- Allows for greater freedom of movement and improves posture
- Reduces risk of injury
- Helps prevent age related loss of flexibility
- Decreases stress
- Can enhance agility, power, speed and muscular strength
- Improves blood flow and circulation
- Minimizes wear and tear on the joints
- Improves quality of life
- Improves health

***Please remember you should always receive exercise clearance from your provider before participating in an exercise program.*

Flexibility Training Recommendations

A Series of Flexibility Exercises for Each Major Muscle Group

30 Seconds per Exercise

At least 2 Days Weekly

Flexibility Training Modes

Yoga – Self Stretching – Pilates

Flexibility and Stretching Videos (Click Links Below)

Relaxing Stretching Workout for Stiff Muscles and Stress Relief (5 minutes)

Relaxing Total Body Stretching Workout for Stress Relief and Better Sleep (28 minutes)

Fitness Blender's 3-Day Flexibility Challenge

Day 1 (31 minutes)

Day 2 (36 minutes)

Day 3 (26 minutes)

Sources: ACE <https://www.acefitness.org/education-and-resources/lifestyle/blog/6646/benefits-of-flexibility/> & Blender Fitness <https://www.fitnessblender.com/>
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If you would like more information on our **Exercise for Life Vital Investment Program (VIP)**, talk with your My Health Onsite provider. Schedule your appointment via the **healow app** (practice code: DAAEBD), through the **Patient Portal at www.myhealthonsite.com/patient-login** or call our **24-hr Call Center Support Team at 888.644.1448**.