

HEALTHY BENEFITS

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When we think of physical fitness, our mind often associates the phrase with activities that involve building muscle or our aerobic endurance. What is often overlooked is **mobility**! Mobility is the overall range of motion a person has within their body, and most notably in their joints.

Mobility is incredibly important to one's health and daily functioning. The numerous benefits to improving your mobility involve:

- ✓ **Reduced physical injuries**
- ✓ **Increased strength through muscle activation**
- ✓ **Releasing built-up tension within the body**
- ✓ **Decreased physical pain and tightness**
- ✓ **Improved posture**
- ✓ **Better understanding of your body and body awareness**

We depend on our mobility everyday whether its walking, taking the stairs, gardening, exercising, or recovering from a fall.

Mobility is fundamental to physical health and to counteracting the negative effects of sedentary activities.



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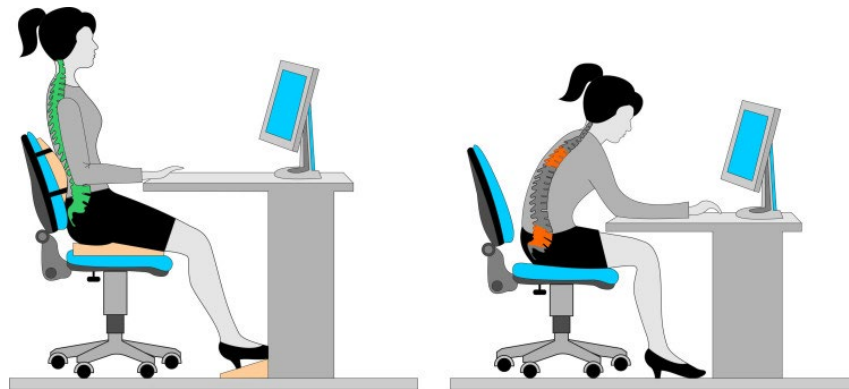
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Did you know?

According to the Canadian Cancer Society, the average adult Canadian spends almost **10 hours a day sitting**; approximately 60% of their waking time being sedentary!



When we sit for long periods of time, the parts of our body most affected are our hip flexors, rectus femoris (front of thigh), pectoralis (chest), upper traps (upper back) and anterior scalenes (front of neck). Though full body mobility is important, make sure to focus on these areas when performing mobility movements or routines, otherwise known as “flows”.

One of the greatest elements to mobility is that the movements don't require equipment and can be done anywhere from your desk to your bed! Try incorporating these mobility flows into your daily routine:

“Evening Bed Mobility Flow”

“Yoga at Your Desk”

“4 Office Posture Exercises”