



# A Step Above

## Personal Training Concepts



*Success  
starts from within.*



## Jinjer's Thoughts



### Why Stretching Daily Is Important With Age

When we hear someone say, "Wow she is flexible," we tend to envision someone who can execute a back bend, extended

and flexibility training are least focused on. Therefore, this is why all personal training programs should include flexibility training as a part of the client's training session viewing this as a preventative health component.

Just ten minutes a day, everyday, can improve one's flexibility in their hips and lower back function over a short period of time. Proper and more frequent flexibility training can reduce injuries, maintenance posture leading to better trunk function while decreasing lower back pain. Moreover, enhancing ones flexibility and movement related to general or specific fitness can possibly allow them to become more agile during exercise bouts.

Maybe walking briskly, slow knee lifts and waist rotations, windmills, wall push ups, and so forth. Then possibly follow the warm up with some shoulder and arm rotations and trunk hang downs. Heating up the soft tissue, tendons and ligaments not only prepares the mind and body for getting ready to exercise but it also aids in preventing most soft tissue injuries. Warming up increases blood flow and assist with boosting activity of neuromuscular pathways allowing the muscles to be fully prepared for exercise. Likewise, heating up the joints allowing the synovial fluid to move more freely enhancing the joints ROM. Below are some illustrations of some simple stretches that can get one started on the path to healing, decreasing pain or

*Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth.  
A holistic approach to maximizing human potential.*

high kick, or even do a Chinese split. However, as the old saying goes, "if you don't use it you lose it" is pretty much a fact. Limited flexibility, the inability for a joint to move about it's axis through full range of motion, (ROM) can have a huge impact on adults later in life. Connective tissue lengths can change over the years due to inactivity and bad posture. Also a lack of regular exercise, physical or emotional stress creating muscle tension, medical disabilities (osteoarthritis, osteoporosis) or even one's genetic disposition can all be factors contributing to a loss of ROM. This can lead to tightness in joint specific areas pulling on the body's bony structures; furthermore, leading to discomfort, pain, numbness and even loss of movement in one's joints over time.

According to the National Council on Strength and Fitness, the components of fitness such as cardiovascular fitness, muscular strength & endurance, body composition and flexibility, stretching

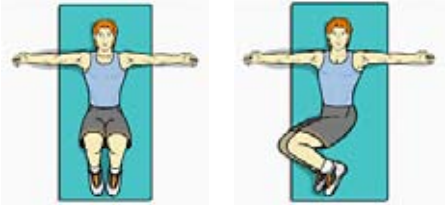
What some don't realize is stretching can be very relaxing using it as a "progressive relaxation" technique making it enjoyable at the end of the work day or workout bout reducing stress and allowing one to sleep better.

I have found that encouraging my clients to stretch on a daily basis has shown significant improvements over a six week period. Clients with Fibromyalgia who have participated in our "Flex 4 Life" program have stated that their muscle pain has decreased in addition to them feeling like they have more muscular endurance and energy to complete everyday activities. Stretching daily can provide better circulation and can decrease pain for individuals with lower back pain or sciatic nerve problems. So what type of stretches do I need to do daily in order to decrease pain, feel better, and reduce stress?

Prior to utilizing a flexibility program or even engaging in exercise it is recommended that one should warm up first.

even maintenance their body for optimal health. [www.abc-of-fitness.com](http://www.abc-of-fitness.com) is a great website for more information on these stretches as well as for more information concerning other problem areas.

When engaging in flexibility training it is better to keep movements slow and hold the stretches between 8-20 seconds prior to changing tension or movements. Avoid ballistic or bouncy movements when stretching. Furthermore, make sure to exhale during the stretch movement where muscle tension begins to slightly pull on the joint, experiencing a slight tingly burning sensation but not pain. It is sometimes good to exhale slowly with the stretching movement until you come to the point of tolerance. Do not stretch hard and fast or one can be injured. Also if someone is not use to stretching routinely they could experience soreness after the first couple of times. DOMS (Delayed Onset of Muscle Soreness) can take place post exercise, over the next 24 or 36 hours.



## **SPINAL ROTATIONS**

STEP 1: Lie on your back (on the mat or on the floor) with arms outstretched at shoulder level. Bend both legs.

STEP 2: Slowly, drop your knees to the right until the right knee is touching the floor. While dropping your knees, keep your shoulder blades flat on the floor. However, don't force the stretch. Hold for 8-10 seconds and repeat with the other side.

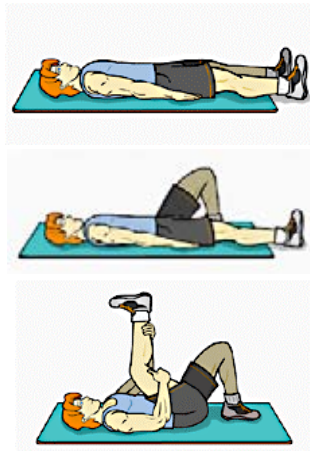


## **HIP FLEXOR STRETCH**

STEP 1: Kneel down with your back straight.

STEP 2: Step forward with your right foot while keeping your left knee on the floor. Put your hands on top of your right thigh.

STEP 3: Slide your back leg behind you until you feel the stretch in the front of the hip. To intensify the leg stretches, push your hip forward, straighten your body, and put your hands on your front knee. Hold for 10-12 seconds and then change sides.

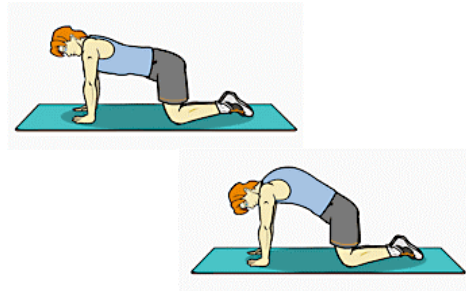


## **HAMSTRING STRETCH**

STEP 1: Lie on your back (on the mat or on the floor).

STEP 2: Bend your left leg.

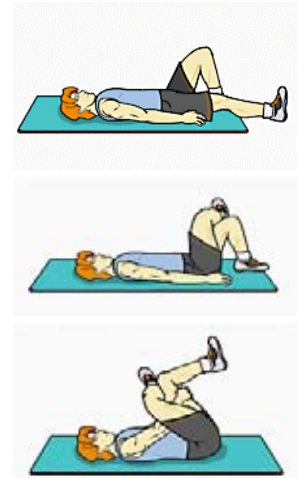
STEP 3: Hold your right leg with one hand behind the thigh and the other behind the calf muscle. Slowly, maintaining your right leg as straight as possible, pull it towards you until you feel the stretch down the back of your thigh. Allow the muscle to relax into the stretch. Hold for 8-10 seconds and repeat on the other leg.



## **BACK STRETCH**

STEP 1: Go down on your hands and knees. Maintain a straight back.

STEP 2: Create a curve in the middle of your back by pushing your spine upward. Hold the position for 5 seconds, then release the stretch and return to the starting position.



## **GLUTE STRETCH**

STEP 1: Lie on your back (on the mat or on the floor). Bend your left knee.

STEP 2: Cross your right leg over your left knee so your right ankle rests just above your left knee.

STEP 3: Hold behind the left thigh with both hands and gently pull towards you until you feel the stretch in your bottom and outer thigh. Hold for 8-10 seconds then repeat on the other leg.

### Contact Information:

P.O. Box 1146  
1320 W. Main Street  
Wytheville, Virginia 24382  
Telephone: 276-228-5776  
E-mail: jinjer@astepaboveptc.com  
**www.astepaboveptc.com**

### Group Exercise Classes:

**Morning Boot Camp:** Class Time  
6:00-7:00 AM, Tuesday & Thursday  
mornings.

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.