



How (and Why) to Improve Flexibility and Mobility

Being able to move well is critical for your health. It helps you meet the physical demands of your daily life. It also allows you to exercise so you can continue to meet those demands over time.

Two keys to being able to move well are mobility and flexibility. Good mobility means your joints can move as they're supposed to (and without pain) through their full range of motion. Good flexibility, on the other hand, means your muscles are able to lengthen fully (also without pain).

To improve your mobility and flexibility, keep these tips in mind:

- **Exercise regularly.** The “move it or lose it” concept definitely applies here. The less you move, the more ground you'll lose in terms of mobility and flexibility.
- **Stretch before and after any physical activity.** Pre- and post-activity stretching are great for your joints and your muscles. Just warm up a bit first before your pre-activity stretches.
- **Use proper form.** Whether you're running, lifting weights, or doing another type of exercise, good form will help you reap more rewards while lowering your risk of injury.
- **Try yoga.** Yoga helps to lengthen and strengthen your muscles—and it's easy on your joints, too.

- **Maintain a healthy weight.** Extra pounds are hard on your joints. Over time, this can cause mobility issues.
- **Use good posture.** Standing and sitting correctly can help you gently stretch your muscles and avoid pressure on your joints. Walking also helps to improve your posture.
- **Listen to your body.** Pain is the body's warning system. If something hurts, stop doing it.

A personal trainer can help

If you're not sure how to best improve your mobility and flexibility, a certified trainer can walk you through the process. They can also make sure you use good form and answer your questions along the way.

Two keys to being able to move well are mobility and flexibility.



Take Your Workout on the Road

It's great when you're really in a routine with your workouts. You're almost on autopilot in terms of where, when, and how you get your exercise in each week.

Sometimes though, all it takes is a vacation, a work trip, or even just an extra-busy week to make your cherished workout routine go off the rails. When that happens, it can be really tough to get back on track again.

To prevent this, it's a good idea to have a backup workout in your back pocket. Ideally, it would be something you can do from anywhere—with little to no equipment needed.

Take it outdoors

One easy way to exercise away from home is by finding a park or trail nearby or hitting the sidewalk for a refreshing walk or run. Wherever you go, be aware of your surroundings, avoid isolated areas, and make sure you finish before nightfall.

Choose workout-friendly lodging

If you have input over where you will stay when traveling, look for a hotel or vacation rental that offers workout facilities. If there is no gym, there may still be a pool—which is great for cardio and strength training.

Try an in-room workout

Yes, it's possible! There are lots of exercises you can do in the confines of a hotel room. Pushups, planks, and burpees are just a few examples. There are plenty of websites and free apps that can give you more ideas.

Take a bike tour

Lots of cities now have bike-sharing programs. This is a great way to exercise and explore at the same time. Just make sure to wear a helmet.

Adjust your expectations

Remember that perfection is the enemy of progress. Just because you can't do your usual workout doesn't mean you should skip exercising entirely. Some movement is better than no movement at all!





Keep off the Injured List

Workout-related injuries are no fun. They keep you from exercising, they make it tough to do the things you need to do each day, and they hurt!

Some injuries stem from accidents that can't be avoided, but there are things you can do to prevent many types of injuries as you exercise. Incorporate these habits into your workouts to keep yourself healthy and off the injured list.

- **Warm up first.** A warm muscle—with good blood flow to it—is more elastic and flexible than a cold, rigid muscle. Warm up for five to 10 minutes before your workout with quick, light movement.
- **Use good form.** Using the right positioning when you work out is key to avoiding injuries to muscles and connective tissues. If you're not sure what constitutes good form for a particular activity, look it up online or ask a certified trainer.
- **Lift a safe amount of weight.** Don't try to prove something to yourself by lifting a weight that your body isn't ready for. That's a surefire way to hurt yourself.
- **Give your body a chance to rest.** Overtraining limits your body's natural ability to recuperate from a workout. Stick with three or four sessions per week, and limit your workouts to an hour or less.

When to get medical care

Pay attention to any pain. If you experience major swelling or pain, sounds of popping or crunching when you move, trouble supporting any weight with the injured area, or other symptoms that concern you, see a doctor.

Using the right positioning when you work out is key to avoiding injuries to muscles and connective tissues.



AVOCADO & BLACK BEAN EGGS

Ingredients

- 2 teaspoon grapeseed oil
- 1 red chilli, deseeded and thinly sliced
- 1 large garlic clove, sliced
- 2 large eggs
- 400 grams can black beans
- 400 grams can cherry tomatoes
- 1/4 teaspoon cumin seeds
- 1 small avocado, halved and sliced
- handful fresh, chopped coriander
- 1 lime, cut into wedges

Instructions

1. Heat the oil in a large non-stick frying pan. Add the chili and garlic and cook until softened and starting to color. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.
2. Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

Prep Time	Cook Time	Servings
5 minutes	5 minutes	2



Nutrition Facts

Calories	356
Total Fat	20g
Sodium	.8g
Carbohydrate	18g
Total Sugars	5g
Dietary Fiber	11g
Protein	20g