

Flexibility

Our bodies are a well designed, intricate machine. They perform fabulously if we take good care of them, practicing the "big ten." Flexibility is one component that is not too tough to incorporate into your day. It will not take a large amount of time AND the rewards will be tremendous. Why? Our muscles move our bones so that we can do our daily tasks. If our muscles start to shorten and our joints lose range of motion, performance of those tasks will suffer, and may result in pain.

We need to stretch our muscles, pulling the muscle fibers apart which allows fresh fluids to get into our muscles, connective tissues, and joints, giving them warmth and nourishment. Cold muscles do not work nearly as well as warm ones, so it is important that we move our bodies in full range of motion every day. Compare your muscle to a rubber band. What happens if you stretch a cold rubber band? It might tear or even snap. How about stretching a nice warm rubber band? Pretty smooth, eh?

Well – here's how you can enhance your flexibility and help your body accomplish daily tasks more effectively and efficiently. Practice the following stretching routine every day, at least once a day. Do it in the morning to get your day started with fresh energy. Do it, again, after lunch or whenever you feel the need.

As I said, it won't take long, only about 3 minutes and after doing it every day for 10 days, you will definitely feel the difference.

