

MOBILITY

Flexibility Guide

Boost Your
FLEXIBILITY
and
AGILITY



WELCOME



WELCOME TO YOUR 6-STEP MOBILITY CHALLENGE GUIDE!

If you want a more flexible, supple, and agile body, you are in the right place. Mobility plays a huge role not only in your workouts but in your everyday life.



It affects:

- *How your body feels when you get up in the morning*
- *The ease of your daily activities*
- *How limber you stay as you get older*
- *Your overall fitness, strength, and performance*

This guide breaks down everything you need to know to help your body move better – and then helps you put that knowledge into practice.

First, we'll talk about what "mobility" really is, why it's so important, and how it might be different than you think.

Then, we'll put it all together with an action plan to increase your OWN mobility.

HELLO



Mobility has a tremendous impact on your quality of life ... because when you can move better, you just plain feel better.

For the first 5 days of your *6 - Step Mobility Challenge*, you'll focus on exercises to improve specific body parts.

Then on Day 6, you'll put it all together with a total body mobility routine. After the challenge is over, you can use this routine as-is or choose exercises that target specific trouble spots.

Remember: your body is unique! If you want next-level, personalized guidance for your mobility, fitness, and/or performance, I can help: Set up your free assessment session with me today. 631-246-9404. (call or text!)

Dedicated to your health and wellness success,

Amy Monton





MO·BIL·I·TY

The ability to move freely and easily. It's the active range of motion through your joints and muscles.



WHAT IS

MOBILITY?



“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

– *Plato*

As you can imagine, mobility is vital when it comes to having a body that performs for you in everyday life.

It’s being able to reach overhead to get something off the top shelf or easily bending down to pick up something on the floor.

Or even being able to turn your head to look over your shoulder.

And it’s also about getting into a deep squat or performing Olympic lifts safely!

But it’s often confused with flexibility because the two are so intertwined.

It can help to think of mobility as “applied flexibility.”



FLEX·I·BIL·I·TY

The ability of a muscle or muscle groups to lengthen passively through a range of motion.



HOW IS MOBILITY DIFFERENT FROM

FLEXIBILITY?

“Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind.”

– *Bruce Lee*

Here’s a simple example of mobility vs. flexibility:

Lie on the floor on your back, with knees bent and feet flat on the floor. Raise one knee toward your chest.

Your **hip mobility** is how far up your knee can get without any assistance.

Now, grab your knee and pull it closer to your chest (keeping your back close to the floor for safety). This assisted stretch shows your overall **hip flexibility**.

So, the difference is that while flexibility tends to be more passive, mobility is active.





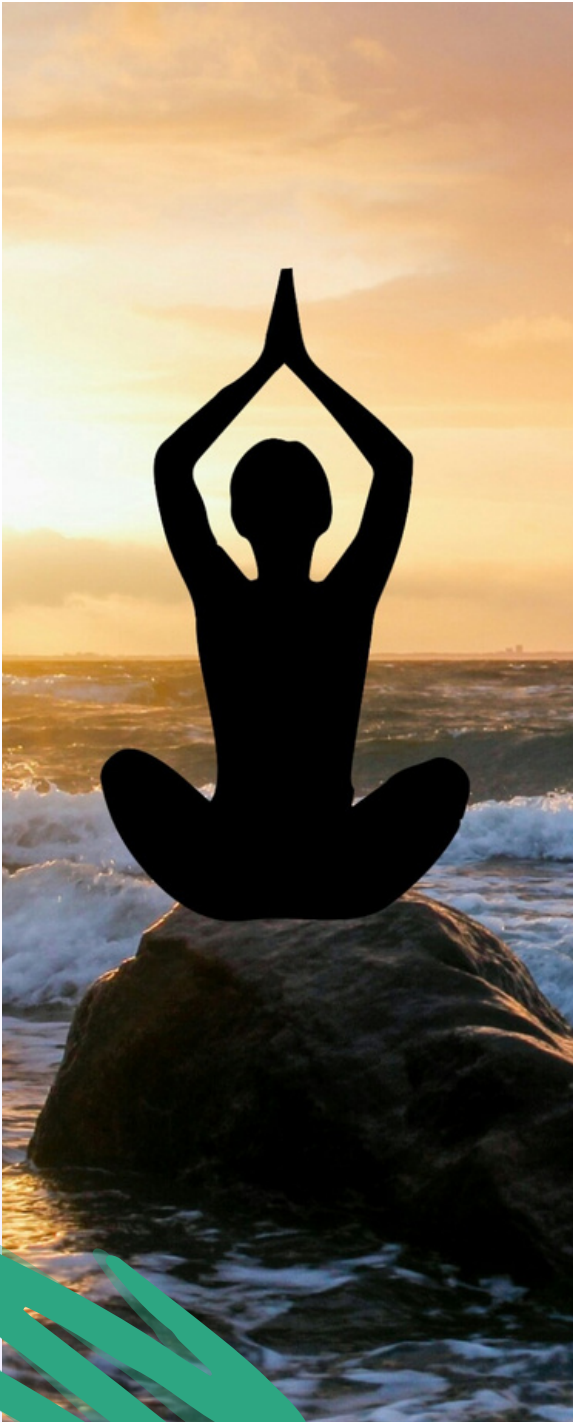
STA·BIL·I·TY

*The strength to stand or endure.
The property that restores a
body, when disturbed, to its
original condition.*



STABILITY

WHAT HOLDS IT ALL TOGETHER!



“Change happens through movement, and movement heals.”

– *Joseph Pilates*

There is a third function to know about when it comes to mobility ... because it’s designed to keep your body safe and strong.

Your joints need an **anchor point** – a start/stop position – so that they can move through their normal ranges of motion at an appropriate speed.

Without that anchor, they can become unstable and set you up for all sorts of problems.

Remember the old Skeleton Dance song? “The foot bone’s connected to the leg bone, the leg bone’s connected to the knee bone,” etc.?

Your body has a chain of connected joints that allows you to move while also keeping you safe and stable.

It’s called the kinetic chain.

STABILITY



If one link in that chain isn't working properly – **by being either too tight or too loose** – it can throw off many other links in the chain.

When this happens, muscles that normally allow your joints to mobilize (move through their range of motion) suddenly are called on to help stabilize you.



Some examples:

- *You have a lengthened muscle in your ankle because of a sprain, which forces your knees or hips to help with stabilization.*
- *You have a torn knee ligament, which affects your ankle, hips, and spine.*
- *Your shoulder and chest muscles are tight, which limits the mobility of your neck, back, elbows, and more.*



FAS·CIA

A thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber, and muscle in its place.

Fascia contains a rich network of nerves that make it almost as sensitive as skin. When it is stressed, it tightens up.



THE TISSUE

THAT TIES IT ALL TOGETHER

“Fascia does not discriminate, it simply keeps growing and eventually hardening into whatever shapes you make most often with your body. Unfortunately, today that most likely means your body resembles the shape of an office chair.”

– *Janu Vanier*

Scientists are continually learning more about fascia and the role it plays in our movement and our health.

Even though it looks like a single sheet of tissue, it is actually multiple layers that are separated by layers of a liquid called hyaluronan.

THE TISSUE THAT TIES IT ALL TOGETHER

Healthy fascia stretches and glides as it moves because it's flexible and supple.




But if it becomes damaged or unhealthy, it gets thick and sticky. It can dry up and tighten around your muscles.

You can imagine how this can get in the way of your mobility and even cause painful knots.

If you've ever tried to "roll out" a knot using a foam roll, you know firsthand how painful this can be.



Some causes of "sticky" fascia:

-  *A sedentary lifestyle with limited movement each day*
-  *Repetitive movement*
-  *Trauma or injury*



THINGS THAT CAN AFFECT YOUR

MOBILITY

1 AGE

As you get older, your mobility tends to go down.

Factors playing a role:

- *Less lubricating fluid in your joints*
- *Thinner cartilage around your joints*
- *Shorter ligaments*

But you have more control over that than you might think!

Many age-related changes to your joints are caused by one thing ...

2 LACK OF ACTIVITY

Moving your joints regularly helps keep the fluid moving around them, while inactivity can cause cartilage to shrink and stiffen, reducing your joint mobility.

No matter your age, being more active can help improve mobility.

3 HOW YOU'RE BUILT

We all are put together a bit differently, and some of us have joints that allow more movement than others.

Plus, we can have individual differences in our fascia (more on that shortly) and connective tissues.



THINGS THAT CAN AFFECT YOUR MOBILITY



4 TISSUE SURROUNDING YOUR JOINTS

If there is a lot of muscle or adipose (fat) tissue surrounding a joint, it can physically prevent your joints from moving through their full range of motion.

Example: a bodybuilder with large biceps and triceps muscles that get in the way of fully extending or contracting their elbows.

5 INJURIES

Trauma or tissue damage from repetitive use can also play a role in joint mobility.

4 EVERYDAY

BENEFITS

OF MOBILITY



1 LOWER RISK OF INJURY

Studies show that having a smaller range of motion through a joint raises your risk of getting injured.

2 IMPROVED POSTURE

Tight joints can throw your whole body out of whack. For example, if your hips lack mobility, it can affect your spine, cause shoulder stiffness, and even affect your neck.

3 EASE OF MOVEMENT

Have you ever tried to reach your arms overhead and found that they wouldn't straighten ... or that they wouldn't extend without shrugging your shoulders?

Over time this can lead to a cycle of less activity, even less mobility, and potentially an increase in pain.

4 ACTIVE AGING

If you think this doesn't apply to you, I've got news for you: unless you are active, your mobility starts to go downhill at age 30!

The steps you take NOW can pay off for decades to come.

MOVING

FORWARD

As you've seen (and felt!) firsthand while doing the exercises in this guide, working on your mobility is a long-term project – but it's definitely worth it!

Choose your favorites from this challenge and incorporate them into your daily routine as standalone exercises or as part of your warmup for your workouts.

The exercises I've included are a starting-off point. There are literally hundreds to choose from based on your goals, your body's unique needs, and your fitness level.

I'm here to help you every step of the way, with personalized programs to help you reach your goals.

I have a proven process that helps people just like you to move better and feel better ... so you can live your BEST LIFE.



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Health & Wellness Transformation

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631-246-9404

Whenever you are ready, here are ways I can help you:

- Increase and improve mobility and flexibility in your everyday life through my mobility program.
- Strengthen muscles safely and effectively with personal training and yoga sessions
- Learn more about healthy nutrition and incorporate it into your lifestyle.
- Create a positive mindset
- Meditation and breath work

HEALTHY BODY,

HEALTHY LIFE

At MortonMindBody, I believe a holistic approach to fitness is the most effective.

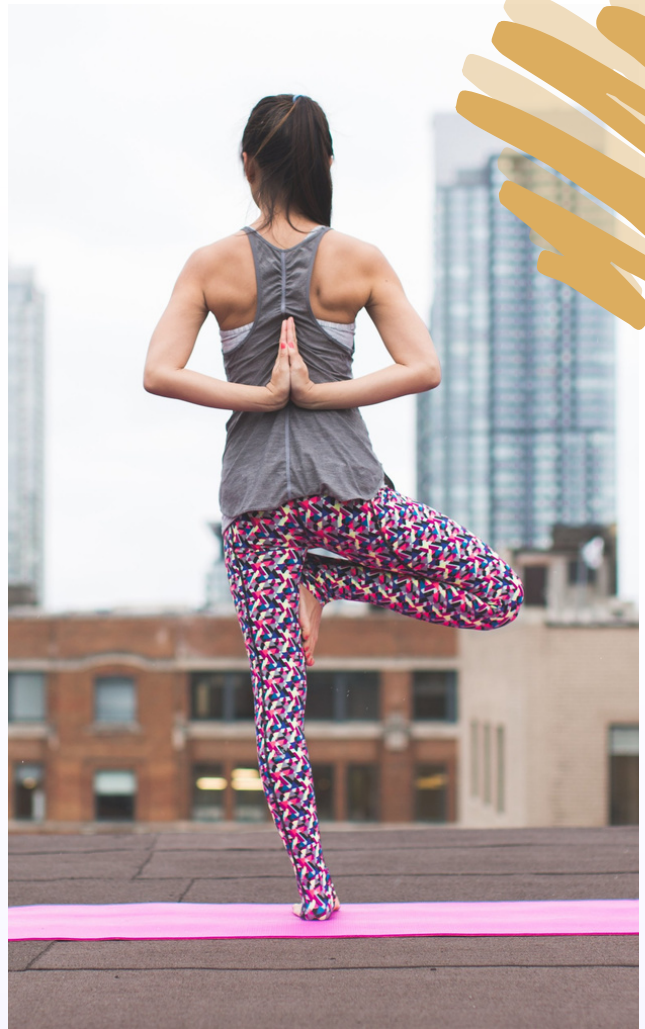
It's not just about sets, reps, and distance ... it's about supporting your body before, during, and after your workouts ...

And also during your everyday life!

I'd love to be part of your fitness & wellness team!

In health and wellness,

Amy Morton



FREE ASSESSMENT SESSION

Mention this guide and sign up for your free assessment session today. 631-246-9404.