



MINDFUL
MONDAY

The Physical Benefits from Stretching

Astounding **physical and physiological changes** result from developing greater flexibility. Specific stretches create predictable improvements.

You'll experience more fluidity in your movements.

Suddenly you'll be sitting up straighter, lighter, walking taller, becoming more youthful and child-like in your movements. Your power, strength and endurance will skyrocket. Chronic pain will magically disappear. Your diet will improve, future injuries won't have a chance, and your general health will be enhanced. You'll feel stronger, more resilient, and vigorous. You'll be mystified by your emerging physical prowess.

Flexibility turns your anger and angst into love.

As you engage in conflict with your own body while stretching, you are learning to transfer these skills into engaging into conflict with others and turning problems in relationships into deeper love. As the chronic discomfort in your body leaves, the angst about survival diminishes.

Flexibility wakes you up and shows you how to live in the present.

As you remove habitual patterns of discomfort in your body, you find yourself *waking up* as if from a deep sleep—like Rip van Winkle. By focusing your attention on stretching, you find yourself living more in the present. Your physical instincts improve—survival instincts come to the fore, and you find yourself better able to set boundaries and limits with people.



Flexibility teaches you to take action.

Your flexibility gets the ball rolling and keeps it rolling. You learn how to take the right action instead of avoiding things.

Flexibility determines how well you move and improves your posture.

Your flexibility absolutely determines what movements you are able to make and how fast, accurate, and powerful those movements can be. That box on the top shelf suddenly becomes more “reachable.” Your posture naturally becomes upright without any need for “mental” reminders to “sit up straight,” or “stop slouching.” Your bio-mechanical efficiency has been upgraded.

Flexibility harnesses your strength, power, and endurance.

The ability of any muscle to shorten is directly controlled by its ability to lengthen! By increasing your flexibility, your muscles are then allowed to shorten and contract maximally — this translates into increase power, speed, and acceleration.

Flexibility relieves pain, prevents injuries, increases your comfortableness.

Many chronic as well as acute myofascial pains are the direct result of muscle shortness. Increase the length of your muscles, and watch your back, knee, elbow, etc. pain disappear forever. Increases in flexibility and strength also help to prevent future injuries.

Flexibility heals and overhauls your physiological health.

A flexibility “perk” is that your internal health improves...and in very specific and predictable ways. You’ll find that each of the different types of stretches has been reported by thousands of people to cause specific health improvements. Individualize your own stretching program based on your specific needs.



Flexibility makes you more youthful and solid.

Everyone who stretches regularly gets younger and better looking. Not only will you move and feel like a person with a much younger body, but you'll have a new tool at your disposal to modify and adjust your body so those aches and pains from aging become less intrusive or are erased completely. People that don't stretch yet are prematurely aging.

Flexibility results in improved diet.

Regardless of what you think is the best diet for yourself, everyone who stretches regularly finds that their eating habits improve. Organic foods steal their way onto your plate and suddenly become MORE attractive than anything else. Nutrient rich foods replace empty foods.

Flexibility creates athletic prowess.

It should be no surprise to you from what you have already read about athletes who have won gold medals at the Olympics (and who credit a big part of their success to Resistance Flexibility Training), that flexibility is the foundation to all physical exercise. Strength, aerobic and skill performance are all dependent on flexibility.

Flexibility teaches you to rest and handle stress and distress.

When you know how to rest, you can build yourself because your body rebuilds itself during rest. Stretching teaches you how to embrace appropriate amounts of stress to challenge yourself and to remove undesirable stress and distress.

