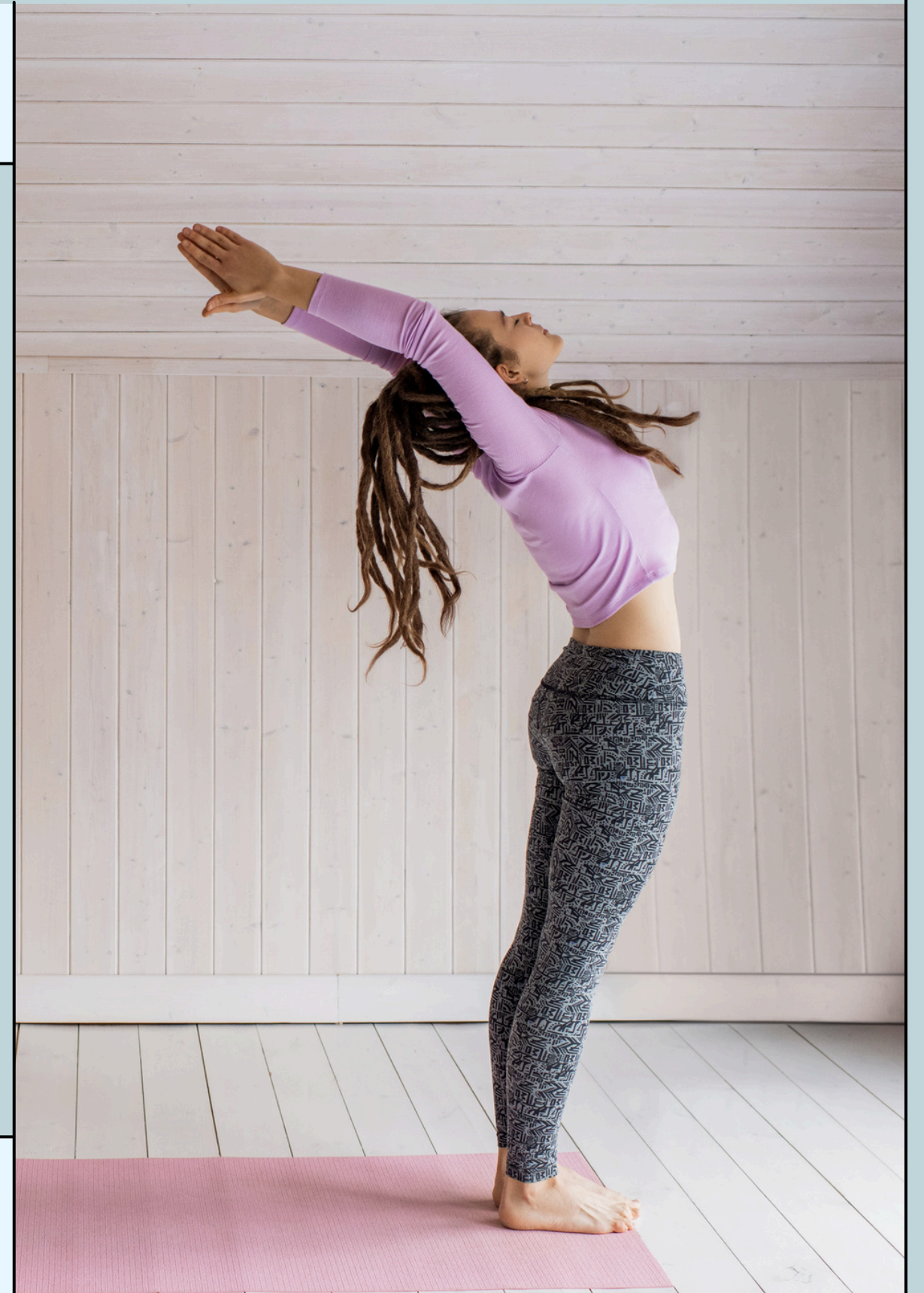


Hailsham Active - Women's Health Workshop

MOBILITY,
FLEXIBILITY,
COORDINATION,
BALANCE

presented by Andrea Meszaros



Mobility exercises



Benefits of mobility training include:

- Improved flexibility.
- Greater range of motion.
- Muscle strength.
- Joint health/movement without pain or stiffness.
- Balance and stability (i.e., feeling grounded, centered, and steady on your feet)
- Better control, with every movement executed as intended.
- Improved athletic performance.

Flexibility exercises

Better flexibility may:

- Improve your performance in physical activities.
- Decrease your risk of injuries.
- Help your joints move through their full range of motion.
- Increase muscle blood flow.
- Enable your muscles to work most effectively.
- Improve your ability to do daily activities.

Improve your coordination and balance

Improved balance and coordination can lead to increased mobility and strength. This can enhance your ability to perform everyday tasks with ease and improve your quality of life. By improving balance and coordination, you can significantly reduce your risk of falls and injuries.



Flexibility



Better flexibility may:

- Improve your performance in physical activities.
- Decrease your risk of injuries.
- Help your joints move through their full range of motion.
- Increase muscle blood flow.
- Enable your muscles to work most effectively.
- Improve your ability to do daily activities.

Strengthen your muscles

Strong core and lower body strength contribute to maintain and improve your balance. Exercises including standing on one foot, shifting your bodyweight from one side to an other, stepping up and down, twisting and reaching can improve your balance.

Mobility exercises recommended to do before or after workout, or daily as your routine to prepare yourself for a day lasting about 10-15 minutes.

Types of exercises

YOGA



PILATES

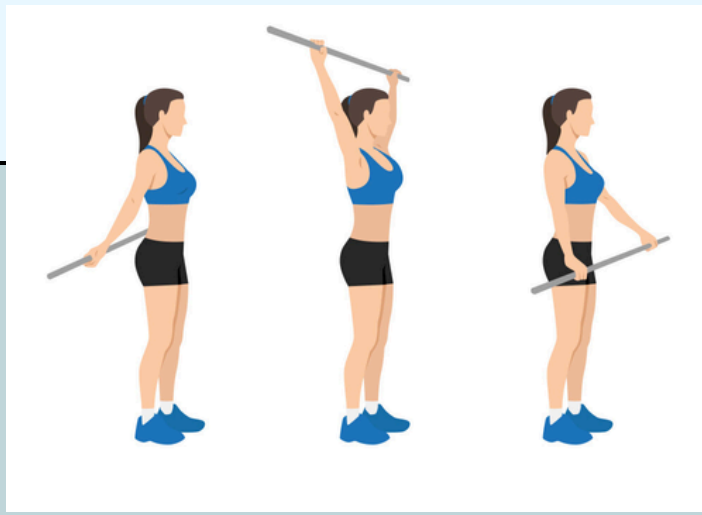


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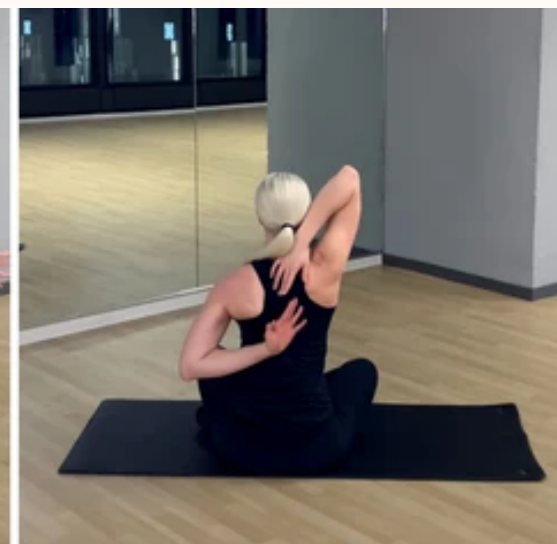
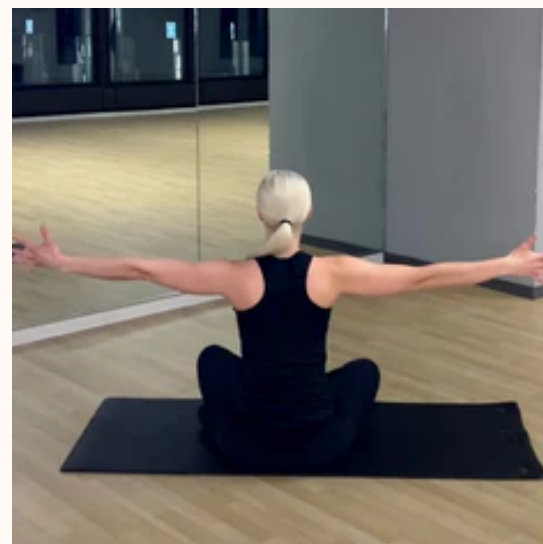
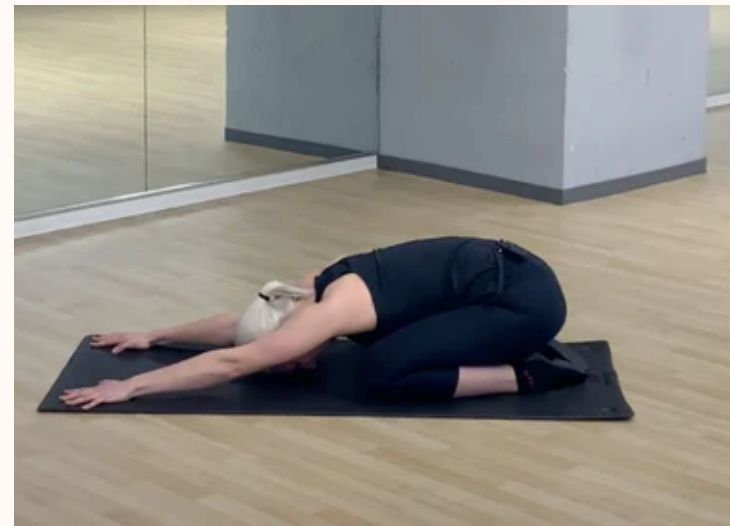
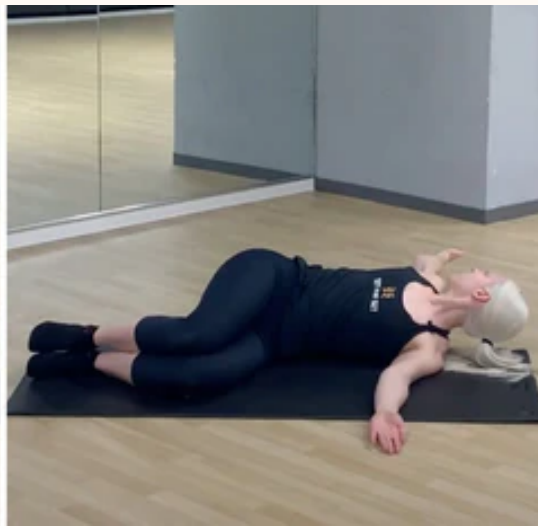


Cat Cow Exercise



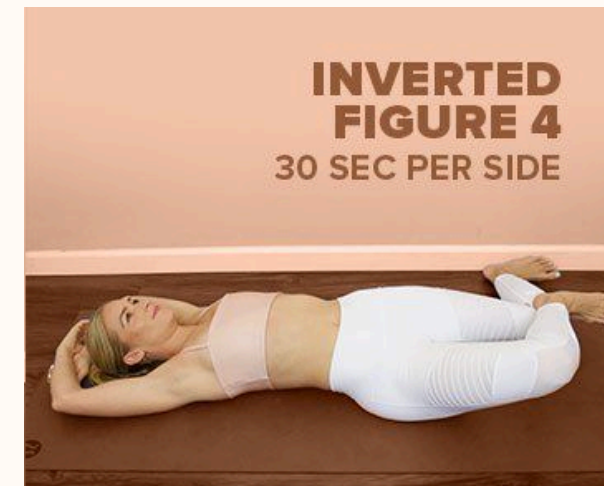


Shoulder mobility Exercise





Hip mobility Exercise



Thank you for your attention

Would you be kind to share
your feedback with me in a
few sentence about your
experience. please?

