

Moving Stretch®

Stretch Your Fascia to
Free Your Body



Stretching is such a natural, instinctive thing to do...



... but we often either forget to do it at all, sitting inactive for long periods of time...

...or we overdo it, stretching way too much and too far, leading to instability, weakness and even injury.



Having a regular, sustainable stretching routine can help to keep us healthy, youthful and supple.



It's much better to move a little regularly than be a weekend warrior - there is no benefit to binge stretching.

Also, most of us have forgotten our natural, instinctive way of stretching, having learned forced and very linear movements at school.

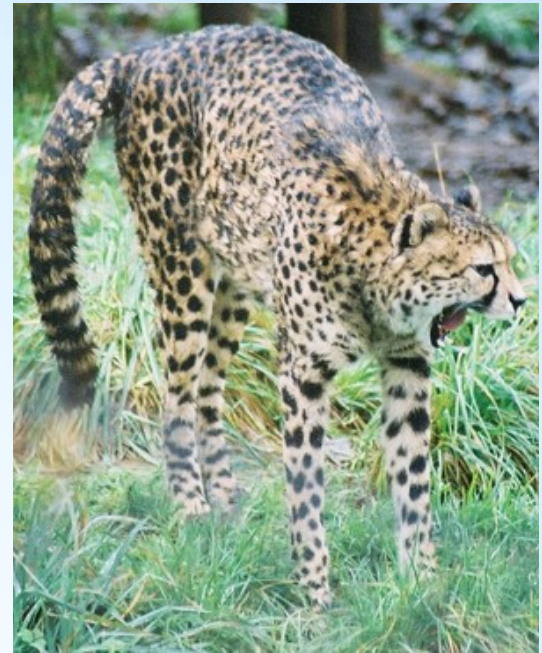


And we carry those through into our adult lives, never realising there is a better way to stretch.

However, within your instinct lies the key to powerful, effective stretching.



Just like an animal tenses all of their muscles and moves through that tension,



when we wake in the morning and yawn, we create tension and then move through that in a strong and satisfying stretch.

This is also known as **resistance stretching**:

A combination of **resistance** (tension) and **stretch** (movement)

It basically means we create tension (by tensing our muscles) and move continuously (we don't hold stretches).

So two key points:

1. Always tense your muscles



2. Always move (don't hold the stretch at the end!)

Tensing the muscles engages your fascia (the dense connective tissue that makes you the shape that you are).



And **moving** helps to recondition the fascia, making it healthier and stronger and removing stuck bits.

Moving Stretch[®] is a type of resistance stretching, created by Suzanne Wylde and designed to be very accessible.

Whether you are as flexible as this:



Or this:



So if you want to give it a go, why not try it right now with a little experiment.

1st step. Keep your muscles relaxed and make the movement you make when you yawn and stretch. But do not tense your muscle!

2nd step. Do the same again, but this time tense your muscles as you would when you yawn, have a strong and satisfying stretch.



How did it compare?



Now just imagine all of your stretches being that satisfying!!

You can get amazing changes in your body, with as little as 10-20 mins a day!



Javier stretched for 30 days, 20 mins a day and experienced a huge change in posture, and his shoulder and neck pain completely went away.

OK, feeling ready? Why not dive in with some of the free videos on our site?

www.movingstretch.com/video-menu

Enjoy your stretching!!



Moving
stretch