

Full Body Stretch Routine for Agile Older Adults



A Series of Stretches for Older Adults with Adequate Mobility

Full Body Stretch – Agile

Second Home Fitness would like to thank our models:

Judy, David, Pat, Jocelyne, Sue and Elizabeth!

Also, special thanks to Abbotsford House of the Glebe Centre for providing the location for our photo shoot!

Please watch for our books: “Full Body Stretches for Agile Older Adults” and “Full Body Strengthening for Older Adults”

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Introduction

The “Full Body Stretches for Agile Older Adults” is a book that includes safe and effective stretches for the entire body. The stretches in this routine can be accomplished in the order they are presented for a full body routine. Alternatively, any stretch can be used individually to address specific tightness or range of motion issues.

This Agile series is for people who have the mobility to move through various positions: laying on a mat, kneeling on a mat and standing position. A modified series of stretches can be found in our “Full Body Stretches for Fragile Older Adults” edition.

While completing the series of stretches it is good to keep in mind the goal of stretching: to reduce tension in muscles so that you may maintain or improve your range of motion. When moving into a stretch, the maximum intensity should be 6-7/10; it should feel like a reward; therapeutic not tortuous. Once you move into the stretch and have the appropriate tension then hold and wait. Wait for the stretch to affect the muscle, for the intensity of the stretch to reduce to a 2-3/10.

Safety Considerations

- Stretches should be completed in a pain free manner.
- Use the stretch strap if you are not able to support your limb.
- If the muscles shake or hurt when stretched, there is too much tension; reduce the tension and allow the muscles to relax into the stretch.
- Stretches should be felt in muscles not the joints. If you feel a stretch in the joint, you need to ease-off or try another stretch. For example, if you are stretching your Hip Flexors and Quadriceps and you feel it more in your knee than your muscles, you need to straighten the knee a bit or try another stretch.

Full Body Stretch – Agile, Full Routine

Below, you can see the entire workout and how to move from one stretch to the next with ease.



Complete the first 5 stretches on one side before the other side



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