

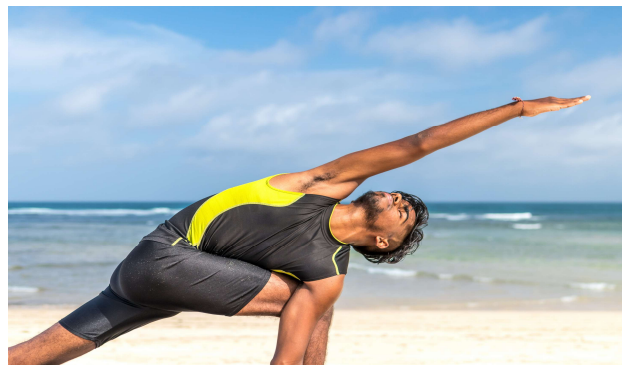


CIRCL—a new way to be  
mobile and keep our  
flexibility as we age

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# Objectives of this Session

- To learn what flexibility is and why it is so important in our everyday life.
- To practice a series of stretches that may be performed anytime.
- To have a little fun along the way!



# What is Flexibility?

- Flexibility is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion (ROM).
- Flexibility is highly specific to each of the joints of the body.



# When Should We Stretch

- After exercise
- *As a form of exercise*
- Any time we want to feel better!



# Why is Flexibility Important

- It may help improve mobility.
- It can help improve posture.
- It can reduce the risk of injuries (whether during physical activity or just in everyday life).
- It may decrease the chance for muscle soreness after activity.

# What is CIRCL Mobility?

CIRCL Mobility is a mobility and flexibility program designed to help you move your body the way it's intended to move.

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises to enhance the way you move throughout the day!

# Safety

- How we should stretch
- Hydration: Please drink water any time you wish.
- Resting / Pausing: If at any point you need to rest, then jump back in, please feel free to do so.
- Never push past the point of discomfort

# Mind /Body Awareness

- Mind/ Body awareness is one of the major benefits of exercise
- Let's focus on our bodies and our breathing during this session.
- How do you feel right now?





# Cameras

Feel free to turn your cameras off if you wish.



# What's Going to Happen Now

- We are going to do several different series of stretches. You'll watch me once, then we will all do them together.
- Each series will be done two - five times; sometimes we will do the series on one side, then repeat on the other side of the body.
- Then we go on to the next series.

# Ready? Let's Stretch!



# Series One

- Cross Arms over chest. Small spinal flexion and extension
- Lateral flexion (side to side)
- Diagonal flexion
- Circle from hips
- EXTRA: Then arms open diagonally and slightly arch back, then other side diagonally with arms (lift your chest, round your back forward)

# Series Two

- Come up / down on toes. Then swing arms up.
- As arms come down, slightly bend your knees.
- Hinge at the hips, bring arms behind you, arms swinging.
- Swing arms back up and straighten up.
- Repeat from beginning

# Series Three

- Arms out, twist slowly side to side several times.
- Then bring legs apart and open up in a wide squat.
- One heel lifts off the ground and the knee comes in (hip stays forward). Perform on both sides, then stand.
- Repeat.

# Series Four

- Arm Circles slowly (three different size circles).
- Push hips forward, then hinge forward at hips.
- Raise up, then leg sweep side to back leg extension to knee up.
- Extend knee forward.
- Repeat.

# Series Five

- Face side, one leg in front of the other.
- Arms alternate performing 3 large slow circles back to a forward reach
- Both arms reach up.
- Hinge forward to flat back, shoulder blades come back too.
- Repeat.



# Series Six

- Face forward, arms up
- Forward fold, to squat down
- Frog stretch looking forward
- Lean diagonally right, knee forward, then left.
- Back to frog then squat then stand.
- Repeat

# Series Seven

- High knee pull, then long lunge, reach arms up.
- Drop both hands inside knee, then one arm stretches to the ceiling, rotate hips.
- Hands back, hamstring stretch (toes towards sky).
- Pull yourself through

# Series Eight

- Lay on back, knees bent. Using core, come to bridge.
- Lean right arm diagonally across and overhead. Then roll back to the floor.
- Roll up (roll to side if needed, then up). Sit with one knee pointing towards the ceiling, one knee on the ground.
- Reach forward.

# Series Nine

- Child's pose
- Spinal wave to Cobra, then back to Triangle
- Walk heels down
- Reverse to Cobra, then child's pose
- Repeat

# Series Ten

- Start in tabletop position
- Place right leg long to the side (press foot into mat), lean left, right arm reaches over the top and to the left side.
- Lean back to center, arms long, pull back with thumbs up.
- Lean over outstretched leg then reverse
- Repeat.

# Series Eleven

- Get on one knee, the other knee is bent in front. Gently rock back and forth, hands may be on either side of front leg.
- Stop in the center, then move one arm over the top for lateral flexion.
- Same arm reaches forward along the mat, then in, then reach long to that side, then “thread the needle” (palm down).

# Series Twelve

- On your belly, extend one arm straight out to the side.
- Leg curl opposite leg
- Rotate to one hip on the ground, leg touches behind.
- Come back to belly and both arms slide forward along ground above head.

# Series Thirteen

- Lay on belly and perform a quad stretch.
- Come up to tabletop
- Perform a Cat/Cow stretch
- Extend one arm to top edge of mat in the air, then out to the side, then bend your elbow and put that hand behind your back (touch the opposite hip).



# Series Fourteen

- Sit 90/90. Lift both arms up while you lean over the front knee.
- Lean diagonally to side of front knee, reach out with both arms diagonally, roll onto back (opposite arm does arm circle)
- Reverse
- Repeat

# How Do You Feel?



# When Should I Use These Stretches?

- You can take some time and perform the entire series of stretches.
- You can take a short break during the day and perform one or two series of stretches.
- You can use these any way that fits your lifestyle.

# Just Move More

- Maintaining / increasing our flexibility is very functional for our everyday life.
- Just remember that each and every day, we should try to move more! It makes us feel good and want...



# Questions?



# Contact Information

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