

# HOW TO “FIT” STRETCHING INTO YOUR DAY

by: Nadia Bender



**W**hy do I always feel stiff and tight in my muscles even though I have the opportunity to stretch daily and sometimes six times daily either teaching classes and/or training clients? Our bodies are very complex when it comes to reacting to muscle aches and pains. I should know this due to the nature of my work. But what I find challenging and sometimes frustrating is that no matter how often I stretch I always feel tight and sore in some part of my body!

What I find fascinating is that when I do take the time to stretch, it actually feels good. The endorphin kick I usually get in the exercise I can actually experience in pushing my stretches to the limit too. So even pushing to the point of tension is actually worth the pain!

A common question I am asked by my clients is, “How do you fit stretching into your already busy schedule?”

Time is of the essence. And yet I still squeeze in time in my day for stretching outside of teaching fitness classes and personal training.

This is what works for me. Before I even get out of bed I do my spinal twist stretch, which means twisting my body into a pretzel and holding the posture while breathing deeply.

Once in the shower, after two minutes of hot water steaming up the room, I lean backward, resting my hands on my lower back and extending my back. Then I bring one knee up and hold onto it to stretch my back, and then switch legs. Then I place my hands on the wall and extend one leg back while the other leg is forward to stretch my calves. Then I do the standing quad stretch, bringing my ankle up behind my knee and holding it. Then I lean over to the side to stretch the side of my stomach. Then I lean forward into a cat stretch and hunch my back, and then extend in the opposite direction.

So the next time you hop in the shower, try out the above moves and let me know how your muscles feel!

If you need some help in making a stretching or fitness routine “fit” for you, please give us a call.

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