

IMPROVE YOUR MOBILITY – FEEL BETTER IN MOTION AND AT REST

Mobility is your body's ability to move efficiently, with control, and without pain. It's not just about how many reps you do at the gym, but how you feel when getting out of bed, walking, or sitting at your desk. This e-book will show you why mobility matters and how to improve it in everyday life.

THE DIFFERENCE BETWEEN MOBILITY AND FLEXIBILITY

- 👉 Flexibility is the ability to passively stretch a muscle (e.g. touching your toes).
- 👉 Mobility is the ability to actively move through a range of motion (e.g. controlled deep squat).

The goal is not just to be bendy, but to have control over your range – that's mobility.

WHY ARE OUR MUSCLES STIFF?

- Sedentary lifestyle (long hours at a desk)
- Lack of movement or repetitive patterns
- Stress and poor breathing
- Poor movement habits in sports or daily activities

TOP 5 MOST NEGLECTED AREAS OF MOBILITY

1. Hips – sitting shortens and tightens hip flexors
2. Thoracic spine – slouched posture limits rotation
3. Ankles – essential for squatting and walking
4. Shoulder blades – affect neck and shoulder health
5. Breathing muscles – good breathing supports both stability and relaxation

DAILY MOBILITY ROUTINE – 10 MINUTES A DAY (VIDEOS CAN BE FOUND ON MY YOUTUBE AND INSTAGRAM)

1. Cat-cow stretch – 1 min
2. Deep squat hold – 1–2 min
3. Open chest rotation in kneeling – 1 min each side
4. Hip mobility in 90/90 position – 2 min
5. Shoulder & scapular circles – 1 min
6. Calf stretch at wall – 1 min each leg
7. Breathing drill lying on back – 2 min

HOW TO CREATE A PERSONALIZED MOBILITY PLAN



Focus on the area where you feel:

- Pain (e.g. lower back, knees)
- Limited range of motion (e.g. can't squat deep)
- Stiffness (e.g. morning tightness)

Pick 3–4 exercises and do them daily for 5–10 minutes. Consistency is more important than duration. Ideal in the morning or evening.

FEELING CHALLENGED?

Mobility is not a luxury – it's foundational. If you want to feel better, move without pain, and improve your performance in sport and life, take a few minutes each day for your body.

If you're unsure where to start or want a custom mobility plan – get in touch.



Book a consultation: info@balanceinmotioncoach.com



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