

Connectivity

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BENEFITS OF FLEXIBILITY PROGRAM TO ATHLETIC PERFORMANCE

Flexibility is arguably the most important physical element in an athlete's success, and in their ability to perform at a high level. The freedom to move through a full range of motion, with the least amount of restriction and friction; the coordinated action and relaxation of musculature on opposing sides of joints; an ease, comfort and fluidity in their bodies that permit maximum exertion with minimal energy depletion, this is to experience flexibility. Flexibility contributes to speed and quickness as well as strength to create power, agility, elegance, grace and balance. More than likely, flexibility is the most relative consideration in an athlete's longevity, for it plays a key role in the prevention of and recovery from sports injuries.

An athlete is comfortable and confident in a flexible, fluid body. Living in an open, upright, energy efficient posture gives them a vast amount of control and sense of self reliance in a competitive environment. Flexibility manufactures options, allows an athlete to make the most of every situation; it creates versatility, so that an opponent's strategies can be recognized and countered, and so their weaknesses can best be exploited. Yes, flexibility is where it's at in athletics.

Flexibility permits athletes to recover from workouts in a shorter period, and to train more consistently. Frequency and intensity of training and practice relates directly to precision, efficiency, and performance. Athletes can maximize their efforts sooner and maintain it for longer periods. Not only do they recover from intense training more rapidly with flexibility, they recuperate from injuries in less time as well. Best of all, fewer injuries will be sustained by flexible athletes with malleable, supple muscles and tissues.

As critical as flexibility is to a champion and world class athlete, it is equally essential and valuable for anyone interested in a satisfying, gratifying life. Flexibility helps cultivate and maintain a vital, vibrant state of health; eliminates pain and restrictions; maximizes performance; provides versatility; enhances our quality of life; and allows us to maximize our human potential. It makes us comfortable in our skin. For athletes as well as entrepreneurs, executives, students, housewives or husbands, flexibility in the body almost always translates to flexible attitudes, viewpoints, mindset... Yes, flexibility is definitely where it's at.

EVERY PERSON IS AN ATHLETE IN THE GAME OF LIFE

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