



Take it With You™ Sheets:

Take It With You™ Stretching Tutorial: How to use Take It With You Sheets™, how to stretch correctly, frequently asked questions, and more

These sheets are specifically created for their ease of use. But it's always a good idea to review the basics first, so that you can get the most out of these programs and ensure your safety.

Take It With You Sheets™: What are they, How to use them



What: Exactly what are these [Take It With You Stretching Sheets](#)? They are single-page, easy-to-use stretching programs, featuring photos from a huge archive (12,352 photos altogether), designed and arranged for the sake of convenience and effectiveness by the Flexibility Coach, Evamarie Pilipuf. Each [Take It With You Sheet](#) is designed around a specific purpose, such as "Stretches for Tight Calf Muscles" or "Stretches for Golfers." You can use one or as many as you'd like, creating endless opportunities to incorporate quality stretching seamlessly and conveniently into your busy schedule!



Who: One of the most common concerns about stretching is the notion that a person is "too inflexible" to stretch. Our [Take It With You Sheets](#) are designed to address ALL ranges of flexibility, from those who feel hopeless about their stiff muscles to those who are already quite flexible and are looking to improve themselves further. There are [Take It With You Sheets](#) for YOUR current level of ability, and new ones are being designed on a regular basis, ensuring you'll always have fresh stretches to keep yourself progressing!

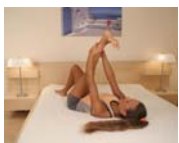


Why: The [Take It With You Stretching Sheets](#) are designed to make stretching as convenient, effective and enjoyable as possible. We all need to stretch, and for a variety of reasons: to offset muscular imbalances caused by our everyday movements, to maximize our mobility for the activities we enjoy, to help keep our muscles youthful, strong, and agile, etc. But most of us rarely get the chance to stretch, usually due to lack of time and lack of convenience. [Take It With You Stretching Sheets](#) are the perfect solution: all you need to do is find the one you want, print it up, and.....take it with you! It really is that easy!



When: Anytime! Our [Take It With You Sheets](#) cover a wide range of purposes, places and time durations, making it possible to choose when YOU want to stretch, and when YOUR schedule permits it!

Also, you will notice that each sheet has an **estimated time duration stamp** in the upper right hand corner, just like the one on this page. This is the estimated time needed to complete ALL stretches on that sheet, to help you plan your use of the sheet. However, you can also opt to do just a portion of the sheet, once again adjusting the time commitment to YOUR schedule and preferences.



Where: Anywhere! You can use a [Take It With You Sheet](#) at the gym, at the office, in front of your TV, in bed, at the hotel room, in your car, in an airplane.....the possibilities are almost limitless, and the benefits just as diverse!



Warm-up: Some [Take It With You Sheets](#) are best done following a warm-up of light activity, while others are arranged so that you can skip a warm up and go right to the stretches. Watch for this note and follow the directions accordingly.

Seven Easy Steps to Successful Stretching



1. Check with your doctor before beginning this or any stretching program.
2. The more consistent you are in your stretching, the more you will see results; try to aim for at least 1-2 stretching sessions per week.
3. Use a warm-up when necessary, ease into each stretch slowly, and hold for at least 20-30 seconds to reap the full benefit of the stretch.
4. Avoid any position that causes pain or discomfort, even if it's a stretch you normally can perform comfortably.
5. Breathe smoothly and continuously during the stretch, using your exhales to further relax and elongate the muscles affected by the stretch.
6. When possible, go back and repeat the stretch, since the second and even third time is often even more effective than the first.
7. Take a moment and think of when and where you can fit stretching in this week; print out the sheet or sheets you would like to use and put them where you can conveniently locate and use them when that time comes.

Frequently Asked Questions About Flexibility and Flexibility Training



When is the best time to stretch?

Almost anytime! The beauty of stretching is that it's extremely portable and adaptive, allowing for many opportunities to unlock tight muscles, even if you only have a minute or two to spare.

That said, if you're going to set aside a good time to stretch, doing so at the end of a workout is often a great choice, both because your muscles are warm and because the stretch will actually help your muscles recover from the previous exercises, making your workout even more effective.



How often should I stretch?

You can actually stretch every day and benefit greatly from doing so. However, since most of us don't often have the time or ability to do so, a minimum of 1-2 times per week will often still help. If at all possible, 2-3 times per week, with each stretching session lasting at least 10-15 minutes, seems to be the optimal minimum for most people.



How soon will I see results?

Stretching a minimum of 2-3 times a week, for about 15 minutes per stretching session, will typically bring about three phases of change: one is immediate; you'll literally feel better, both physically and mentally, right after the stretches. The second is short-term; in the days that follow your stretches, you'll often notice a reduction of soreness and/or stiffness, including morning tightness. The third is the lasting kind of flexibility we all seek. That will typically start to occur around the 6-8 week mark, though some will see improvements after that first month, while others may not see measurable change of muscle length until after 10-12 weeks, especially where there's been a history of injury or many years (thus many layers) of tightness. But changes will eventually take hold if you stick to it!



Will my hamstrings (or calf muscles....or back....or chest....) ever become more flexible?

Absolutely! Even if you managed to inherit the world's tightest muscles, there are plenty of ways to maximize your range well beyond what you ever thought possible. In fact, the reason most people don't see much change isn't because of genetics; rather, it's because either they don't hold their stretches long enough, they don't stretch often or consistently enough, or they don't choose the right stretches for the job. Using the [Take It With You Sheets](#) will help to eliminate these problems, thereby allowing you to finally see measurable differences in your flexibility.



Is there a time when I SHOULDN'T stretch?

There is a time when slow, static stretching is best avoided, and that's just before a period of intense exercise, such as a running race or exercises with heavy free weights. In that case, stretching can still help prepare the body for the activity, but the stretches should be lighter, more dynamic in nature. Marching in place with high knee lifts is one example. Save the long, slow, deep stretches for AFTER the race or workout, just the way you would a massage or other recovery-oriented tool.

Also, never stretch when you're already experiencing pain. Check with your doctor before you resume any form of stretching.

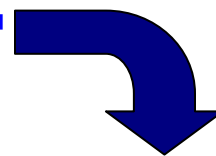


What About Breathing?

With the [Take It With You](#) program, you can breathe in whatever way you feel comfortable, although there are also specific breathing exercises you can learn about and use if you'd like (see [Take It With You Sheet on Breathing](#)). The main objective is to always breathe continuously when you stretch. Avoid holding your breath, since to do so encourages tension and tightness. When holding a stretch or position, focus on the targeted muscles especially during your exhales. In the case of most stretches, this means you'll want to relax the muscle(s) in question during your exhales. In the case of certain exercises, however, the goal is to help strengthen certain muscles; for this, you want to use your exhales to further "squeeze" the target muscles.



Next page: Anatomy of a Take It With You Sheet™



Anatomy of a Take It With You™ Sheet



The Flexibility Coach, LLC
www.theflexibilitycoach.com

Take it With You™ Sheets:

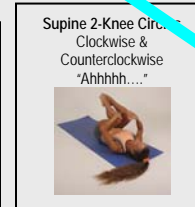
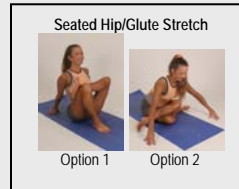
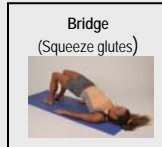
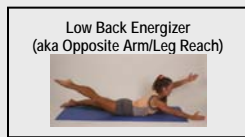
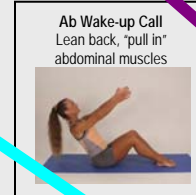
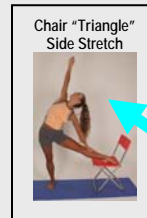
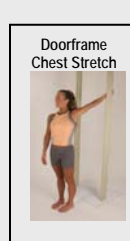
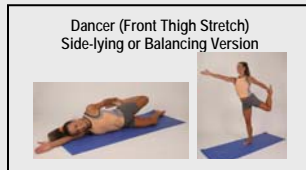
Stretches for Anti-Aging

While some factors of aging are outside of our control, stretching is one action we can take to help keep our bodies vital, healthy and active. After all, what's one of the first images that come to mind when you think of aging? Reduced mobility. Lack of flexibility. Lack of muscle tone and strength. Reduced mental focus. Lack of energy. Luckily, through stretching we can improve all of these things and more. Featured here are some key positions that focus on common areas of concern: the core, hips, knees, low back, ankles, neck, shoulders, and the back of the legs.

Key Muscles: Hamstrings, Calves, Low Back, Glutes/Hip, Hip Flexors/Quads, Groin, Back, Shoulders, Chest, Arms

Warm-up Considerations: A few minutes of light movement, such as walking or stair climbing, should be performed prior to these stretches and exercises.

Stretches and Exercises: (Note: Be sure to perform both the right and left sides of each stretch/exercise.)



ADDITIONAL GUIDELINES

Optimal timing: Anytime you want to fight the aging process and feel refreshed!

How often: Optimal: 3-4 times a week; minimum: once a week

Helpful Hints:

- Perform only what you're familiar with and can perform with good form.
- Ease into the stretches slowly and gently, and don't forget to breathe.
- Avoid any position that causes pain or discomfort.
- Hold each position for at least 30-40 seconds to reap the full benefit.
- Check with your doctor before beginning this or any exercise program.



*As always, check with your doctor before attempting this or any exercise program.

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All information on one single-sided page

Estimated time stamp to help with your planning

Clearly-defined purpose for each group of stretches

Summary notes that include key muscles addressed, warm-up tips, and more

Crisp, clear, printable photos and descriptive labels demonstrating each stretch, including modification options

Additional tips, such as how often and when the stretches are best used

Consistent format for every sheet