

# 12 Days of Wellness

# JOINT MOBILITY

Tuesday, December 4 • 9:45-10:30am



## INCREASE RANGE OF MOTION, PREVENT INJURIES

Our bodies exist on a 3 dimensional plane but so often we stretch and strengthen in a one dimensional plane most often the sagittal plane. The sagittal plane divides the body into left and right sides. When we move along this plane we are using the strength of our muscles to move parts of the body forward or backward. This means most running, biking, rowing and lifting movements make use of this plane including flexion & extension exercises like squatting and a forward and reverse lunge.

Join Sean Hunt to learn how to incorporate all three planes of movement into your mobility time, you will increase range of motion, prevent injuries and provide greater stability for your body.

**FREE**

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com)  
*The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.*

