

# Flexibility Exercises For The Top Ten Activities Of Active People Over 50 Life



## Stretching: Flexibility Exercises for the Top Ten Activities of Active People over 50 (Life After 50)

by Alicia Diaz

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As we age, it becomes increasingly important to maintain our flexibility. Flexibility helps us to move more easily, avoid injuries, and improve our balance. It can also help us to reduce stress and improve our mood.

There are many different ways to improve flexibility, and one of the best ways is through exercise. In this article, we will provide you with flexibility exercises for the top ten activities of active people over 50.

### Top 10 Activities Of Active People Over 50

1. Walking
2. Running

3. Cycling
4. Swimming
5. Golf
6. Tennis
7. Dancing
8. Yoga
9. Pilates
10. Tai chi

## **Flexibility Exercises For The Top Ten Activities Of Active People Over 50**

### **1. Walking**

Walking is a great way to improve your flexibility, especially in your legs and hips. To improve your flexibility while walking, try the following exercises:

- **Toe taps:** While walking, reach down and tap your toes with your opposite hand.
- **Leg swings:** While walking, swing your legs forward and backward.
- **Heel kicks:** While walking, kick your heels up to your buttocks.

### **2. Running**

Running is another great way to improve your flexibility, especially in your legs and hips. To improve your flexibility while running, try the following exercises:

- **Toe taps:** While running, reach down and tap your toes with your opposite hand.
- **Leg swings:** While running, swing your legs forward and backward.
- **Heel kicks:** While running, kick your heels up to your buttocks.

### 3. Cycling

Cycling is a great way to improve your flexibility, especially in your legs and hips. To improve your flexibility while cycling, try the following exercises:

- **Hamstring stretch:** While sitting on the bike, reach down and grab your ankle. Pull your heel up to your buttocks.
- **Quad stretch:** While sitting on the bike, extend one leg out in front of you. Reach down and grab your ankle. Pull your heel up to your buttocks.
- **Calf stretch:** While sitting on the bike, place your feet flat on the ground. Lean forward and reach for your toes.

### 4. Swimming

Swimming is a great way to improve your flexibility, especially in your shoulders, back, and hips. To improve your flexibility while swimming, try the following exercises:

- **Arm circles:** While standing in the water, extend your arms out to the sides. Make small circles with your arms.
- **Shoulder rolls:** While standing in the water, roll your shoulders forward and then backward.

- **Hip circles:** While standing in the water, rotate your hips in a circular motion.

## 5. Golf

Golf is a great way to improve your flexibility, especially in your back, shoulders, and hips. To improve your flexibility while playing golf, try the following exercises:

- **Shoulder stretch:** Hold a golf club behind your back with your hands crossed. Pull your hands up to your shoulders.
- **Back stretch:** Stand with your feet shoulder-width apart. Reach up overhead and clasp your hands together. Pull your arms back behind your head.
- **Hip stretch:** Lunge forward with one leg. Bend your knee so that your thigh is parallel to the ground. Reach down and grab your ankle.

## 6. Tennis

Tennis is a great way to improve your flexibility, especially in your back, shoulders, and legs. To improve your flexibility while playing tennis, try the following exercises:

- **Shoulder stretch:** Hold a tennis racquet behind your back with your hands crossed. Pull your hands up to your shoulders.
- **Back stretch:** Stand with your feet shoulder-width apart. Reach up overhead and clasp your hands together. Pull your arms back behind your head.

- **Leg stretch:** Lunge forward with one leg. Bend your knee so that your thigh is parallel to the ground. Reach down and grab your ankle.

## 7. Dancing

Dancing is a great way to improve your flexibility, especially in your back, shoulders, and legs. To improve your flexibility while dancing, try the following exercises:

- **Arm circles:** While standing, extend your arms out to the sides. Make small circles with your arms.
- **Shoulder rolls:** While standing, roll your shoulders forward and then backward.
- **Hip circles:** While standing, rotate your hips in a circular motion.

## 8. Yoga

Yoga is a great way to improve your flexibility, especially in your back, shoulders, and legs. To improve your flexibility while practicing yoga, try the following poses:

- **Downward-facing dog:** Start on your hands and knees. Spread your hands shoulder-width apart and your knees hip-width apart. Tuck your toes under and lift your hips up and back, forming an inverted V-shape with your body.
- **Cat-cow pose:** Start on your hands and knees. Spread your hands shoulder-width apart and your knees hip-width apart. Inhale and arch your back, lifting your head and tailbone. Exhale and round your back, tucking your chin to your chest.

- **Tree pose:** Stand with your feet together. Bend your right knee and place the sole of your right foot on the inside of your left thigh, just above your knee. Keep your left leg straight and your right heel pressed into your inner thigh. Extend your arms overhead and clasp your hands together.

## 9. Pilates

Pilates is a great way to improve your flexibility, especially in your back, shoulders, and core. To improve your flexibility while practicing Pilates, try the following exercises:

- **Roll-up:** Lie on your back with your knees bent and your feet flat on the ground. Place your hands behind your head. Inhale and lift your head and shoulders off the ground. Exhale and roll up to a sitting position.
- **Swan dive:** Lie on your stomach with your arms extended overhead. Inhale and



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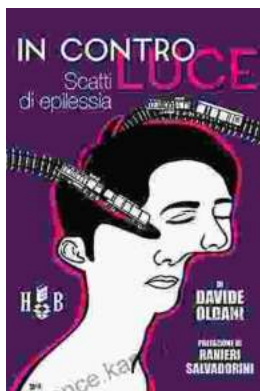
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