

FAST FACTS

Flow, flexibility and balance

For mind and body

For every breath in, we match with a breath out. Many of us can get caught up in our gym practice, or on achieving a lofty fitness goal and forget to create balance in our approach to training.

While most bodies will 'cope' for some time if under duress and training in 'the zone', that is certainly not how we are biologically designed. Intensity was only ever something that a body would endure occasionally and briefly. As the pendulum has swung far towards high intensity training like HIIT, F45, CrossFit, marathons, it is critical that balanced is restored.

For those who are driven by outcomes or achievements, this fact sheet is here to remind you that unless you're saving as well as spending, you'll face a lofty debt before too long.

This way of moving does not have to be boring - in fact it can be incredibly challenging (and fun).

Flow

Flow exercise is characterised by fluid movements that seamlessly transition from one motion to the next and offer numerous physical, mental, and emotional benefits:

- Improved coordination and balance
- Strength development
- Enhanced flexibility and mobility
- Cardiovascular fitness
- Body awareness
- Mental focus and concentration
- Stress reduction
- Mind-body connection
- Injury prevention

It's essential to start slowly and progress gradually to avoid injuries, especially if you're new to these practices.

Providers

[Ido Portal](#)

[Capoeira](#)

[The Movement Collective](#)

[Phase6](#)



Flexibility

Is an essential component of fitness that helps improve joint range of motion, reduce the risk of injury, and enhance functional movement. Some exercises and activities that promote flexibility are:

- Stretching exercises such as static, dynamic and yoga
- Tai chi
- Foam rolling
- Resistance band exercises
- Climbing
- Mobility work

Consistency is key when working on flexibility. Be mindful not to push yourself too hard to the point of pain or discomfort, as this can lead to injury.

Balance

Balance training or stability exercises, are designed to improve your ability to maintain equilibrium and control your body's position. Here are some ideas for balance training:

- Balance board exercises
- Tai chi and yoga
- Pilates
- Hiking and trail walking
- Balance beam or slackline
- Water aerobics
- Functional activities

Balance training is suitable for people of all fitness levels, from beginners to advanced athletes. Always start with simple balance exercises and progress gradually to more challenging movements as your balance and stability improve.