

# Inner Strength - Outer Strength

## OUTER STRENGTH TIPS

### Mobility

Mobility is the ability to move well through a complete range of motion. Whilst flexibility is the ability to move the joint through a range of motion, mobility means that you have active strength and control through that entire range. Flexibility without mobility can increase susceptibility to injury. Developing mobility gives confidence to move through extreme ranges of motion with enough strength and control to avoid injury.

“The ability to manoeuvre the body effortlessly in and out of movements happens when each part of the body is working in sync with every other connecting part,” says Sky Arya, our yoga specialist at the Landmark Mandarin Oriental Hong Kong. “Repetition of daily activities in modern life, along with the inevitable aging process, affect the body’s range of movement if we don’t practice activities to counteract this.”

### How to develop Mobility:

- Use it or lose it! The body has an amazing ability to adapt to our lifestyle. When we use our full range of motion and/or push to the limits of our range, our body will adapt to improve our range and mobility. If we don’t do this, we will gradually lose our range of motion with age.
- Practice techniques such as Yoga, Functional Range Conditioning or Controlled Articular Rotations that are designed to move the joints of the body through a complete range of motion using strength and control.
- Participate in a wide range of physical activities that encourage the body to move through different ranges of motion.

### Interesting reading:

- *Becoming a Supple Leopard* by Kelly Starrett
- *Stretching Scientifically* by Thomas Kurz
- *Stretching and Flexibility* by Kit Laughlin
- *Movement* by Gray Cook