

SONJA HAGMANN

AGILE

through the day!

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PLEASE NOTE

The purpose of this book is to expand your personal movement repertoire. The inspiring images were carefully developed, selected and tested during occupational therapy sessions for increasing your well-being.

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ENJOYING AGILITY IN DAILY LIFE



Hello! I'm **Molly Rotundalove**

My body is a sacred gift from Nature. The Flemish painter Rubens would have loved to paint me. Although my loved ones say, "I love every pound on you," I feel quite portly sometimes. Especially when I need to move fast, I get breathless quite easily. For example when I have to run up the stairs to catch a train I haven't been able to do that for quite a while. On the other hand, I really like to move my body. I just want to be a little more agile.

.... and I am **Richard Roundbackcare**

I exercise occasionally. In the morning I usually feel rather stiff and immobile. It takes some time for me to regain my usual agility. Some days I feel like an old man, although I'm still quite young.



All humans wish to **move with ease**. The process of motion is fully automatic. The structures involved in movement are perfectly coordinated: muscles function in precise harmony and move joints, which glide against each other as if they were smoothly lubricated. Connective tissue is permeable and the fasciae move with elasticity. Nerve pathways conduct movements and take care of fine-tuning.

All these structures and units work together in a dynamic fashion and are optimally tuned to one another. While some muscle groups are responsible for a movement, other structures ensure the required stability of the body. Yet, other areas remain relaxed and simply allow movement to happen.

The simultaneous coexistence of tension and relaxation, and the transition from elastic flexibility to a resting state ensure smooth and coordinated movement.

Poor posture and movement patterns, previous injuries or individual physical traits may impair the smooth interplay between body structures and restrict movement or even cause pain.

Burdened by these factors body regions can no longer be controlled precisely by the brain. In fact, the existing unfavorable movement patterns are intensified. For instance, a tense muscle group becomes even more rigid, or poor posture is worsened, because the adjacent connective tissue in the region loses its elasticity.

AGILE THROUGH THE DAY

will help to free yourself from this unfavorable circle.

The following inspiring images are designed to assist you in visualizing the optimal condition from your body's perspective. You will perform small and even tiny movements to improve your body's coordination. These exercises prepare you for the spring in your step in everyday life. Each illustration emphasizes a specific aspect of movement – whilst simultaneously addressing your entire body.