

GET FLEXIBLE AGAIN!

Forget how many candles were on your last cake. You can knock years off your body's age simply by stretching.

by KAREN ASP photographed by LAUREN PERLSTEIN

Tightening up is a normal part of getting older, but when you get cranky aches and pains just trying to touch your toes (or anything below the knees, quite frankly), it's time to fight back. For inspiration, check out all the 80-year-old yoga role models on Instagram who look and feel amazing thanks to flexibility training. And know that stretching can help keep you injury-free, since supple muscles are better able to absorb stress, easing strain on your joints.

Boost your flex appeal with dynamic stretches like these moves from Davey Fisher, a certified fitness instructor at the Ranch wellness retreats in California. (For a chance to win a trip to one, see page 130.) They're different from those touch-your-toes-and-hold exercises you did in gym class. Instead, these improve flexibility with multiple repetitions of fluid movements, slowly increasing range of motion with each rep. Call it your new anti-aging prescription—and unlike that cream you slather on nightly, this one's free.



Lean back for an added stretch while you bring your knee in.

KNEE HUG

Targets: butt and hamstrings

Stand with your feet together, then lift right leg and use arms to pull knee into chest. Hold for a moment as you continue to pull the knee in. Release and switch sides. Repeat 10 times on each side.

LEG SWING

Targets: hips and hamstrings

A/ Stand with feet together, right hand resting lightly on a tall stool or countertop, and left arm at side. Shift weight to right foot and, without bending your knee, swing left leg in front of you as high as you can go.

B/ Maintain the momentum of the swing as you bring leg back behind you. Repeat the full front-to-back swing motion 10 times, then switch legs. Repeat twice more on both sides.



BUTTERFLY SQUAT

Targets: pelvic area, including inner thighs

Stand with feet wider than shoulder width, toes turned out. Lower into a squat, then use your elbows to push knees outward. Hold for 3 counts, then push through heels to return to start position. Repeat 10 times.

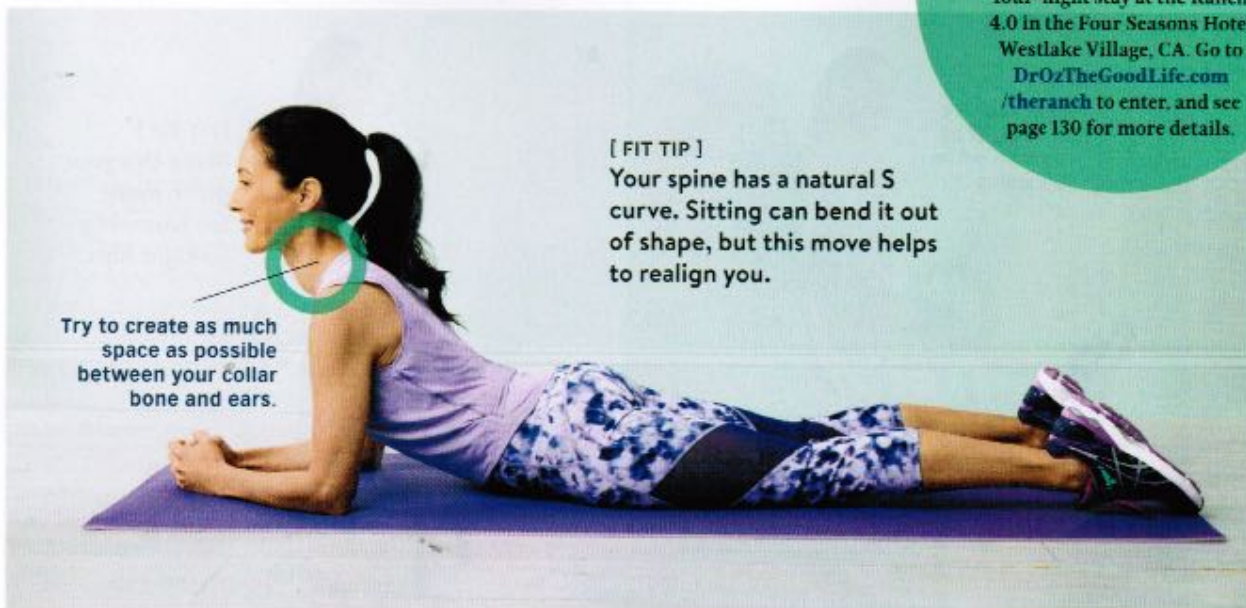
QUAD KICKBACK

Targets: quadriceps and hip flexors

Stand with feet close together, and kick left foot behind you. Balancing on right leg, pull left foot toward butt with your left hand. Hold for 3 counts, then release and switch sides. Repeat 10 times on each side.

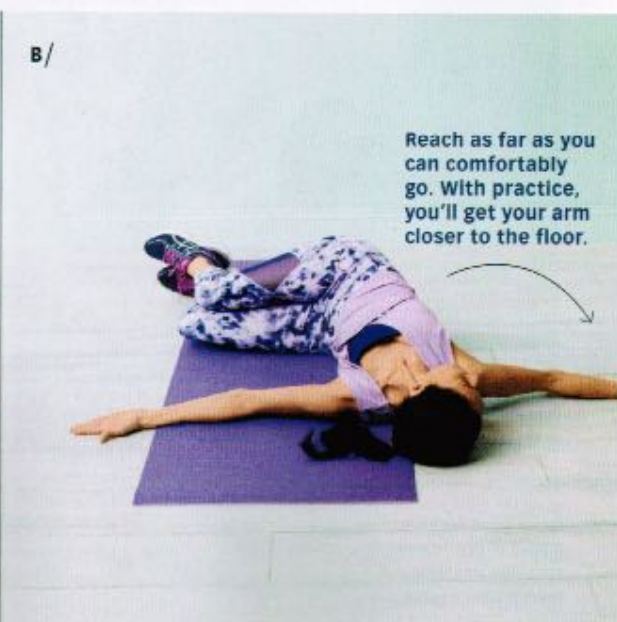
BACK STRETCH**Targets:** rib cage, upper and middle back, and core

Lie on the floor, supporting yourself on forearms, then clasp hands together. Keeping hips and knees on the floor, push through forearms to slightly lift chest. Lengthen through the torso and press shoulders downward while raising neck upward. Hold for 5 to 10 counts, then slowly return to start position. Repeat 4 times.



YOU COULD
WIN
A GET-IN-SHAPE
WELLNESS RETREAT!

One winner will receive a four-night stay at the Ranch 4.0 in the Four Seasons Hotel Westlake Village, CA. Go to DrOzTheGoodLife.com/theranch to enter, and see page 130 for more details.

**SPINE TWIST****Targets:** chest, upper and middle back, core, and outer hips

A/ Lie on your left side with legs stacked, knees bent at 90 degrees, and arms extended out together on the floor at shoulder level.

B/ Lift right arm up and slowly roll torso to the right, keeping knees in place and right arm level with shoulder. Return to start position and repeat 10 times, then switch sides.

ADDITIONAL SOURCE: Jordan D. Metzli, M.D., sports medicine physician, the Hospital for Special Surgery, New York, and author of *Dr. Jordan Metzli's Workout Prescription*