

Want to improve your flexibility, posture, AND ENHANCE YOUR JOINT HEALTH?



Try this:

1: DYNAMIC STRETCHING

moving parts of your body through full range of moving such as arm circles, leg swings and hip circles-is ideal for warmups

2: STATIC STRETCHING

hold each stretch for 15-60 seconds to lengthen the muscles-examples are toe touches, hamstring stretches and shoulder stretches

3: FOAM ROLLING

can help release tension

Elevate your wellness with personalized stretching at The Renewal Center

Discover a new level of flexibility and well-being with our PERSONAL STRETCH sessions. Our dedicated team is here to help you reach your wellness goals through tailored stretching routines.

Call The Renewal Center
to schedule your personalized stretching
sessions · 717-569-4754