

Fitness - September 6, 2004

Stretch the mind and the body will follow. Your emotional state can affect your flexibility. If your body is relaxed, it will be more responsive to flexibility training. Listening to music and focusing on your breath can help you relax as you stretch. You may also want to explore yoga or Pilates. In addition to stretching, classes in these disciplines may include relaxation, visualization and other mind-body techniques designed to reduce stress and increase mindfulness.