

MOVE BETTER. FEEL STRONGER. EMPOWER YOUR LIFE.

What Is Assisted Stretching?

Assisted stretching is a guided, one-on-one session where a trained professional helps move your body through controlled ranges of motion to improve mobility, reduce tension, and support overall movement quality.

Unlike stretching alone, assisted sessions allow for deeper, safer ranges of motion without strain or compensation patterns.

Benefits

- Improved mobility and flexibility
- Reduced muscle tension
- enhanced posture
- faster recovery
- increased movement efficiency
- support for strength training and daily life

Who Is It For?

- Desk workers with tight hips, shoulder, or neck
- Law enforcement and Military
- Athletes seeking recovery support
- Active adults wanting better mobility
- Individuals experiencing stiffness
- Anyone who wants to move and feel better

What to Expect

- Brief movement assessment
- Targeted stretching protocol
- Breath integration for nervous system support
- post-session recommendations

Session Length: 30-45 minutes

Recommended Frequency: 1-3 days per week

Scan to book your first session



If You Don't Like to Be Touched:

Not everyone prefers hands-on work, and that is completely okay. We also offer guided flexibility training where you will:

- Learn effective self-stretching techniques
- Improve mobility independently
- Build active range of motion
- Gain tools you can use anytime.

You can still improve flexibility and move better with, or without, assisted sessions.

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