



# Mobility for Runners

- increase performance
- prevent injury
- resolve pain

**Why?**

A simple tight hip can dramatically shorten your stride, impair breathing and inhibit overall potential to generate power and move efficiently.

**How?**

Full range of motion + biomechanical symmetry = optimal **POWER** output

**Train smarter, not harder!**

**What?**

Smarter than stretching. Learn dynamic movements that eliminate impingements, sticky joints and sore, tight spots that inhibit your full range of motion.

**Schedule a workshop today! Call 858-205-2122**

**Guaranteed to  
improve your range  
of motion in just  
one session!**

[inhousewellnesseducation.com](http://inhousewellnesseducation.com)

Jessica (pictured right) is a certified personal trainer, fitness nutrition specialist, yoga teacher, posture restructuring analyst and educator who is a total nerd about posture and mobility training.

