

A grayscale photograph of a man performing a handstand on a mat. He is wearing a white tank top and dark shorts. His legs are extended upwards, and his arms are supporting his weight on the mat. The background is plain white.

**Best Anti-Aging**  
**Stretches**  
**For Men and Women**

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## Best Anti-Aging Stretches For Men and Women

Loss of muscle tissue, reduced flexibility, range of motion, as well as aches and pains, are key signs of aging.

But, do you know that you can delay aging through regular exercise?

Today, we explore the best anti-aging stretches for men and women. As we do this, remember that your body has 620 muscles that need stretching regularly. But first, let us find out how exercise can help keep you young.

When you exercise, you increase muscular flexibility, strength, and the range of motion for your joints. (1) But beyond these age-defying physical attributes, regular exercises has a more significant effect at the cellular level. Exercise stimulates your muscle and other body cells to produce more energy, and this way, the energy-producing parts of your body cells called mitochondria remain active. Hence, you can perform better physically and mentally than your inactive contemporaries. On the opposite side of the spectrum, inactivity causes muscular weakening or atrophy, and it also leads to the loss of mitochondria due to reduced demand for energy production. (2) Consequently, your body and brain get progressively less energy, and thereby aging catches up with you quite fast.

By stretching regularly, you take advantage of the anti-aging benefits of exercise. What is more, you can do the stretches at home or outdoors.

Here we go through 6 best anti-aging stretches for men and women:

## 1. Squat

Squatting impacts various muscle groups, especially the gluteus, calves, adductor, hamstrings, and quadriceps. It also works the abdominal muscles, including the hip flexors. (3)

Anti-aging benefits of squats include strengthening the lower body, leg, and core muscles, lowering the risk of injury, increasing range of motion, and burning calories. They also improve bowel movements.

### How to do squats

- ▶ Start in a standing position with feet hip-width apart or wider and the rest of the body erect.
- ▶ Take a slow, deep breath and feel your abdomen fill with oxygen.
- ▶ As you exhale, stretch your arms forward and engage your abdominal, butt, thigh, and calve muscles.
- ▶ Lower your body into a sitting position, all along, maintaining a straight back. Your knees should remain in line with the feet and not go beyond your toes. Aim to have your thighs parallel to the floor.
- ▶ Remain in this position for up to 30 seconds, while continuing to breath slowly and deeply.
- ▶ Get back up and rest for 10 seconds and repeat the squat five times.



## 2. Plank

The mighty plank is one of the most popular and best anti-aging stretches for men and women. It mainly works the core and the back and improves strength in these areas, thereby banishing the weakness associated with aging. (4)

### How to do a plank

- ▶ Get down on your knees and forearms, maintaining the elbows at shoulder width.
- ▶ While breathing deeply, gently push against the floor so that you support your body by the hands.
- ▶ Simultaneously, straighten your body so that the head, the back, and the legs are in line.
- ▶ If you have not developed adequate strength, you can adjust the plank to support your body by the forearms instead of the hands.
- ▶ Hold this pose for as long as you can.



### 3. Downward-Facing Dog

One of yoga's most widely recognized poses, the downward-facing dog, provides a full-body stretch and improves circulation. (5)

It works to strengthen the core, the arms, the shoulders, and the legs.

#### How to do the downward-facing dog

- ▶ Start in a standing position, with a straight back and feet together pointing forward.
- ▶ Inhale slowly and deeply as you stretch your arms forward.
- ▶ As you exhale, bend forward at your hips, knees bent slightly, and arms reaching out to touch the floor.
- ▶ Straighten your knees as much as you can so you can feel some strain in there.
- ▶ Hold this position for 15 seconds, maintaining slow, deep breathing throughout.
- ▶ Get back up and repeat 5 times.



## 4. Frog Pose

The frog pose is a yoga pose that can increase blood circulation and improve posture. It opens the groin muscles and hip joints, thereby alleviating back pain. This exercise allows you to enjoy an improved range of movement. (6)

### How to do the frog pose

- ▶ Get down on your knees and forearms, ensuring that you place the lower and upper limbs directly under the hips and shoulders respectively.
- ▶ While breathing slowly and deeply, move out your knees until you cannot go any further.
- ▶ Keep your lower legs parallel to one another, and spread your fingers out on the mat.
- ▶ At this point, you can feel the strain in your groin.
- ▶ As you continue breathing deeply and gently, hold the stretch for at least 30 seconds.





## 5. Shoulder Stand

This inverted body pose stretches the upper parts of the body, including the shoulders, neck, and impacts the chest's internal organs.

The shoulder stand strengthens the core, improves blood circulation and the flow of lymph fluid. It also reduces fluid retention in the lower parts of the body. Overall, this leads to improved posture, greater flexibility, and reduced fatigue.

However, the shoulder stand is a complex pose that you should attempt only when you are confident enough about your body strength. (7)

### How to do the shoulder stand

- ▶ Lay on your back with legs together and arms on either side of your body.
- ▶ Lift your legs in the air and over your face while engaging your arms for the push.
- ▶ Bend one arm at the elbow and bring the hand to your lower back while the upper arm remains on the mat.
- ▶ Bend the other arm and support the other side of your lower back with your other hand.
- ▶ Pull your legs towards the ceiling so that your body is as straight as possible. The shoulders and the head remain on the ground, the chin against the chest. The alignment of your torso and legs when you are in the full pose is the key.
- ▶ Hold the pose for up to 3 minutes.



## 6. Cobra Pose

The cobra pose is another one of yoga's widely known poses, and its name denotes the stance of a cobra with its head raised and hood spread.

The pose opens the chest and stretches various muscle groups in the core. It strengthens the spine, arms, and lower back. Other benefits of the cobra pose include improving posture, relieving fatigue, reducing stiffness in the back, and improving digestion. (8)

### How to do the cobra pose

- ▶ Lay flat on your stomach as you gently breathe deeply.
- ▶ Bring your hands to the sides of your abdomen, palm side down, and fingers facing forward.
- ▶ Stretch your toes backward so that the instep rests on the mat.
- ▶ Slowly lift your upper body off the mat, using your hands for support, while the lower parts of the body remain on the mat.
- ▶ Stretch your neck so that the top of your head reaches for the ceiling as you face forward.
- ▶ Your arms are straight or slightly bent at the elbow, and your navel will be slightly off the mat.
- ▶ Hold the pose for up to 30 seconds, all along, continue breathing deeply.



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