

Kinstretch comes to Littleton by way of Calibrate Sports Health

Exercise that focuses on body control, strength and flexibility through joint health.

Littleton, Colo. — Feb. 28, 2018 — Kinstretch may look a lot like a version of Pilates or yoga, but it is so much more than just another fitness fad. This rapidly growing practice is based off of extensive scientific research in musculoskeletal health and joint mobility. The practice was developed by Dr. Andreo Spina, the founder of Functional Range Conditioning. What's more, it's already being used by professional athletes across the country including the Chicago Cubs, Seattle Mariners, the San Diego Padres, as well as numerous other teams in Major League Baseball and the National Football League. But you don't have to be a professional athlete to benefit from this workout.

So, what is it exactly?

In the most simplistic terms, Kinstretch is a scientific approach to movement that focuses on improving joint mobility and strengthening in end ranges of motion using your own body weight. Sounds simple right? Not according to Chris Nissler, the first certified Kinstretch instructor in the Denver area and owner of Calibrate Sports Health in Littleton, Colorado.

"The main goal is utilizing tension in the body to isolate and strengthen individual joint range of motion," Nissler says. "Injuries most commonly occur at end ranges of motion, so therefore, simply increasing range of motion through traditional flexibility protocol is only half of the equation."

Why does it matter?

Movement matters in just about every activity we engage in throughout our lifetime. Joints often become latent due to some of our necessary daily activities, such as sitting at a desk or in a car for long periods of time. Over time, this restricts your ability to integrate a full range of motion in more active movements, which makes you more susceptible to injury.

What are the benefits?

"Joint health is extremely important to anyone who lives an active lifestyle or simply wants to feel good," explains Nissler. "At Calibrate Sports Health our programs are focused on the science behind our movement and creating the best possible version of our bodies. That is why Kinstretch is such a great fit for our members."

Want to know more?

Come check it out for yourself. Kinstretch classes are offered several times throughout the week and is included in the [8 week Jumpstart Program](#) for only \$199. Feel free to reach out to Calibrate directly at contact@calibratesports.com

Calibrate Sports Health is located at 5778 S. Rapp St in downtown Littleton, Colorado. Their expert team of coaches utilize tried and true methods, while always being on the cutting edge of technology and science to customize programs to address clients' unique needs.

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