

STRETCHING AND FLEXIBILITY

OVERVIEW

- The Body relies on being stretched, much like a car needs regular servicing.
- Unfortunately, many people avoid stretching, or don't execute it properly.
- Stretching is very important to do before and after exercising to ensure each day can help calm the mind, providing a mental break and giving your body a chance to recharge.

SOME BENEFITS OF STRETCHING AND FLEXIBILITY

Improves Flexibility:

Being flexible is beneficial for everyday life. It allows you to push your body beyond its comfort zone, thus increasing your overall physical ability.

Improves Range of Motion:

Relaxed muscles will more easily stretch which allows the motions to be wider in range.

Improves Circulation:

Stretching increases the blood flow to your muscles, thus improving your circulation.

Relieves Stress:

Stretching relaxes tense muscles that often accompany stress. This helps relax the mind as well.

Injury Prevention and Recovery:

Stretching helps condition the muscles and joints, thus helping to prevent injuries and reduce recovery time.

Improves Posture and Technique:

Stretching prevents muscles and joints from seizing up and improves elasticity, allowing better posture and technique.

WHEN YOU DON'T STRETCH

- Muscles become tight
- Decreased mobility
- Decreased muscle coordination
- Increased risk of injuries

