



Benefits of Stretching

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Stretching improves flexibility, increases circulation, reduces muscle tension, and helps prevent injuries. It also promotes better posture, enhances range of motion, and can leave you feeling more relaxed and energized throughout the day.

How to Stretch

1. **Warm Up First** – Stretch after a light warm-up (like walking) to avoid injury.
2. **Move Slowly** – Ease into each stretch; never bounce or force the movement.
3. **Hold the Stretch** – Hold each stretch for 15–30 seconds, breathing deeply.
4. **Focus on Major Muscle Groups** – Stretch areas like your neck, shoulders, arms, back, hips, and legs.
5. **Stretch Both Sides** – Make sure to stretch both the left and right sides equally.
6. **Stay Consistent** – Stretch regularly for the best flexibility and mobility benefits.



Remember: Stretching should feel good—mild tension is okay, but if it hurts, ease up!

Stretching Tips for the Busy Person.

Here are some tips for fitting stretching into a busy schedule:

- If you don't have time to sufficiently warm up before stretching, try doing a few stretches immediately after a shower or while soaking in a hot tub. The hot water elevates body and muscle temperature enough to make them more receptive to stretching.
- Try a few simple stretches before getting out of bed in the morning. Wake yourself up with a few full body stretches by gently pointing the toes and reaching your arms above your head. This can clear your mind and help jump-start your morning.
- Take a stretching class such as yoga or tai chi. Scheduling a class will help you to stick with a regular stretching program.
- Take a 1-2 minute break every hour during work.