

Flexibility and Stretching

- Flexibility may help to:
 - Improve your joint range of motion and athletic performance
 - Lower the risk of activity-based injuries
- More research is needed, but stretching out muscles and joints routinely used in work and play may help:
 - Promote more freedom of movement
 - Improve posture
 - Reduce muscle tension and soreness (which may improve performance)
 - Promote relaxation (both mental and physical)



Stretching Tips for Success

- Avoid stretching cold muscles
 - Warm up with some light jogging or walking for 10-15 minutes before stretching out
- Hold the stretch
 - Stretch major muscle groups like calves, thighs, back, neck, and shoulders for at least 30 seconds for maximum benefits
- Listen to your body
 - Feeling tension is normal, but hold back if anything starts to hurt
- Keep it up!
 - Aim to stretch 2-3 times per week

