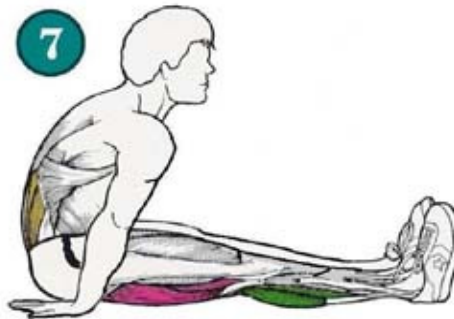


Stretching for Flexibility



Benefits of Stretching: Besides increasing your flexibility, stretching has many other benefits to overall well-being. Here are a few things you can look forward to by doing 5 to 10 minutes a day or pre and post exercising.

- Increase range of motion
- Improves posture
- Helps heal and prevent back pain
- Can calm your mind and reduce stress

Check out: www.healthline.com/health/benefits-of-stretching from *Healthline* to find out more.

A Few Standard Safety Tips:

- If you have any acute or existing injury, only perform stretches recommended by your doctor.
- Avoid any bouncing.
- Do not stretch beyond the point of comfort; you should never feel pain!
- Be careful not to overdo it by stretching the same muscle groups multiple times a day. You could risk overstretching.
- **Best time to stretch is after a work out when your muscles are warm.** * If you are not exercising first, do a short 5-10 minute warm up like some light cardio or just march in place or go for a short walk.

Common Types of Stretches:

Static: holding in a comfortable position for 10-30 seconds. Best done after exercise.

Dynamic: active movements that help your muscles stretch. Not holding a posture. Done before exercise.



***Options using the stretches shown here:**

1. Stand up every hour. Do one or two stretches holding gently for 10-30 seconds, rest, and repeat 2 more times.
2. Pick two different stretches each day and do them twice in the day.
3. Complete as many of the stretches as you can after your regular exercise workout (walking, running, biking, lifting)