

Flexibility



Who Everyone can learn to stretch

When ANY time is a good time

In the morning
After sitting or standing for long periods
Any time you feel tense or stiff
At odd times like watching TV, reading or sitting

Why A regular stretching program can help lengthen your muscles.

To relax your mind and “tune up” your body
To preserve range of motion
To maintain flexibility
To prevent injury during exercise
To prepare the muscles for more vigorous activity
To help develop body awareness
To promote circulation

How Frequency: At least 3 days per week
Intensity: To a position of mild discomfort
Duration: Hold stretch for 10 seconds working up to 30 seconds
Repetitions: Feel the stretch, but don't strain by stretching too far