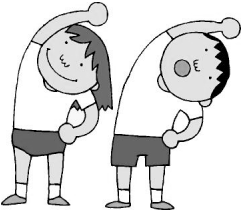




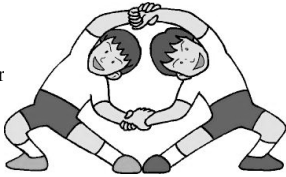
Defined



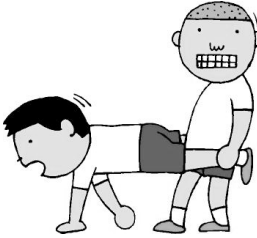
- The ability of our muscles to stretch
- Common muscles we need to stretch regularly:
 - Head/neck
 - Shoulder
 - Back (upper and lower)
 - Hip
 - Leg (upper and lower)

How do we measure flexibility?

- On the California Physical Fitness Test, we use the shoulder stretch, where we must put one hand behind our head and the other behind our back and touch fingertips
- We could also measure using a “Sit and Reach” test



Increasing Flexibility



- There are a number of ways to increase flexibility:
 - Stretching exercises during warm up/cool down periods
 - Weight lifting
 - Aerobic activities such as walking and swimming

Why is flexibility important?

- People who are flexible avoid muscular injuries; when people are inflexible, they are more likely to injure themselves
- Flexibility is ONE measure of a person's overall level of fitness

