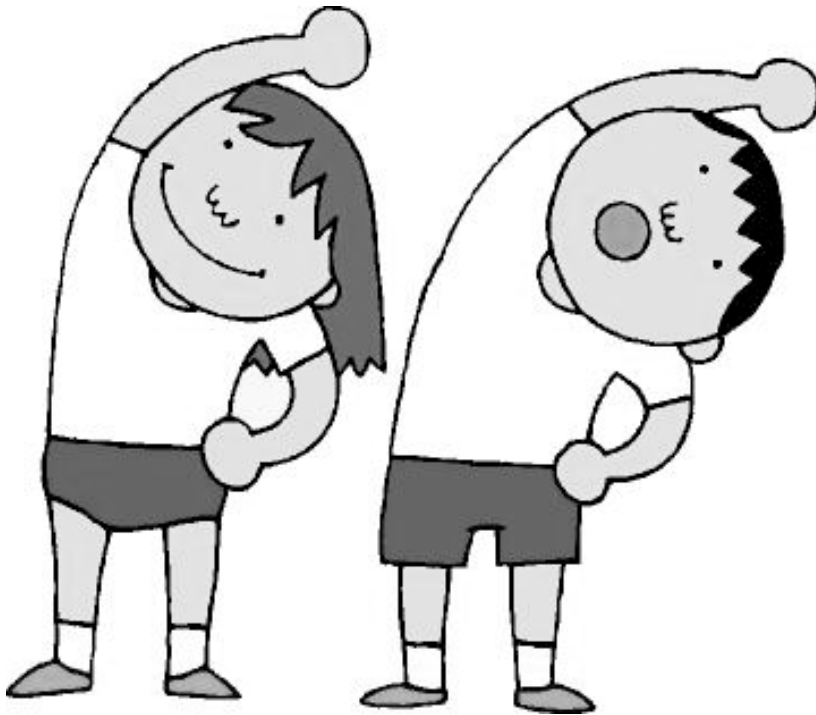




# **FLEXIBILITY**

# Defined



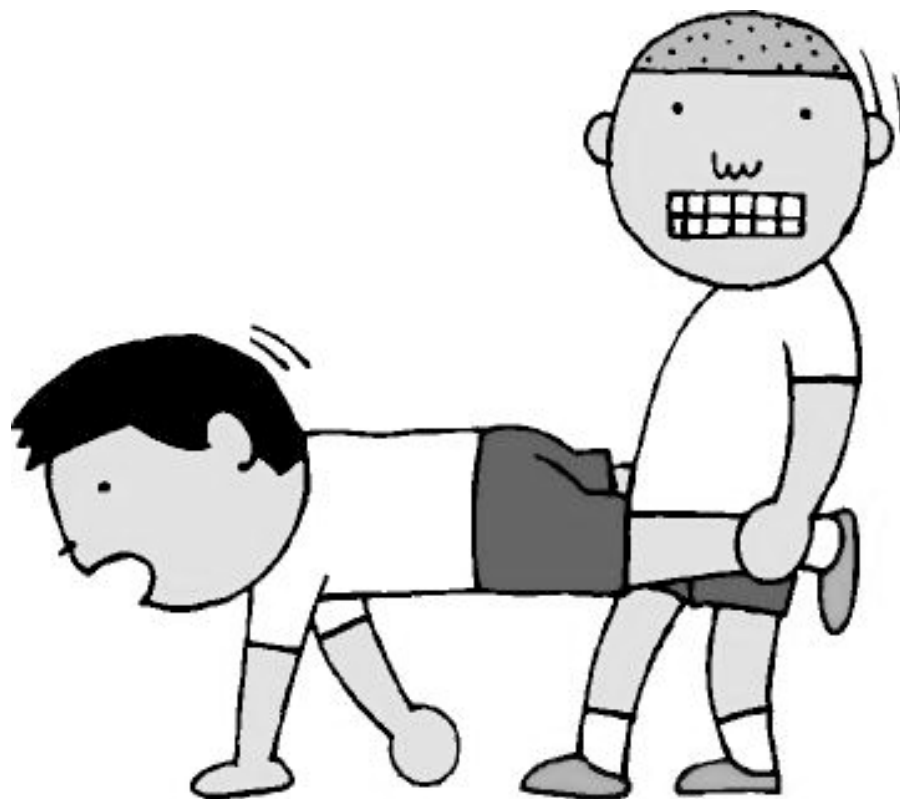
- The ability of our muscles to stretch
- Common muscles we need to stretch regularly:
  - Head/neck
  - Shoulder
  - Back (upper and lower)
  - Hip
  - Leg (upper and lower)

# 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

