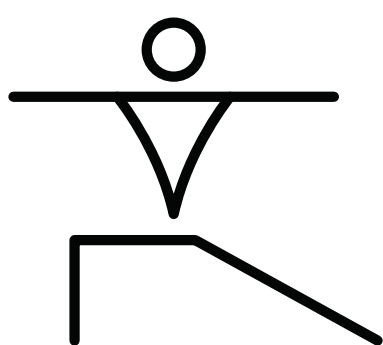


# A GUIDE TO STRETCHING

## WHAT IS STRETCHING?



Stretching lengthens your muscles and helps you maintain a healthy level of flexibility

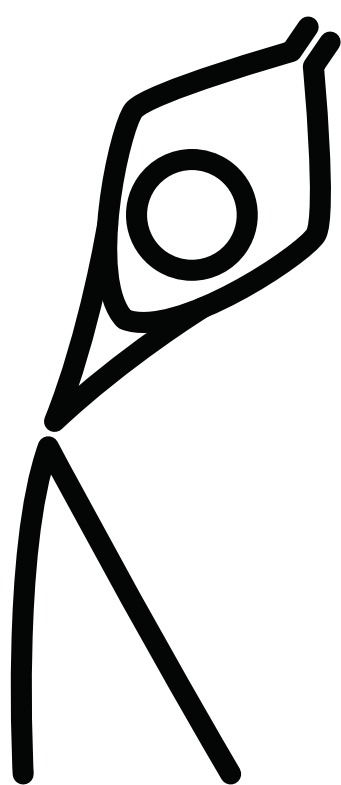


Flexibility is the range of movement at a particular joint.

## BENEFITS OF STRETCHING

Without regular stretching, your muscles will tighten and the range of motion around joints decreases with age. This can make daily activities more difficult.

Some benefits of stretching include:



- Reduced muscle tension
- Increased range of motion in the joints
- Enhanced muscular coordination
- Increased circulation to various parts of the body
- Added variety, enjoyment & satisfaction to your exercise program
- Improved posture
- Mental relaxation
- Delayed onset of muscle fatigue
- Increased energy levels (from increased circulation)

## HOW MUCH STRETCHING SHOULD I DO?

### FREQUENCY:

The more frequently you stretch, the faster you will see improvements in your flexibility. It is recommended that you stretch all major muscle groups each day. At a minimum, you should stretch each time you exercise.

### TIME:

Most experts recommend 10-15 minutes of stretching per day. Hold each stretch for 20-30 seconds and repeat 1-2 times.

### INTENSITY:

Stretch in a slow controlled manner to a point of mild discomfort. If you reach the point of pain, you have stretched too far.

### TYPE:

There are many different types of stretching. Pick the one that is right for you. More information is in the next section