

## Health Tip

# Stretch for Health

Flexibility is an important component of physical activity and should be incorporated into your physical fitness plan. Stretching, which is similar to flexibility, is the most effective way of developing and retaining flexible muscles and joints. The exclusion of either of these may lead to injury and poor performance. By adding stretching into your daily routine, you may improve or maintain flexibility. This enables your body to continue to perform your daily activities with ease and helps decrease the risk of injury.



### Benefits of stretching:

- Improved range of motion
- Reduced muscle soreness and fatigue
- Improved posture
- Reduced stress



### Safe stretching:

- Stretch when you are warm
- Don't rush – go gently and slowly, hold stretch for at least 30 seconds
- Breathe normally
- Stretch each muscle group a minimum of 2 times a week
- Never stretch to the point of feeling pain



**Static Stretching:** performed without movement while holding a stretch for a specific time – use this as part of your cool-down



**Dynamic Stretching:** performed while movement is occurring such as a controlled swing or bounce – use this as part of your warm-up



To learn more about stretching watch the Stretch for Health presentation recording:  
<http://www.brainshark.com/uhcna/vu?pi=zHnz2ayr9zORnTz0>