STRETCHING
WHEN SHOULD I STRETCH?

✓ BEFORE A WORKOUT, PRACTICE OR GAME
✓ AFTER A WORKOUT, PRACTICE OR GAME
Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints.
Benefits of Stretching

1. Improves Posture
2. Decreases risk of injury
3. Improves performance
   both in daily life and in sports/activity!
4. Promotes muscle recovery
   increases blood and nutrient flow to
   the muscles and relieves tension
5. Reduces muscle aches and pains
   especially in the lower back
6. Enhanced Coordination
7. Better Circulation
8. Stress relief from daily life
9. Increased Energy
   because of better circulation

Muscle Groups

To increase flexibility, include these muscle groups in your stretching routine:

- Shoulders (deltoid and rotator cuff)
- Back (muscles of the lower, middle, and upper back)
- Thighs (hamstring and quad)
- Calves (gastrocnemius and soleus)
- Arms (biceps, triceps, and forearm muscles)
KEEP CALM AND STRETCH