



# Importance of Stretching

Stretching your body to become more supple and flexible offers many physical benefits. Such training allows for easier and deeper movements while building strength and stability. Stretching your muscles and joints also leads to greater range of motion, improved balance, and increased flexibility. Improved flexibility produces a wide range of physical benefits and can have a positive effect on your overall well-being. Here are a few ways that increased flexibility is likely to help you.

- **Fewer Injuries**

Once you develop strength and flexibility in your body, you'll be able to withstand more physical stress. Plus, you'll rid your body of any muscle imbalances, which will reduce your chance of getting injured during physical activity. Correcting muscle imbalances requires a combination of strengthening the underactive muscles and stretching the overactive (tight) ones.

- **Less Pain**

Your body is likely to feel better overall once you work on lengthening and opening your muscles. When your muscles are looser and less tense, you'll experience fewer aches and pains. Plus, you may be less likely to experience muscle cramps.

- **Improved Posture & Balance**

When you focus on increasing muscular flexibility your posture is likely to improve. Working out your body allows you to have proper alignment and correct any imbalances. Plus, with an increased range of motion you may find it easier to sit or stand in certain ways. Yoga has been shown to improve balance.

- **A Positive State of Mind**

Regularly engaging in poses that stretch and open your body can bring about feelings of relaxation. The physical benefits can extend to a relaxed state of mind. You may find it easier to unwind once your body feels better.

- **Greater Strength**

It's important to increase strength as you become more flexible. This ensures your muscles will have the right amount of tension so that they're strong enough to support you and your movements, allowing you to become more physically fit.

\*Note - One day a week (maybe on the weekend), try to spend a good 30 mins + on stretching and mobility work on your body. Key areas being - Hamstrings, Glutes, Lower Back, Chest, Shoulders and Neck.