



Benefits of Stretching

- **Stretching increases flexibility and range of motion of your joints.** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to decrease as you get older, but you can regain and maintain it.
- **Stretching improves circulation.** Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries. The increase in blood flow can also boost your energy level.
- **Stretching improves posture.** Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
- **Stretching can relieve stress.** Stretching relaxes tight, tense muscles that often accompany stress.
- **Stretching enhances coordination.** Maintaining the full range of motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.
- **Stretching does not require special equipment and can be performed by people of all ages.**

Source: *Sparkpeople.com*