



~Benefits of Stretching~

Acute or chronic musculoskeletal dysfunction can be linked to; your level of fitness (strength and flexibility), your age, and/or your work demands. You can improve your condition by maintaining proper posture, strengthening your muscles, and increasing your flexibility. Take breaks throughout your day to incorporate stretching...it does a body good!!

Stretching can result in

- ✚ Increased flexibility and range of motion
- ✚ Reduces risk of injury in daily activities and exercise
- ✚ Reduces anxiety, stress, and fatigue
- ✚ Relieves tension
- ✚ Improves mental alertness, focus, and clarity
- ✚ Alleviates cramps
- ✚ Improves posture, balance, and coordination
- ✚ Improves circulation
- ✚ Makes work easier
- ✚ Tune your mind into your body
- ✚ Allows you to focus on your breathing
- ✚ Increases body awareness
- ✚ Increased muscle control
- ✚ Aids strength
- ✚ Improves muscle elasticity and reaffirms tone
- ✚ Before exercise, dynamic stretching helps to prepare the body for the work ahead
- ✚ After exercise, static stretching helps to return the muscle to the pre-exercise state
- ✚ Makes you feel better!

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