Personal Training
Tip of the Month

What is so great about FLEXIBILITY? Are you stretching enough?

What can flexibility do for you?

Although a person's flexibility is mostly determined by genetics, anyone incorporating flexibility into their exercise routine may see benefits such as improved posture, increased mental relaxation, and reduced muscle tension and soreness.

Tips on how to stretch

- Hold each stretch for 15-30 seconds
- Try to stretch at least three days per week
- Stretch to the point of tension, but not to the point of pain
- Breathe normally - do not hold your breath
- Start slowly and ease into the stretch – no bouncing!
- Always warm-up your muscles before stretching!

Remember to warm-up first!

"General warm-up is very important to flexibility because when you are at rest the majority of your body's blood is in the core of your body being used for your vital organs and digestive track. The general warm-up circulates your blood and will allow your muscles and joints to become more lax and receptive to stretching."
—askthetrainer.com

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