



## Take Time to Stretch

Stretching is just as important a part of your daily physical activity routine as weight training and cardio are. Yet, many people don't include stretching in their routine. Read on to find out why stretching is so important and should not be skipped!

### Benefits of Stretching

- Increased flexibility.
- Greater range of motion.
- Improved posture.
- Less risk of injury.
- Increased ability to relax.

### Before or After?

A good time to stretch is when your muscles are warm. If you plan to stretch before you begin being physically active, you should warm-up for 5 to 10 minutes and then stretch. You can also stretch after you complete an activity, but you might be tempted to skip it!

### Stretching Do's

- Stretch until you feel slight tension.
- Stretch without bouncing.
- Stretch when muscles are warm.
- Breathe slowly.
- Hold stretches for 10 to 30 seconds.

### Stretching Don'ts

- Stretch until you feel pain.
- Stretch when muscles are cold.
- Hold your breath.
- Rush through stretches.

To find out more about stretching take the [Stretch Safely Quiz](#) on the reverse side.