WALK WITH A DOC Healthy Living Series

STRETCHING

Did you know that a stretching routine can cure all of the world's problems? Okay, that might be a ***stretch***. But spending just a few minutes to properly stretch does have incredible benefits to both your physical and mental health! Check out these easy ways to incorporate stretching into your daily routine.

Why Stretch?

- Improves and maintains flexibility
- Helps to ensure a full range of motion in the joints
- Improves blood circulation due to increased blood flow to muscles
- Reduces strain & musculoskeletal pain
- Can calm your mind and relieve stress
- Helps to correct poor posture with practice
- Consistent stretching helps prevent injuries

Stretching Tips

- Include a dynamic/active warm-up before a workout and then stretch after the workout
- Focus on stretching major muscle groups such as thighs, calves, hips, lower back, neck, shoulders
- Avoid "bouncing" into the stretch as it could injure a muscle
- Instead, smoothly move deeper into the stretch
- You should feel tension but not pain
- Ensure you are adequately breathing while you hold each position
- Stretch at least 2-3 times a week to maintain benefits

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Flexibility Exercise (Stretching). (2018, April 18). Retrieved from https://www.heart.org/en/healthy-living/fitness/fitness-basics/flexibility-exercise-stretching

Harvard Health Publishing. (2019, September 25). The Importance of Stretching. Retrieved from https://www.health.harvard.edu/staying-healthy/the-importance-of-stretching#:~:text=Stretching keeps the muscles flexible,muscles shorten and become tight.