

Improve your flexibility with a good stretching program

Stretching is a fundamental way to improve your overall health and fitness. By incorporating a regular flexibility program into your exercise routine you will:

- decrease pain and soreness after exercise
- improve circulation
- improve range of motion
- improve posture
- decrease muscle tension
- reduce muscle soreness
- improve your ability to relax
- allow time for mental training, such as visualization

A complete stretching routine can take as little as 10 minutes. The best time to stretch is after you have warmed up and the muscles are warm. The best time to perform your flexibility routine is after exercise. This is when the muscle is the warmest and when you can use the relaxation. Focus on stretching the muscles you use the most during your specific exercise or sport.