



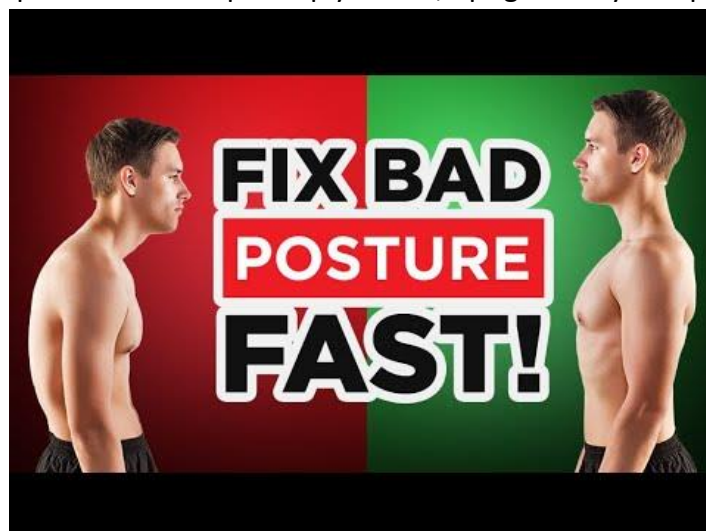
S – T – R – E – T – C – H it!

5 Damn Good reasons to stretch...

- 1) Stretching Can Prime Your Muscles/Joints for exercise. Dynamic stretching like leg swings, high knee tucks, body weight squats etc.



- 2) Stretching Improves Your Posture. Tight muscles are SYNONOMOUS with weak muscles, which leads to postural compensation. It helps keep you tall , upright and your spine long.



- 3) Stretching eases your back pain. A tight back regularly stems from tight hamstrings, tight glutes and calves etc.. Spinal Rolls and stretching your hammies alleviate lower back pain almost straight away... add a short walks and it'll guarantee less pain.



- 4) Stretching Slashes Stress. The increase in blood flow to your muscles and to your head boosts your mood! This is a classic example of why people do yoga and pilates.



- 5) Stretching Enhances Your Performance. It maintains a full range of motion through your joints. The Co-ordination and balance you need to hold stretches will keep you mobile and much less prone to injury.

