

Stress Busters

Stretching



Benefits of a Stretching Program

Reduced muscle tension

- Can reduce stress levels
- Can reduce risk of injury (compensation issues)

Increased range of motion

- Keep you moving like a young person (old people shuffle)
- Can reduce risk of injury (think of reaction to danger)

Enhanced balance and muscle coordination

- Allow you to stay active in “young people activities”
- Can reduce risk for injury (falls from missteps and tripping)

Improves circulation

- Healing benefit (blood carries white blood cells)
- Can help prevent secondary and tertiary issues of people suffering from chronic diseases such as heart disease and diabetes

Increased energy levels because of the circulation

- Blood also carries oxygen to all parts of the body and when it's circulating well your entire body wakes up

What a little movement can do to the circulation of blood...

- During rest, your heart pumps 1 gallon of blood per minute
- During exercise, this can increase to almost 4 gallons per minute

Challenge yourself to work in 5-10 minutes per day of stretching!