

Benefits of stretching



WHEN MOST PEOPLE THINK OF EXERCISE THEY ENVISION CARDIO OR WEIGHT TRAINING. BUT, NO WORKOUT ROUTINE IS COMPLETE WITHOUT STRETCHING. HERE ARE SIX UNIQUE BENEFITS.



IMPROVE FLEXIBILITY

Flexibility is a well-known benefit of stretching. To increase your range of motion, hold each stretch for 90 seconds.

PREVENT INJURY

Stretching increases blood flow to joints and muscles, decreasing stiffness and reducing the risk of injury.

DECREASE TENSION

Stretching releases tension in your muscles, but it can also release mental tension if you take time to be still and breathe.

CALM THE MIND

Unlike vigorous exercise which pumps you up, the slow pace of stretching can be soothing for your mind.

COUNTERACT THE EFFECTS OF SITTING

If you are one of the many people who spend a lot of time sitting, stretching is essential to keep the body limber.

PROMOTES MINDFULNESS

Stretching provides the chance to notice how your body feels, an essential aspect of mindfulness.