

# Stay fit for life by getting flexible

**FLEXIBILITY IS YOUR RANGE OF MOTION THROUGHOUT THE JOINTS OF YOUR BODY. A RIGID JOINT MAY NOT FUNCTION WELL AND CAN LIMIT YOUR ABILITY TO MOVE WITH EASE.**



A healthy range of motion allows you to bend down to tie your shoes or reach up high to get something out of a cabinet. If you want to move well, you need to be flexible!

## **TIPS TO IMPROVE FLEXIBILITY**

- Stretch your muscles daily.
- Take regular stretch breaks, especially after long periods of inactivity.
- Make time to stretch after you exercise when your muscles are warm.
- Hold each stretch for about 90 seconds.
- Only stretch to the point of “comfortable discomfort,” never pain.
- Breathe deeply and relax while stretching.