



Benefits of Flexibility Exercises

Flexibility is an aspect of health that many people neglect. Well stretched muscles, tendons and ligaments don't just provide an increased range of motion. Improved flexibility is linked to less pain and decreased rates of injury as well. The American College of Sports Medicine recommends stretching every day, but even one day a week can start to show benefits. A stretch routine can be relaxing as well as good exercise on its own!

- An increased range of motion helps to prevent injury from everyday activities like reaching and bending over.
- Tension in the muscles affects circulation which can prevent nutrients and oxygen from moving through the body.
- Increasing flexibility in your back and legs can help reduce lower back and neck pain.
- Tight muscles affect your spine's alignment. Having better posture can cause you to feel less stressed!