

# Benefits of Flexibility Training

Flexibility is a joint's ability to move through a full range of motion. Flexibility training (stretching) helps balance muscle groups that might be overused during exercise or physical activity or as a result of bad posture. It is important to clearly understand the many benefits that result from a good flexibility program.

## **IMPROVED PHYSICAL PERFORMANCE AND DECREASED RISK OF INJURY**

~increases physical performance

~a flexible joint has the ability to move through a greater range of motion and requires less energy to do so, while greatly decreasing your risk of injuries

~stretching decreases resistance in tissue structures therefore less likely to become injuries by exceeding tissue extensibility during activity.

## **REDUCED MUSCLE SORENESS AND IMPROVED POSTURE**

~stretching reduces muscle soreness.

~static stretching helps reduce muscle soreness after exercise.

~stretching improves muscular balance and posture.

~stretching can help realign soft tissue structures, thus reducing the effort it takes to achieve and maintain good posture in the activities of daily living.

## **REDUCED RISK OF LOW BACK PAIN**

~stretching promotes muscular relaxation

~A muscle in constant contraction requires more energy to accomplish activities.

~flexibility in the hamstrings, hip flexors, quadriceps and other muscles attaching to the pelvis reduces stress to the low back.

~stretching causes muscular relaxation which encourages healthy nutrition directly to the muscles.

## **INCREASED BLOOD AND NUTRIENTS TO TISSUES**

~stretching increases blood supply and nutrients to joint structures.

~stretching increases tissue temperature, which in turn increases circulation and nutrient transport.

~stretching allows greater elasticity of surrounding tissues and increases

performance.

~stretching increases joint synovial fluid, which is lubricating fluid that promotes the transport of more nutrients to the joints' articular cartilage.

### **IMPROVED MUSCLE COORDINATION**

~nerve-impulse velocity is improved with stretching

~stretching helps opposing muscle groups work in a more synergistic, coordinated fashion

### **ENHANCED ENJOYMENT OF PHYSICAL ACTIVITIES**

~flexibility training also means enhanced enjoyment and a fitness program should be fun if you want to stick with it.

~stretching decreases muscle soreness and increases performance

~stretching helps relax both mind and body and brings a heightened sense of well-being and personal gratification during exercise.

## **FLEXIBILITY**

Definition- Range of motion around the joints of the body.

### **1. WHO SHOULD STRETCH?**

~everyone regardless of age or flexibility

NOTE- you do not have to be in top physical condition or have specific athletic skills to become more flexible.

### **2. WHEN SHOULD YOU STRETCH?**

~stretching can be done anywhere

~stretch at the beginning and at the end of the workout

~stretching at the end of the workout will increase your overall flexibility

### **3. WHY DO WE NEED TO STRETCH?**

~should be a part of everyday life, stress reducer

~reduce muscle tension and makes body more relaxed

~increase range of motion

~prevents injuries

~develops body awareness

~helps loosen the mind's control of the body

~promotes circulation

~it feels good mentally as well as physically

#### **4. WHAT ARE THE 3 TYPES OF STRETCHING?**

- ~Ballistic- bouncing type of stretch
- ~Static- hold stretch for 10 to 20 seconds
- ~PNF- partner stretching