



## AUGUST QUIZ

# FLEXIBILITY & STRETCHING

**FLEXIBILITY** can be simply defined as “the range of motion available at a joint or group of joints”.

An increase in flexibility will decrease joint restriction and therefore improve skill acquisition. Flexibility at a joint requires flexibility of the surrounding muscles and connective tissue. Ligaments and joint capsules contribute to just under half of the resistance at a joint, muscle fascia also contributes just under half of the resistance while the remaining resistance comes from tendons and skin.

**STRETCHING** is mainly performed after exercising or playing sports during cool down. As it is vital at that time to decrease the chance of injuries, stretching can also be incorporated into our daily living to give us more energy, introduce body awareness and keep our muscles more relaxed and less prone to pain or/and injury.

Some people are naturally more flexible. Flexibility is primarily due to one's genetics, gender, age and level of physical activity. As we grow older, we tend to lose flexibility, usually as a result of inactivity rather than the aging process itself. The less active we are, the less flexible we are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.

### How to stretch

Before stretching, take a few minutes to warm up, as stretching cold muscles can cause injury. Begin with a simple, low intensity warm up such as easy walking while swinging the arms in a wide circle. Spend at least 5 to 10 minutes warming up prior to stretching.

When performing any stretch:

Start each stretch slowly, exhaling as you gently stretch the muscle  
Try to hold each stretch for at least 10 to 30 seconds.

Avoid these stretching mistakes:

Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury.  
Don't stretch a muscle that is not warmed up.  
Don't strain or push a muscle too far. If a stretch hurts, ease up.  
Don't hold your breath! Keep breathing!

REFERENCE: ACE Fit Facts and Cureton 1941.

**Turn over for your chance to WIN a 30 Minute Massage**  
**Entries due in the Suggestion Box by 23 August 2014 - Good Luck**





## AUGUST QUIZ

# Complete the Quiz for the chance to WIN a 30 Minute Massage

Circle the correct answer then place your completed Quiz in the Suggestion Box by  
**23 August 2014**

**Flexibility would increase joint restriction.**

TRUE / FALSE

**Some people are naturally more flexible.**

TRUE / FALSE

**Flexibility increases with age.**

TRUE / FALSE

**Each stretch should be performed fast.**

TRUE / FALSE

**Keep breathing during stretching.**

TRUE / FALSE

NAME: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_