



## MARCH QUIZ

# THE IMPORTANCE OF STRETCHING

Stretching is something that we often over-look as the results are not always as visible as cardio or resistance training. That does not mean that it is not just as important. Stretching has many benefits including: improved posture, increased blood flow and an increase in energy levels.

During exercise we perform the same movements over and over, leaving your muscles in a shortened state. Stretching will help to reset your body to a natural position and improve your posture. Joint range of motion will also be improved through regular stretching. This aids with injury prevention and can also help to keep everyday movements and activities, like bending over to tie your shoelace, simple.

While stretching is important post-exercise, it is also necessary at other times as well. Stretching promotes relaxation and reduces stress. It is therefore important to be done throughout the day. Just a few stretches while at work can bring nutrient and oxygen rich blood flowing through the body increasing your overall well-being and productivity. Whether you sit at a desk all day, stand or are driving make sure to stretch your legs, back, shoulders and neck for about 5 mins every hour.

At the end of your workout stretches should be held for a minimum of 10-30 seconds for every muscle used and repeated 2-5 times for each stretch. The longer you hold a stretch the greater improvement you will get from it. Stretching 2-3 times per week on top of this is also recommended, this can be something like attending a yoga class, or stretching while watching TV. Most importantly stretching might feel uncomfortable especially if your current flexibility is poor, but it should never be painful. On a scale of 1 to 10 (10 being pain) you should be between 6-8 whilst performing your stretches.

**Turn over for your chance to WIN a 30 Minute Massage  
Entries due in the Suggestion Box by 25 MARCH 2015 - Good Luck**



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# 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  
**25 MARCH 2015**

**Stretching can improve posture**

TRUE / FALSE

**Continuous exercise will leave muscles in a shortened state**

TRUE / FALSE

**Stretching can help to prevent injuries**

TRUE / FALSE

**Stretching should just be done post-workout**

TRUE / FALSE

**Stretching should never feel uncomfortable**

TRUE / FALSE

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

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