

June Fitness Tip!!

Benefits of Stretching Daily

- Increases flexibility
- Increases range of motion
- Improves your posture
 - Encourages proper alignment
- Improves/prevents back pain
- Decreases stress

Best time to stretch:

- First thing in the morning!!
 - Relieves tension from sleeping
 - Increases blood flow
- Post-exercise!!
 - Reduces risk of injury
 - Decreases muscle tension

Try these static stretches right when you wake up and be ready to start your day!!



Types of Stretches and **When to Use Them**

Before a workout: Dynamic Stretching	After a workout: Static Stretching
<ul style="list-style-type: none"> • Active • Controlled, repetitive movements • Increases heart rate before workout • Loosens muscles • Targets several muscle groups at once • Moderate 	<ul style="list-style-type: none"> • Stationary • Each movement held for at least 30 seconds • Slows heart rate after workout • Loosens muscles • Targets one muscle group at a time • Gentle