

# YOU HAVE TO STRETCH!!!!

Keep the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

## FIVE BENEFITS

- \* Stretching can improve posture. Tight muscles can cause poor posture
- \* Stretching can improve the range of motion and prevents loss of range of motion.
- \* Stretching decreases back pain
- \* Stretching helps prevent injury
- \* Stretching can decrease muscle soreness.