

Benefits of Stretching

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So you exercise regularly, eat right, and get enough sleep, but there is one thing you are still missing that is crucial for having a healthy body, stretching! Stretching has so many benefits that you will start to see within just a few sessions. Adults should do flexibility exercises at least two to three days each week to improve range of motion. Each stretch should be held for 10-30 seconds to the point of tightness. Repeat each stretch two to four times, accumulating 60 seconds per stretch. Some of the benefits of stretching can include:

- Increased Flexibility and Range of Motion
- Better Posture
- Relaxation and Stress Relief
- Enhanced muscular Coordination



Biceps



Quads



Gastrocs



Hams



Triceps



Pecs