**Importance and Benefits of Stretching**

Importance of Stretching

- allows the body to cool down and also helps your heart rate to return to normal

-also assists in the release of lactic acid during intense workout

-blood circulation to the muscles is once again resumed during/after stretching

Benefits of Stretching

-improves posture (tight muscles can cause poor posture)

-improves range of motion (can prevent loss of range of motion as well)

-can decrease back pain

-can help prevent injury (not stretching or not stretching properly leads to many running injuries)

-can decrease muscle soreness

Performing stretches on a regular basis (and also stretching what area/muscle is bothering you will improve your circulation to your muscles. Stretching and increased flexibility will also reflect in better running and jumping!

If you have a muscle/area that is consistently sore please ask us as we can give you specific stretch’s to assist you in recovery.