

Stretch, Stretch, Stretch!

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People are becoming more and more interested in proper fitness today and recognizing the importance of having a healthier lifestyle with exercising, but we tend to move too quickly from an inactive to an active lifestyle, which causes increased soreness and stiffness. This can be discouraging. Whenever you start a new activity you should do so with moderation.

Knowing the proper way to stretch those muscles before you begin your exercise routine is important. If you are unsure of the proper stretches, consult a physical therapist and they will help to develop a specific stretching and strengthening program to help increase your activity level in a safe manner.

Flexibility is not obtained overnight. As we age or are inactive, we tend to lose flexibility gradually, so restoring flexibility takes time.

Tips for proper stretching:

- Be concerned about the quality, not the quantity of the stretch. It's better to perform a few repetitions of a stretch correctly than to perform 20 repetitions incorrectly.
- Stretch one muscle at a time and the stretch should be specific.
- Hold each stretch for 30 seconds.
- Don't overstretch. If stretching is done properly, it feels good.

Stretching can be done anytime and requires no specific equipment. People of any age or activity level can benefit from stretching. So get stretching!