



Why Should We Stretch?

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Stretching should be done on a daily basis as it relaxes your mind and puts you in touch with your body. Stretching permits you to enjoy body movements, helps improve flexibility and prevents injuries such as muscle strains.

Stretching

- Helps reduce tension (mental and physical)
- Allows for better coordination
- Promotes better circulation
- Prepares the body for activity
- Develops body awareness

Everyone can learn to stretch safely and enjoyably regardless of fitness level and ability, age or flexibility.

When first starting a stretching program, give your body time to adjust. Do what feels comfortable to you and learn to listen to your body. Stretching, when done correctly, is not painful. Concentrate on muscles being stretched. Keep the body relaxed and breathe at a normal pace.

When Should You Stretch?

Whenever you feel tension, after sitting for a long period of time or to alleviate stiffness. You can spontaneously stretch just about anytime – while watching TV, talking on the phone, reading, sitting at work or in your car.

Stretching is one of the most important components of well-being. Combined with regular exercise, sound nutrition, preventative health and a positive outlook, stretching will enhance your personal potential.