

# Guide to Stretching

Although it is hotly debated whether or not stretching helps prevent injury, other benefits of stretching are numerous and factual. Heavily utilized in Pilates and Yoga, stretching is widely supported today as a vital part of fitness.

With the ability to reduce stress, ease lower back pain, increase flexibility and more, stretching should become a part of everyone's exercise routine.

## ***Benefits of Stretching:***

- Increases circulation
- Increases flexibility
- Increases range of motion
- Reduces stress
- Alleviates muscle aches and pains

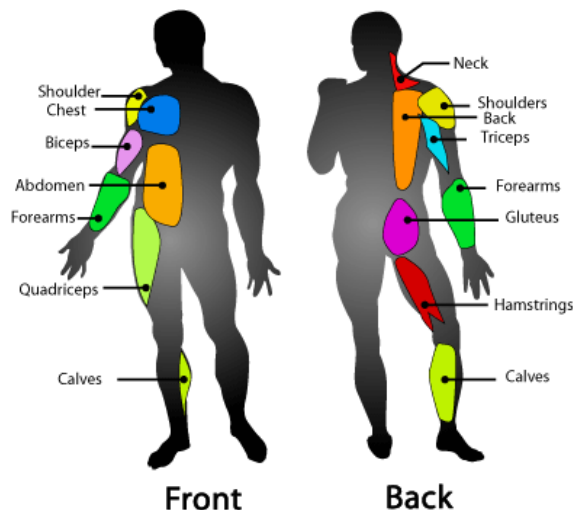


## ***'How to' guide to stretching:***

- Stretch only after warming up, or after exercise, when muscles are warm.
- Repeat each stretch 2 to 3 times, working both sides of the body equally.
- Hold each stretch for 20 to 30 seconds.
- Do not stretch to the point of pain.
- Breathe freely while stretching.
- Do not bounce.

## ***Muscle groups:***

- Neck
- Shoulders
- Wrists and forearms
- Upper and lower back
- Gluteals and hamstrings
- Hips and quadriceps
- Calves and ankles



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