

Stretching is something that most people overlook, poorly execute, and undervalue because they simply think that is isn't important.

Clearly this is not the case...

Why stretch?

Stretching helps you move your joints easily and will assist the body to have muscle balance. Stretching leads to good posture and will reduce pain in your body. Lengthening out the muscles will contribute to smooth, unrestricted movement through the joints and it is just so relaxing.

Benefits of stretching

Better posture – you will find it easier to maintain better posture throughout the day by realigning muscular imbalances

Increased Range of Motion (ROM) – you will have greater ease to move around and it will be safer and more effective to perform activities

Injury prevention – it is harder to obtain an injury because the muscles basically have more give. It is very hard to over strain a muscle that has been lengthened with stretching exercises

Reduced muscle soreness – can reduce or prevent delayed onset muscle soreness and recovery after exercise.

What are some different stretches?

Static stretches – are held for approximately 30 seconds and used mainly after exercise to lengthen the muscles that have been utilized. Static stretches are performed without the aid of another person

A.R.O.M – this is active range of motion stretching. AROM stretches should be done before the exercise has commenced to warm up the muscles that will be involved. Basically going through the full range of movement that will be experienced during exercise.

Proprioceptive Neuromuscular Facilitation (PNF) – these stretches are often done with a partner to provide the resistance. Partner applies pressure to the muscle and the person being stretched can contract the same muscle to help increase flexibility. PNF stretching is done at KP Fitness by personal trainers, and can be seen in the gym.

Stretching is an extremely beneficial and important part of any fitness routine. Make some time for stretching with each of your exercise sessions and you will notice the differences today, and in the future.

For more information don't hesitate to ask one of the awesome PUSH personal trainers.

Stay flexible and enjoy!