

Healthy Bytes

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THE BENEFITS OF STRETCHING

It's not easy to fit 30 minutes of heart-pumping exercise in each day let alone finding the time for daily stretching. If stretching seems like a technicality you don't want to be bothered with, you may want to reconsider. Stretching provides many benefits, including:

- reduced risk of injury to joints, muscles and tendons
- less muscle soreness and tension
- enhanced physical fitness
- increased range of motion
- increased mental and physical relaxation
- development of body awareness
- improved posture
- better circulation



Make stretching part of your exercise program. You'll benefit in the long run.

Source:

"Benefits of Stretching." *Sports, Fitness & Nutrition*. <<http://www.topendsports.com/medicine/stretching-benefits.htm>>.

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