Benefits of Stretching

- Improve posture
- Decrease risk of injury
- Improve performance
- Promote muscle recovery – increase blood and nutrient flow to the muscles and relieve tension
- Reduces muscle aches and pains – especially in the lower back
- Enhanced coordination
- Better circulation
- Stress relief from daily life
- Increase in energy – due to better circulation
- Decrease chronic muscle tension

Tips:

1) Refrain from static (held) stretches before exercise because you can damage your muscles. Start your workout with a warm-up of your exercise routine or a simple walk; this gets blood and oxygen flowing to your muscles. After five to ten minutes of warming-up, your muscles are ready for a stretch.

2) Don’t forget to incorporate a post-workout cool down into your routine.

3) As an essential component of your cool-down, hold static stretches for 30 seconds without bouncing.

Campus Resources:
http://www.mckinley.uiuc.edu/medical-services/sportwell
https://carle.org/services/sportsmedicine/recover