

# DEPARTMENT OF BENEFITS



## Taking 5 Minutes to Stretch

Stretching has several health benefits:

- Increases muscle blood flow;
- Keeps muscles flexible, strong, and healthy;
- Improves your ability to do daily activities;
- Helps your joints move through their full range of motion;
- Decreases your risk of injury;
- Improves posture;
- Increases serotonin levels (helps stabilize mood)
- and other benefits may occur.

Be sure to study and understand the proper ways of stretching to avoid injury and muscle fatigue. Slowly ease into your stretches. Don't push your body past its limits. You may feel slightly uncomfortable during a stretch, but it should never hurt. You should always stay within your natural range of motion. You can consult your physician or your fitness trainer regarding the right stretches for you and the proper techniques. Below there are listed examples of daily stretches:

# Body Stretching











