

Ten Reasons to Stretch

Stretching pumps irritants and inflammation away from muscles, and increases the blood supply and flow of nutrients to muscles and joints. This process promotes tissue healing and injury repair. Here are some more reasons why stretching can be beneficial:

1. Reduces muscle soreness after exercise
2. Accelerates tissue healing
3. Improves balance and co-ordination
4. Improves posture
5. Promotes muscle relaxation
6. Boosts your energy levels
7. Relieves back and joint pain
8. Reduces the likelihood of back pain
9. Promotes total body relaxation and a greater sense of well-being
10. Maintains lifelong flexibility

