



STRETCHING

**You are back...
Let's STRETCH out your night away a
little longer!**

Why stretch?



Your body has worked hard for you during your workout!

It's time to begin replenishing your body so it will recover well and be ready for your next workout. Stretching will also decrease muscle soreness also know as DOMS ~ Delayed Onset of Muscle Soreness.

Stretching will give your muscles a chance to elongate while being fed clean oxygen through relaxed breathing while stretching. Keep in mind, stretching will increase your flexibility and range of motion in your joints at all ages!
It's only a stretch if you make it one!



with Mena Westhaver