Benefits of Flexibility

- Increased joint mobility
- More efficient body movement
- Better posture
- Prevents lower back pain

Posture

- Good body alignment
  - Holding positions placing least amount of strain on supporting muscles/ligament of joint
- Bad, body out of alignment
  - Holding positions stretching muscles on one side of joint, while shortening them on other side
  - Over time leads to pain/joint damage
- Routine strength and flexibility exercise helps correct imbalances/prevent future problems

Benefits of Good Posture

- Minimizes joint wear, prevents arthritis
- Reduces spine ligament stress
- Prevents spine nerve stress/associated pains
- Prevents muscle fatigue/pain
- Prevents strains/overuse problems
- Contributes to good appearance

Techniques to Increase Flexibility

**Dynamic Stretching**

- Goal is to prepare body to exercise
- Conducted prior to exercise is recommended
- Fluid, controlled motion of joint through full ROM
- Increases blood flow muscles/joints
- Increases neuromuscular activity between CNS and PNS