Tip of the week **– “Stretching & flexibility”**

We all know post exercise stretching is an essential part of your training and the benefits of this type of stretching include reduced injuries, improved flexibility, increased joint mobility, helping to alleviate post training soreness.

Here are some simple strategies for effective post exercise stretching:

* Work from head to toe – by being methodical you won’t forget any body part
* Hold each stretch for at least 10 seconds per limb
* Stretching should only be help to a point of mild tension, never discomfort
* Breathe deeply once you are in the stretch position to help your body relax
* Spend twice as much time stretching your tight muscles as your flexible muscles, focus on problem areas instead of muscles that are already flexible