Top 7 Stretches for the Weekend Warrior

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Stretching is an important part of fitness and overall physical health. Performing a series of stretches before and after any pick-up game or workout is essential for the weekend warrior. Try these 7 stretches today to prepare your body for your sport or exercise routine!

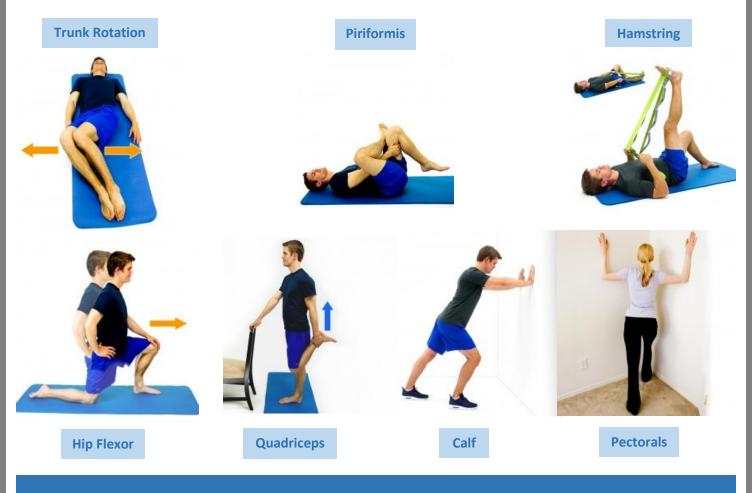
Benefits of Stretching

Sports Tips

Helping Enrich Athletes

1. Improves posture

- 2. Improves flexibility
- 3. Improves circulation
- 4. Decreases stress
- 5. Prevents injuries



Important to Remember:

- 1. Don't forget to breath!
- 2. Hold each stretch for 10 to 20 seconds and repeat 3 times.
- 3. Listen to your body. Discomfort while stretching is normal but it should never be painful!

References www.mayoclinic.org www.hep2go.com Contact Us Team HEAL Foundation info@teamheal.org 323.866.7994