

# Top 7 Stretches for the Weekend Warrior

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## Sports Tips

### Benefits of Stretching

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

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!

Trunk Rotation



Piriformis



Hamstring



Hip Flexor



Quadriceps



Calf



Pectorals

### Important to Remember:

1. Don't forget to breathe!
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](http://www.mayoclinic.org)  
[www.hep2go.com](http://www.hep2go.com)

Contact Us  
Team HEAL Foundation  
[info@teamheal.org](mailto:info@teamheal.org)  
323.866.7994