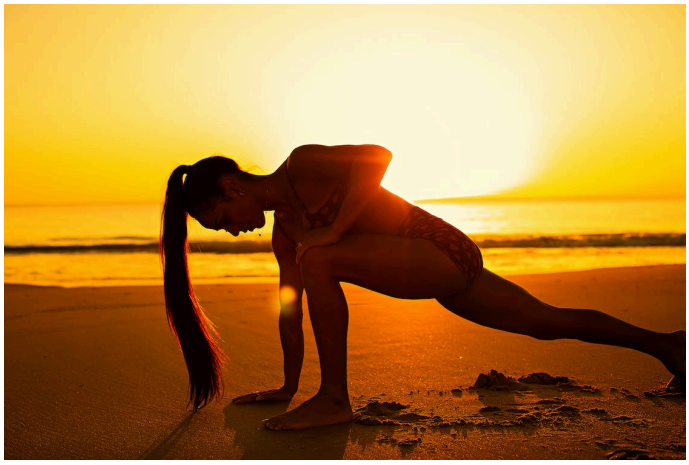
The Benefits of Stretching

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Whether we are stepping out onto the basketball court, soccer field, baseball/softball field, or track, we all know we need to stretch and warm up beforehand. Stretching is very important. Without stretching, we could unintentionally damage our bodies.

The Mayo Clinic lists the following benefits that comes with proper stretching:

– Stretching can help us exponentially in our performance. This means that our performance in our chosen sport or activity can improve with stretching.

– Next, stretching can decrease our risks of getting injured. This doesn't mean it can stop a concussion or a broken bone, but it can help reduce the chances of pulling a muscle or tendon.

– Stretching also helps make our bones less stiff, which means we can move around and use our full range of motion.

– Stretching also allows our blood to flow through our muscles more smoothly.

– Last but not least, it can also allow us to safely warm up your muscles and push us to our fullest ability in everyday life.

Now that we know about these benefits, it's time to try out stretching. We don't have to be an athlete to stretch, anyone can do it. So, make sure you take time to stretch your body out, and remember to know your limits and be safe.