

FITEX WEEK 6

Stretching



JUST FOR YOU

Stretching and maintaining your flexibility is an important part of all around fitness. Stretching can help decrease risk for injury, increase range of motion, and help make daily tasks easier. Things like bending over to tie your shoes are easier to do if you are flexible in your joints and muscles. Dynamic stretching (moving through the stretch) is preferred before exercise. Static stretches (holding the stretch) should be done after you are warmed up.

TEAM TALK

Discuss with your teammates this week how you stretch your joints and muscles throughout the winter season. What are your favorite stretching exercises? When do you find it helpful to stretch the body each day?

Share a stretching activity you did this week to loosen your joints and increase flexibility.

#FitEx #HowIStretch
#StretchTheBody



RECIPE OF THE WEEK

The recipe for this week is Lasagna. This easy lasagna recipe is a delicious pasta dish that your family will love. Filled with calcium and whole grains, this recipe will provide you with delicious nourishment this winter season.

Try making this recipe at home and post a picture on your social media using the hashtags:

"#EasyLasagna"
and "#MealTime"

Scan the QR code below to take you to the recipe.

STRETCHING TIPS

- Keep your movements smooth - whether you are doing dynamic stretches like walking lunges, or static stretches like a toe touch, move smoothly and evenly into the movement. Don't bounce at the end of your range of motion.
- Static stretching after your exercise session helps increase flexibility, while dynamic stretching helps you warm up before activity. Static stretches should be held for 30-60 seconds to see the most benefit.
- Keep stretching! For the most benefit, stretch 2-3 times per week. You can also focus on areas and muscle groups that you use the most for your particular activity.

