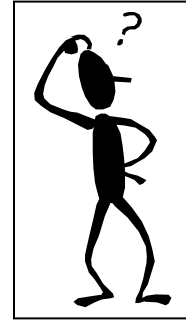


Why Stretching?



- Increase flexibility
- Improve range of motion
- Relax muscles
- Improves circulation
- Decrease the effects of repetitive muscle use
- Combat the effects of aging on the body
- Prevents muscle strains
- Feels good

When Do I Stretch?

Stretching is great anytime, but especially beneficial when you use it:



- Before working to prepare your muscles
- After work to help the muscles recover
- After prolonged periods of maintained work
- Any time you feel stiffness or tightness

Prepared By



Occupational Health + Rehabilitation Inc