

Flexibility

Critical Concept:
Flexibility

Here's an easy definition: How far you can stretch your muscles without getting hurt?

Actually, this also involves the tendons and ligaments that connect your muscles to your bones. They stretch as well.

<p>✓ Flexibility</p>	<p>Why is it important?!</p> <ul style="list-style-type: none"> • Your muscles stretch and flex every time you move. Sometimes more than others... but you get the point. • If you don't warm up and stretch your muscles before a physical activity your risk the chance of hurting yourself by over-stretching a very tight muscle. • Have you ever tried to stretch an old rubber band? If so, you know that it usually snaps and breaks. That same thing can happen to your muscles if you don't stay active and work on your flexibility!
-----------------------------	---

When you stretch before a physical activity you are maintaining your flexibility. Again, this is very important.

When you stretch after a physical activity you can increase your flexibility. By stretching your muscles just beyond their limits you force them to adjust, adapt and become more flexible.

<p>Tips For Improving Flexibility</p>	<p>Here's what to remember...</p> <ul style="list-style-type: none"> • Warm up muscles before stretching • Stretch before and after activity • Stretch to a point where you feel it – but, stretching should never be painful • Stretch regularly, every day – maybe even 2 or 3 times
--	--

Fitness is all about stretching your limits and creating the person that you want to be. Being flexible in other areas of life can be important too. Sometimes compromise is a great tool for staying flexible in life.

However, certain things should never be compromised. Don't compromise your commitment to your health and fitness. Stay away from drugs and other harmful behaviors that can compromise your goals and dreams.

Sometimes that will take mental and emotional toughness. Don't be afraid to find someone to talk with and to ask for help and support. In fact, you might even be that someone for a friend.