

Stretching Out the Stress: Why Stretching Daily Is A Must

by Taiz Y Garcia | Apr 15, 2024 | Sample



It gets difficult to balance work, life, and everything in between. Being spread too thin or not having enough hours in a day can create some serious tension. Taking the time to stretch can give you that boost you need to start the day or wind down for the evening. But how do you find the time?

Creating space in the day for you to alleviate your joints and muscles can help cultivate productive days and restful nights. Whether you work while sitting or find yourself moving all day, stretching can truly make a difference for your body.

When Should You Stretch

Honestly, anytime! Increasing flexibility and loosening up your muscles can help with your physical performance - your body will thank you. Now, there are two main types of stretches you can start to keep your body loose and mobile.

Before and after any workout, having a stretch routine can help you avoid muscle strain, injury, and discomfort during a workout, and have a better recovery.

Working in a fast-paced environment or on your feet most of the day can also take a toll on your joints without proper stretching.

Sitting for work or living a more sedentary lifestyle can affect your joint mobility and stiffen the muscles in your body.



Types Of Stretches

- **Dynamic Stretches:** dynamic stretches are movement-based and are an effective way to lessen muscle tension. Examples of these are lunges, squats, and arm circles.
- **Static stretches:** are done while standing, laying down, or sitting and holding the pose for a certain amount of time. Some examples are shoulder, calf, and butterfly stretches.

Finding The Time

It's important to keep your body moving with stretches throughout the day. Stretches help alleviate those discomforts, pains, and aches.

Finding time in the day can be difficult, so don't stress if you can't do a lengthy stretch routine. Sometimes, a little stretch can make all the difference.

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