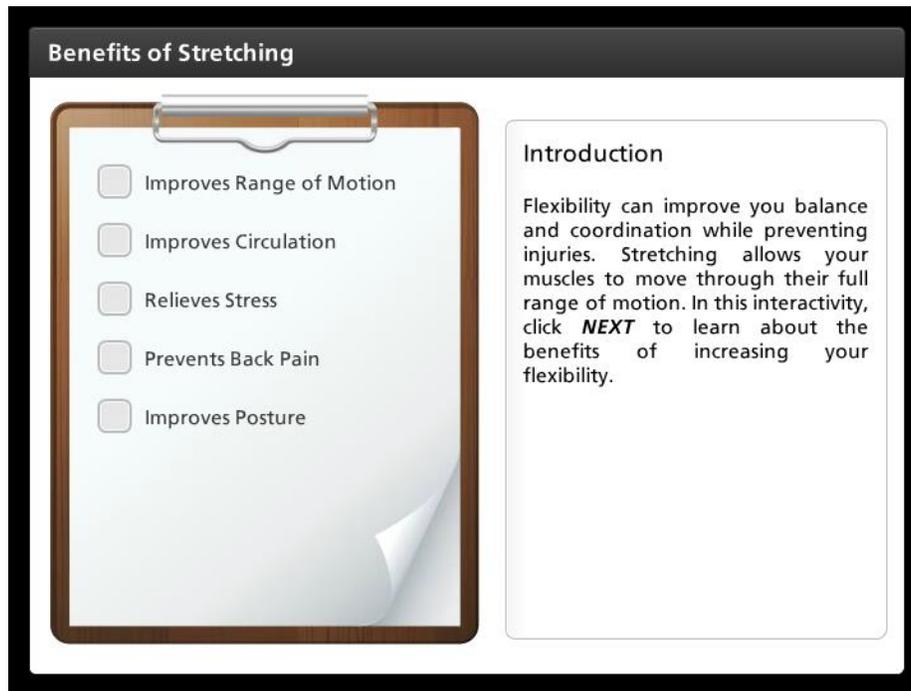


Module 2: Physical Training Fitness Principles

Topic 3 Content: Benefits of Stretching Notes

Introduction



The graphic is titled "Benefits of Stretching" and is enclosed in a dark border. On the left, a clipboard with a silver clip at the top holds a white sheet of paper with a checklist. The checklist items are:

- Improves Range of Motion
- Improves Circulation
- Relieves Stress
- Prevents Back Pain
- Improves Posture

On the right, a white text box with a thin border contains the following text:

Introduction

Flexibility can improve you balance and coordination while preventing injuries. Stretching allows your muscles to move through their full range of motion. In this interactivity, click **NEXT** to learn about the benefits of increasing your flexibility.

Flexibility can improve you balance and coordination while preventing injuries. Stretching allows your muscles to move through their full range of motion. In this interactivity, click **NEXT** to learn about the benefits of increasing your flexibility.

Module 2: Physical Training Fitness Principles

Topic 3 Content: Benefits of Stretching Notes

Improves Range of Motion

Benefits of Stretching

- Improves Range of Motion
- Improves Circulation
- Relieves Stress
- Prevents Back Pain
- Improves Posture

Improves Range of Motion



Flexibility improves your range of motion.

Flexibility improves your range of motion.

Module 2: Physical Training Fitness Principles

Topic 3 Content: Benefits of Stretching Notes

Improves Circulation

Benefits of Stretching

- Improves Range of Motion
- Improves Circulation
- Relieves Stress
- Prevents Back Pain
- Improves Posture

Improves Circulation



Flexibility improves circulation, which prevents leg cramps and numbness, varicose veins, and even kidney damage.

Flexibility improves circulation, which prevents leg cramps and numbness, varicose veins, and even kidney damage.

Module 2: Physical Training Fitness Principles

Topic 3 Content: Benefits of Stretching Notes

Relieves Stress

Benefits of Stretching

- Improves Range of Motion
- Improves Circulation
- Relieves Stress
- Prevents Back Pain
- Improves Posture

Relieves Stress



Flexibility can relieve stress and relax tense muscles.

Flexibility can relieve stress and relax tense muscles.

Module 2: Physical Training Fitness Principles

Topic 3 Content: Benefits of Stretching Notes

Prevents Back Pain

Benefits of Stretching

- Improves Range of Motion
- Improves Circulation
- Relieves Stress
- Prevents Back Pain
- Improves Posture

Prevents Back Pain



Flexibility can prevent lower back pain.

Flexibility can prevent lower back pain.

Module 2: Physical Training Fitness Principles

Topic 3 Content: Benefits of Stretching Notes

Improves Posture

Benefits of Stretching

- ✓ Improves Range of Motion
- ✓ Improves Circulation
- ✓ Relieves Stress
- ✓ Prevents Back Pain
- ✓ Improves Posture

Improves Posture



Flexibility can improve your posture.

Flexibility can improve your posture.