

Name _____

Flexibility First: The Incredible Benefits of Stretching

Multiple Choice Questions

1. What is one benefit of stretching?
 - a) Increased risk of injury
 - b) Improved muscle flexibility
 - c) Decreased joint mobility
 - d) Weakened muscles

2. How does stretching help prevent muscle imbalances?
 - a) By strengthening weak muscles
 - b) By shortening tight muscles
 - c) By avoiding stretching altogether
 - d) By skipping warm-up exercises

3. What is a dynamic stretch?
 - a) A stretch that involves holding a position
 - b) A stretch that involves moving through a range of motion
 - c) A stretch that requires assistance from a partner
 - d) A stretch that is done only after exercise

4. How can stretching enhance physical performance?
 - a) By reducing muscle flexibility
 - b) By decreasing joint mobility
 - c) By optimizing muscle function and movement efficiency
 - d) By promoting muscle imbalances

5. Why is joint mobility important for overall physical health?
 - a) It increases the risk of injury
 - b) It promotes muscle imbalances
 - c) It reduces muscle flexibility
 - d) It helps prevent stiffness and discomfort

