

Name _____

Flexibility First: The Incredible Benefits of Stretching

Open-Ended Response Questions

1. Can you explain why stretching is important for preventing muscle imbalances and improving posture?
2. What are some examples of dynamic stretches, and how can they benefit athletic performance?
3. How does regular stretching contribute to overall physical health and well-being?
4. Why is it important to incorporate both static and dynamic stretches into a stretching routine?

