

Name \_\_\_\_\_

## Flexibility First: The Incredible Benefits of Stretching

### Short Answer Key

1. One benefit of stretching for muscle flexibility is increased range of motion.
2. Stretching helps prevent muscle imbalances by lengthening tight muscles and strengthening weak ones.
3. A dynamic stretch is a stretch that involves moving through a range of motion, typically done before exercise to warm up the muscles.
4. Stretching can reduce the risk of injury during physical activity by improving muscle flexibility and joint mobility, preparing the body for movement.
5. Joint mobility is important for overall physical health and movement because it allows for ease of movement, reduces stiffness, and helps prevent discomfort and injury.

